

Daily Lesson #3 - Lean Fish

Today's learning goals

Today's review







<ul style="list-style-type: none"> • Explore different hand tools for seafood preparations • Identify best practices for receiving & storing fish • Discuss quality indicators of fresh & frozen fish • Practice correct doneness of lean fish using the poaching and deep-frying techniques • Organize your work efficiently 	<ul style="list-style-type: none"> • SAF & CKT - deep frying • BPR reduction sauces
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Today's recipes

Today's self-assessment

<ul style="list-style-type: none"> • Fluke with cream and caper sauce p. 24 • Linguinie p. 87 	<ul style="list-style-type: none"> #5 Correct serving temperature #8 Correct sauce consistency
<ul style="list-style-type: none"> • Haddock Fish and chips p. 43 • Tartar sauce p. 81 	<ul style="list-style-type: none"> #6 Correct degree of doneness #4 Correct application of cooking techniques for desired visual result

Today's organization

<p>Pre-work - Completed before class</p> <p>Classroom Lesson of the day #3</p> <p>Activities to be finished:</p> <ul style="list-style-type: none"> • Fresh fish characteristics • Handling and storing fish • Workplan <p>Materials you need in the kitchen</p> <ul style="list-style-type: none"> •  Full uniform •  Personal tool kit •  Binder & recipes •  Your mobile device (a smartphone or tablet is great) •  Pen, sharpie, and your winning smile 😊 <p>Today's lesson presentation</p> <ul style="list-style-type: none"> •  Lesson #3 13 FSF January... 	<p>Kitchen organization & plan</p> <ul style="list-style-type: none"> • Welcome & Attendance • Verification - Pework complete OR quiet work • Kitchen set-up • Intro: Review of learning <p>Teacher demonstrations</p> <ul style="list-style-type: none"> • Mousseline forcemeat • Poaching- doneness • Steaming fish, Asian style <p>Work to hand in</p> <ul style="list-style-type: none"> • Annotated image of each dish (self-assessment) • Workplan with notes <p>Breaks</p> <ul style="list-style-type: none"> • 15 min - class choice • 18h15-45 - dinner <p>Package & clean up</p> <ul style="list-style-type: none"> • start at latest 21h30
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