

Title	Prepare and cook complex fish dishes in a commercial kitchen		
Level	4	Credits	8

Purpose	<p>This unit standard is for people who have an understanding of preparation practices and advanced cooking techniques, including the use of advanced preparation and cooking methods, multiple ingredients, and differing flavours and textures.</p> <p>People credited with this unit standard are able to: prepare to cook; and cook and present complex fish dishes, in a commercial kitchen.</p>
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Classification	Hospitality > Cookery
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Available grade	Achieved
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Guidance Information

- 1 Recommended knowledge and skills for entry: Unit 167, *Practise food safety methods in a food business under supervision*; or Unit 27955, *Apply food safety practices in a food related establishment*.
- 2 Definitions

Complex – the use of an intricate combination of advanced preparation techniques, cooking methods, and processes, using fresh ingredients, differing flavours and textures, and innovative finishing and presentation techniques.

Dish requirements – any recipe or dish type specified by or specific to the establishment and made known to the candidate prior to assessment against this unit standard.

Establishment requirements – any policy, procedure, process, or agreed requirement, either written or oral, that is made known to the candidate prior to assessment against this unit standard.

Fish types refer to oil content (fatty or lean); shape (flat or round); colour; texture or density.
- 3 Range

Evidence is required of a minimum of three different dishes incorporating three fish types using three different cooking methods.

Evidence is required for the cleaning and filleting of one fish.
- 4 Legislation and regulations to be complied with include but are not limited to – Food Act 2014, Health and Safety at Work Act 2015.

- 5 References
Standard industry texts include but are not limited to – Foskett, D., *et al.* (2019), *Practical Cookery*. 14th ed. London: Hodder Education; Foskett, D., *et al.* (2016), *The Theory of Hospitality and Catering*. 13th ed. London: Hodder Education; Christensen-Yule, L. and Neill, L. (2017), *The New Zealand Chef*. 4th ed. Auckland, NZ: Edify, or the most recent editions available.
- 6 For the purpose of this unit standard, candidates should demonstrate an awareness of the impact of the preparation, cooking processes and storage on the nutritional value of relevant food items.
- 7 Evidence for the practical components of this unit standard must either be gathered in the workplace or in a realistic environment where the candidate has to produce product for customers who have the same expectations for quality and timeliness as a paying customer.
- 8 Appropriate food safety measures and food handling for a commercial kitchen must be applied in the preparation, cooking and presenting of the dishes for this unit standard.

Outcomes and performance criteria

Outcome 1

Prepare to cook complex fish dishes in a commercial kitchen.

Performance criteria

- 1.1 Fish and other ingredients of the required type, quality, and quantity are selected in accordance with dish requirements.
- Range quality may include but is not limited to – appearance, smell, freshness, texture, within expiry date.
- 1.2 Fish and other ingredients are prepared using procedures that meet selected dish and establishment requirements and are in accordance with standard industry texts.

Outcome 2

Cook and present complex fish dishes in a commercial kitchen.

Performance criteria

- 2.1 Complex fish dishes are cooked in accordance with quality, dish and establishment requirements and standard industry texts.
- Range quality may include but is not limited to – flavour, smell, degree of cooking, appearance.

2.2 Cooking methods and processes are suitable for dish requirements.

Range processes may include but are not limited to – time or degree of cooking, temperature, identification and correction of cooking faults, change in condition.

2.3 Fish dishes are finished and presented to meet dish requirements.

2.4 Portion amounts and yields for fish dishes are identified and explained in accordance with dish and establishment requirements.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	8 January 1998	31 December 2013
Review	2	22 October 2003	31 December 2013
Revision	3	20 April 2006	31 December 2017
Review	4	12 December 2008	31 December 2017
Review	5	20 February 2014	31 December 2017
Revision	6	19 November 2015	31 December 2023
Review	7	16 December 2021	N/A

Consent and Moderation Requirements (CMR) reference	0112
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Ringa Hora Services Workforce Development Council qualifications@ringahora.nz if you wish to suggest changes to the content of this unit standard.