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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-15

SEA BASS WITH TARHANA

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Module Name: Sea Bass With Tarhana

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

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

Module Scope: Tarhana, a local product belonging to the Turkish cuisine, was intended to create a synthesis dish with the contributions of three countries, with sea products to suit the palate of other countries. In this context, tarhana, whose production and cooking stages are planned by the Turkish team, is planned to be synthesized with sea bass, which is thought to create a common flavor by the Spanish and Italian teams. With the addition of tarhana on the sea bass served on a bed of spinach and adding it to the sauce created by the Italian and Spanish team, the product presentation was completed, resulting in a delicious meal suitable for the tastes of all three countries. Hot serving is recommended.

Learning Outcomes

Beneficiary gets the below abilities after the practices:

- Recognizes the tools and equipment used in making sea bass with tarhana.
- 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 sea bass with tarhana.
- Expresses the steps of cooking sea bass with tarhana.
- 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 sea bass with tarhana 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 sea bass with tarhana.
- 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 Sea Bass With Tarhana

- **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 Sea Bass With Tarhana**
 - a) Sea bass (50 fillets)
 - b) Sea bass (20 pcs without skin and bones)
 - c) Salmon (3 kg)
 - d) Pickled cappers (250 g)
 - e) Fresh coriander (250 g)
 - f) Dill (250 g)
 - g) Salt (50 g)
 - h) Black pepper (50 g)





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- i) Milk cream (500 ml)
- j) Milk cream (2,5 kg (for sauce))
- k) Garlic (2 bundles)
- l) Olive oil (½ liters)
- m) Butter (750 g)
- n) Tarhana (2,5 kg)
- o) Spinach (3,5 kg)
- p) Purple onion (2 kg)
- q) Capia (2 kg)
- r) Banana pepper (1 kg)
- s) Balsamic vinegar (½ liters)
- t) Potatoes (20 pcs middle sized)
- u) Garden rocket (5 bundles)
- v) Lemon (3 kg)

2. Cooking Sea Bass With Tarhana

- Fillet and skin the sea bass.
- Marinate skinned fillets in olive oil, salt and black pepper.
- Grind sea bass, salmon, fresh coriander, dill, garlic, cappers, salt and black pepper to make a mince.
- Add milk cream and knead.
- Cover the fillts with this mixture. Put tarhana and butter on.
- Sear on a hot pan first and then cook in oven for seven minutes at 180 degrees Celsius.
- Slice potatoes and roast in the oven for 20 minutes at 180 degrees Celsius.
- Deep fry potatoes after taking out the oven.
- Add salt and black pepper.
- Julienne all the vegetables and saute in the order: peppers, onions and spinach.
- Pour balsamic vinegar on spinach after sauting.

Sauce

- Put milk cream, butter, crushed garlic, salt and lemon in the pan and whisk on low heat.
- Pour on the fish.
- Deep fry garden rockets and sprinkle on the plate.





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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.

