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STRATEGIC PARTNERSHIPS FOR VOCATIONAL EDUCATION and TRAINING

INTERNATIONAL SYNTHESIS OF SEAFOOD COOKING AND PRESENTATION METHODS

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Project Module-13

STUFFED ONIONS WITH SEAFOOD

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Module Name: Stuffed Onions With Seafood

Purpose of the Module: Making stuffed onions with seafood by using the necessary ingredients, tools and equipments

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

Module Scope: It was desired to create a synthesis dish with the sea products of onion, which is frequently used in meals by Turkey, with the contributions of three countries. In this context, salmon and sea bream fish, which are thought to create a common flavour by the Spanish and Italian teams, were used as seafood in the onion, whose production and cooking stages were planned by the Turkish team. Rice stuffing was created and added by Turkey. In addition, the interior filling was completed with the addition of local spices by the team of Spain and Italy. The products cooked by the three countries were added to the onion, creating a delicious synthesis dish. Hot serving is recommended.

Learning Outcomes

Beneficiary gets the below abilities after the practices:

- Recognizes the tools and equipment used in making “Stuffed onions with seafood”.
- 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 “Stuffed onions with seafood”.
- Expresses the steps of cooking “Stuffed onions with seafood”.
- 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 “Stuffed onions with seafood” 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 “Stuffed onions with seafood”.
- 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 Stuffed Onions With Seafood

- 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 “Stuffed Onions With Seafood”**
 - a) Salmon (1 kg)
 - b) Salt
 - c) Sea bream (10 fil.)
 - d) Sugar (250 g)
 - e) Rice (1 kg)
 - f) Onion (1 kg)
 - g) Cinnamon stick (150 g)
 - h) Lime (2 kg)





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- i) Blackcurrant (100 g)
- j) Garlic (1 pc)
- k) Pine kernel (100 g)
- l) Zucchini (2 kg)
- m) Natural pomegranate syrup (1 l)
- n) Parsley (stalks used only) (2 bun.)
- o) Coriander (50 g)
- p) Fresh peppermint (2 bun.)
- q) Yellow bell pepper (3 kg)
- r) Eggplant skin (2 pcs)
- s) Tuile (red food dye) (1 pack)
- t) White flour (1 kg)
- u) Pesto sauce (2 kg)
- v) Vinegar (grapes) (1 l)

2. Cooking “Stuffed Onions With Seafood”

- Add salt and sugar to boiling water.
- Peel and boil onions until softens and then take out from the boiling water. Peel outer layer and keep aside.
- Medium or small size onions should be used.

For Filling

- Brunoise the fish.
- Put them in water with vinegar of grapes and take out.
- Brunoise onions and garlic and then roast in a pan.
- Add washed rice.
- Continue to roast.
- Add onions to boiled water.
- Steep blackcurrant in hot water.
- Add blackcurrant, pine kernel, coriander, fresh peppermint, cinnamon, and salt.
- Add the fish and pomegranate syrup, close the lid, take off from the stove and let it rest.
- Fill the mixture in boiled onions.
- Put previously peeled outer layers of the onions, parsley stalks and slices of lime in the bottom of a pot.





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- Array stuffed onions inside the pot.
- Add water near to the top of the onions, it should not exceed the height of the onions.
- Sprinkle some salt.
- Add pomegranate syrup to the water
- Roast yellow bell pepper, smash some garlic, add some water and salt and grind it.
- Add pesto sauce while serving.
- Add eggplant skin crisp on.
- Add tuile.

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.

