



Hospitality and Catering

Producing fish dishes

Lesson 6

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





Healthier options

Fish is already a very healthy food that you should be eating in your weekly diets.

You can change the cooking methods to make it more healthier.





Deep frying

It is the batter which is soaked in fat as the fish cook. The fish itself is steamed inside the hot batter.

By just eating the fish we can still enjoy this traditional English food.





Steaming, poaching

These two options provide the healthiest way to cook and eat fish. It is important to serve with healthy accompaniments to enhance the flavours for a more delicate flat fish.





Spray oils and olive oils for frying

Reducing the amount of oil is always a good thing. We can change vegetable oils to olive oils that have more beneficial fats.





Low fat dairy options

Replacing cream with crème fraiche will reduce the fat content.

Using yoghurts in some dishes will also reduce fat and add a sourness to compliment bland fish flavours.





Keeping cooked fish warm

Fish should ideally be served immediately to preserved its temperature and quality.



Keeping cooked fish warm

Battered fish is kept warm in many takeaways. The fish must be kept above 63°C after cooking.





Buffets and takeaways

Although hot food can be kept warm for two hours, this is not appropriate for fish as the flesh will be unpalatable to eat.

Minimise the holding time to be as short as possible.





Buffets and takeaways

To reduce holding time on buffets and takeaways only cook small amounts at a time. Or only cook in batches at busy times.

Fish can be cooked to order in a takeaway.





Revision Activity 6

How can you make a fish dish healthier?