



Hospitality and Catering

Producing fish dishes

Lesson 5

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





Simple garnish

The traditional garnish for most fish dishes is chopped parsley and a lemon wedge. Both of these flavours compliment fish.





Simple garnish

Lemon juice squeezed over the fish allows the lemon flavours to cut through the oil and flavours of fish.





Hollandaise sauce

This is another traditional sauce for salmon and flat fish.

It is an emulsion of butter, eggs and lemon juice.





Hollandaise sauce

The lemon for flavour, butter and eggs for smoothness and moisture to some dry fish dishes.





White wine- based sauces

Using a sauce compliments the dryness of some fish meat. White wine in the sauce enhances the flavour of fish as well as the wine that is drank with the meal.





White wine- based sauces

Wine is added to bechamel based sauces or simply added to cream with the combination of chopped herbs.

Usually reduced first to remove the alcohol.





Mushrooms

These are incorporated into white sauces and typically compliment the sweet flesh of flat fish. They also compliment fish with a meatier textured flesh such as Turbot.





Cheese

In English and French cookery cheese is added to white sauces for baking fish.

Used for fish which have a bland flavour and require longer cooking. Typically large cod chunks.





Vinegar

Traditional accompaniment to deep fried cod. The vinegar helps to cut through the fat of the batter, whilst enhancing the bland flavour of the cod.





Tartare sauce

Traditional accompaniment for fish that has been simply grilled and has delicate flavours such as flat fish.

Made from mayonnaise with capers, gherkins and lemon juice. The sourness lifts the flavours of flat fish and adds moisture.





Revision Activity 5

List two types of sauces to serve with fish?