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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-16**

## **SEA BEANS**

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**Module Name:** Sea Beans

**Purpose of the Module:** Making Sea Beans by using the necessary ingredients, tools and equipments

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

**Module Scope:** Sea beans made by all three countries; a common synthesis product was created with the interpretation of the products of the three countries again. Cooking techniques suggested by the Turkish team were used. With the addition of spices by the Spain and Italy team, the product presentation was completed, resulting in a delicious product suitable for the tastes of all three countries.

### Learning Outcomes

Beneficiary gets the below abilities after the practices:

- Recognizes the tools and equipment used in making sea beans.
- 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 beans.
- Expresses the steps of cooking sea beans.
- 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 beans 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 sea beans.
- 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 Beans

- 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 Making Sea Beans
  - a) Sea beans (3 kg)
  - b) Lemon (1,5 kg)
  - c) Vinegar (1 l)
  - d) Garlic (3 pcs)
  - e) Tomatoes (25 pcs)
  - f) Salt
  - g) Olive oil

## 2. Cooking Sea Beans

- Boil the sea beans with carbonated water for 15 mins and remove the stalks.
- Mix with lemon juice, olive oil and salt. Add garlic and vinegar.

## 3. Security Precautions and Organisation





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- Safety precautions must be followed
- Cleanliness and organization 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.

