



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA



Food preparation 3	DATES	ACTIVITY
Basic fish dishes	6 July 2020	Read page 1-10
	7 July 2020	Read page 11-15
	8 July 2020	Read page 16-20-
	9 July 2020	Read page 21-27
	10 July 2020	Do activity one

ACTIVITY ONE

- 1.1 What quality points to look for when buying fresh fish? (5)
- 1.2 What factors will you keep in mind when calculating the amount of fish that will be served to guest. (5)
- 1.3 Name THREE types of coating suitable for fish. (3)
- 1.4 Differentiate between white fish and oily fish. (8)
- 1.5 How will you explain the following terms to customers?
 - King supreme
 - Hake goujons
 - snoek(6)
- 1.6 Explain step by step how you would handle the accident that occurred above:
 - Cuts
 - Piercing from a fishbone
 - Light burns(6)
- 1.7 Indicate how you would determine whether fish is cooked or not. (4)
- 1.8 What are the similarity and difference between paupiettes and delice? (3)
Tabulate answer.

