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**KA2-COOPERATION FOR INNOVATION and THE EXCHANGE OF GOOD PRACTISES**

**STRATEGIC PARTNERSHIPS FOR VOCATIONAL EDUCATION and TRAINING**

## **INTERNATIONAL SYNTHESIS OF SEAFOOD COOKING AND PRESENTATION METHODS**

**2019-1-TR01-KA202-076838**

**Project Module-1**

### **FISH SOUP WITH VEGETABLES**

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**Module Name:** Fish Soup With Vegetables

**Purpose of the Module:** Making fish soup by using the necessary ingredients, tools and equipments

**Duration of the Module:** 4 lesson hours (with teamwork of 20 people)

**Module Scope:** Fish soup, which was consumed as a starter by the teams of Spain, Italy and Turkey, was synthesized by the representatives of the three countries in accordance with the taste of the other countries. In the synthesized fish soup, the local eel of Spain and sea bass, bay leaf and flour brought from the Italian region were added upon the request of the Italian team. With the cooking method unique to Turkey and the synthesis of vegetables in soup, a smooth starter meal suitable for the tastes of three countries was presented. Lemon slices were served alongside the soup for presentation. The soup can be served with heated butter poured on top, if desired.

### Learning Outcomes

Beneficiary gets the below abilities after the practices:

- Recognizes the tools and equipment used in making fish soup.
- Wears work clothes in accordance with cleanliness and customer satisfaction.
- Prepares the working environment in accordance with cooking processes.
- Expresses the preparation process steps of the tools used in making fish soup.
- Expresses the steps of cooking fish soup.
- Wears work clothes in accordance with its technique.
- Opens the electrical switch.
- Opens the ventilation.
- Opens the gas valve.
- Controls the trash can.
- Wipes workbenches with a dustcloth.
- Measures the ingredients to be used in making fish soup with appropriate measuring tools.
- Puts the measured ingredients with into suitable containers.





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- Uses the stove in accordance with its technique.
- Prepares the food in accordance with the standard recipe
- Works by focusing on work.
- Takes safety precautions while working.
- Uses tools and materials economically.
- Complies with the cleaning rules of the working environment.
- Completes the job in the given time.

### Explanations Regarding the Implementation of the Module:

- This module consists of putting on work clothes, preparing the working environment, and preparing the tools used in making fish soup.
- Apron, waist apron, work trousers, bonnet, gloves, work shoes, hand towels, washcloths, cleaning materials, stove, workbench, bowls, measuring cups, scales, spatulas, pots, spoons, colanders, etc. should be included in the equipment of the educational environment.
- Adequate preparation should be given to the students. Every student in the class should be encouraged to practice.
- The features of the tools and equipment to be used in the implementation of each module will be introduced to the students.
- Advanced chaining, all skills chaining method, modeling, demonstration, etc. methods should be used to teach the knowledge, skills and attitudes in the workshops. Verbal cues, modeling and physical assistance should be used when deemed necessary.
- Security measures of the teaching environment should be taken.

### Content of the Module

#### 1. Tools to be Used in Making Fish Soup

- Tools Used in Wearing Workwear
  - a) Apron
  - b) Waist Apron
  - c) Work pants
  - d) Bonnet





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- e) Gloves
- f) Work shoes
- g) Hand towel
- h) Washcloth
- **Tools Used in Preparing the Working Environment**
  - a) Bakery
  - b) Workbench
  - c) Bowls
  - d) Plates
  - e) Measuring Cups
  - f) Scales
  - g) Spatula
  - h) Cookware
  - i) Spoon
  - j) Fork
  - k) Knife
  - l) Grater
  - m) Serving Plate
  - n) Colander
  - o) Lighter
  - p) Oven
  - q) Gastronomic Tub
  - r) Water Heater
  - s) Cutting Board
  - t) Sauce Bowl
- **Ingredients Used in Making Fish Soup With Vegetables**
  - a) Sea bass (2 whole)
  - b) Black Pepper (½ tsp)
  - c) Potato (2 pcs)
  - d) Butter (1 tbsp)
  - e) Carrot (2 pcs)
  - f) Olive Oil (¼ glass)
  - g) Dill (1 pinch)
  - h) Garlic (2 cloves)





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- i) Parsley (1 pinch)
- j) Onion (2 pcs)
- k) Flour (2 tbsp)
- l) Lemon (4 pcs)
- m) Water (6 glasses)
- n) Bayleaf (2 pcs)
- o) Rock Salt (2 dsp)

## 2. Cooking Fish Soup

- Dice potatoes and put in cold water.
- Dice carrots
- Brunoise onions.
- Chop bayleaves.
- Brunoise parsley and garlic.
- Fillet sea bass and boil fish bones in a pot for broth boiling in 2 litres of water.
- Filter and cool down the broth.
- Put butter and olive oil in a pot to fry vegetables.
- Put carrot first and fry them, then put onion and garlic. Add flour when they are fried.
- Add 1 glass of cold water and 1 litres of broth and let it boil.
- Add potatoes when boiling and continue to boil until potatoes are done.
- Add diced sea bass fillets and boil for another 5 mins.
- Add rock salt and black pepper, dill, parsley.
- Let it rest for 5 mins.

## 3. Security Precautions and Organisation

- Safety precautions must be followed
- Cleanliness and organisation rules must be followed.
- Studies must be as planned recipe

## Measurement and Evaluation in the Module

Various measurement tools and methods can be used in accordance with the individual characteristics of the student. The most basic method is to evaluate the suitability, taste, speed and skill levels of the module at the end of the training and to give a course grade.

