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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-10**

## **BAKED SEA BASS**

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**Module Name:** Baked Sea Bass

**Purpose of the Module:** Making baked sea bass by using the necessary ingredients, tools and equipments

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

**Module Scope:** A common synthesis product was created with the interpretation of the baked sea bass, which was made by all three countries, again by the three countries' interpretations of the products. In addition, the sauce added by the Spanish team added a common flavour to the sea bass, resulting in a delicious oven-baked sea bass dish suitable for the tastes of all three countries. It is recommended to be served hot.

### Learning Outcomes

Beneficiary gets the below abilities after the practices:

- Recognizes the tools and equipment used in making baked sea bass.
- 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 baked sea bass.
- Expresses the steps of cooking baked sea bass.
- 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 baked sea bass with appropriate measuring tools.
- Puts the measured ingredients with into suitable containers.
- Uses the stove in accordance with its technique.
- Prepares the food in accordance with the standard recipe
- Works by focusing on work.





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- 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 baked sea bass.
- 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 Baked Sea Bass

- **Tools Used in Wearing Workwear**
  - a) Apron
  - b) Waist Apron
  - c) Work pants
  - d) Bonnet
  - e) Gloves
  - f) Work shoes
  - g) Hand towel





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- 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 Baked Sea Bass**
  - a) Sea bass (2 whole)
  - b) Garlic (4 cloves)
  - c) Chilli pepper
  - d) Olive oil
  - e) Salt (1 tsp)
  - f) Capia pepper (2 pcs)
  - g) Cherry tomatoes (8 pcs)
  - h) Parsley
  - i) Black pepper

## 2. Cooking Baked Sea Bass

- Remove the scales and guts of the fish.





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- Place the fish on an oven tray which is oiled beforehand to avoid sticking.
- Add salt and black pepper.
- Add tomatoes.
- Fry sliced garlic in low heat in a pan and then add chilli pepper and capia pepper.
- Cook the sea bass in the oven at 200 degrees Celsius for 10 to 15 mins.
- Pour fried garlic and peppers on it while serving.

### 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.

