



Hospitality and Catering

# Producing fish dishes

## Lesson 4

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





# Cooking methods

We can use several different methods of cookery for different kinds of fish. Most fish can be cooked in a variety of ways. Choose the right method for the right fish.





# Baking

Usually in a baking dish and covered with a sauce. Or frying pans placed in the oven to finish the cooking process and prevent burning.





# Baking

Cod and salmon are good for baking in sauces because of their firmer flesh and larger portions.





# Overhead grilling

Overhead grills are intense, cook items fast and can burn easily.

Using thinner fillets of fish is ideal. Flat fish are good for grilling.







# Overhead grilling

Fillets are brushed with oil or butter before grilling and placed on a greased tray to prevent sticking.





# Sautéing or shallow frying fish

This type of cooking is quick and can burn fillets easily. Using smaller portions and thin fillets of fish in a little pre-heated oil will cook flat fish well.





# Deep frying fish

Cod is the typical type of fish to deep fry because it's flesh is meatier than most fish and benefits from hot temperatures from the steam created within a batter coating.







# Boiling

Fish is never boiled as a dish on its own.

Boiling is used only for making fish soups and broths, using a variety of seafood and other ingredients for flavour.

Never rapidly boil as this will break the fish up.





# Poaching

Poaching is fish that is covered with a cooking liquid. It is popular because it is a gently way to cook fragile fillets and is a healthier way to cook fish.





# Steaming

Very good for promoting a healthier way to heat and cook. Usually used for thin whole fillets of flat fish or smaller cut down portions of cod and salmon.





# Cooking temperatures

Paying attention to temperature is important for fish dishes because the flesh is much more delicate and fragile than meat.





# Cooking temperatures

Bake up to 200°C

Sauté at 180°C

Deep fry at 180°C

The fish should achieve a core temperature of 63°C.







# Over cooking

This is easily done because fish is so delicate. You must pay attention at all times when cooking fish. It can overcook in the blink of an eye.

Cooked fish should feel firm but not soft.





# Over-cooked tip

If you see small amounts of white foams squeezed out of the flesh, this is a sign that it is over cooking.

It the protein expanding in the fish because of the heat.





# Revision Activity 4

List three ways to cook fish?