

Daily Lesson #3 - Lean Fish

Today's learning goals

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.

Today's review

SAF & CKT - deep frying

BPR reduction sauces

Today's recipes

Fluke with cream and caper sauce p. 24

Linguini p. 87

Haddock Fish and chips p. 43

Tartar sauce p. 81

Today's self-assessment

#5 Correct serving temperature

#8 Correct sauce consistency

#6 Correct degree of doneness

#4 Correct application of cooking techniques for desired visual result

Today's organization

Pre-work - Completed before class.

Activities to be finished:

Fresh fish characteristics

Handling and storing fish.

Workplan

Materials you need in the kitchen.

Full uniform

Personal tool kit

Binder & recipes

Your mobile device (a smartphone or tablet is great)

Pen, sharpie, and your winning smile

Today's lesson presentation is available on the Drive.

Kitchen organization & plan

Welcome & Attendance

Verification - Pework complete OR quiet work

Kitchen set-up

Intro: Review of learning

Teacher demonstrations

Mousseline forcemeat

Poaching- doneness

Steaming fish, Asian style

Work to hand in

Aug18eve
Fish & Seafood
January 25, 2000

Annotated image of each dish (self-assessment)

Workplan with notes

Breaks

15 min - class choice

18h15-45 - dinner

Package & clean up.

start at latest 21h30