



Hospitality and Catering

Producing fish dishes

Lesson 3

Become proficient in preparing, cooking and serving various fish dishes for the hospitality and catering industry.





Health and hygiene

Fish can go bad very quickly and can attract flies and other insects when it does.





Health and hygiene

Keeping areas clean at all times and between every preparation stage is high priority.





Wash hands and wear gloves

Using gloves when cleaning and portioning fish is good to prevent cross contamination.

Washing hands between tasks should be seen as an essential practice.





Separate area

Preparing fish in separate areas in a kitchen is best practice. Or prepare fish in a kitchen without any other foods present.

Preventing cross contamination is key.





Accepting deliveries

Check the temperature of the van. All fish must be delivered in a temperature controlled vehicle 1 to 8°C for fresh fish.

Do not accept fish from an ordinary delivery van.





Storage

All fish must be stored immediately after delivery and after preparation in the kitchen. Wrapped in cling film or a sealed container and separated from other foods and stored on the bottom shelf of a refrigerator.

Refrigerator temperatures should be 1 to 5°C





Revision Activity 3

**What temperature must
fish be stored at?**