



**Task Title: Cooking Procedures**

OALCF Cover Sheet – Practitioner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes  No

**Goal Path:** Employment  Apprenticeship

Secondary School  Post Secondary  Independence

**Task Description:**

The learner will read and follow written instructions to perform tasks related to cooking safely in the workplace.

**Main Competency/Task Group/Level Indicator:**

- Find and Use Information/Read continuous text/A1.2
- Understand and Use Numbers/Use Measures/C3.2

**Materials Required:**

- Pen/pencil and paper
- Calculators are optional

Task Title: Cooking\_Procedures\_EA\_A1.2\_C3.2

## Learner Information

Cooks use procedures and recipes in the workplace to maintain consistent and safe practices in the workplace.

Scan the **Procedural Instructions for Cooking Seafood.**

## Procedural Instructions for Cooking Seafood

### Step 1: Preparing the Seafood

1. Wash hands and sanitize work surfaces.
2. Check seafood for freshness (look for clear eyes, firm flesh, and a fresh ocean smell).
3. If using frozen seafood, thaw it in the refrigerator overnight or under cold running water.
4. Pat the seafood dry with a paper towel to remove excess moisture.

### Step 2: Seasoning the Seafood

1. Lightly coat seafood with oil or melted butter.
2. Season with salt, pepper, and any required spices or marinades.
3. Let the seafood sit for 5 minutes to absorb the flavours.

### Step 3: Cooking Methods

#### Grilling

1. Preheat the grill to medium-high heat (200°C / 400°F).
2. Oil the grill grates to prevent sticking.
3. Place fish, skin-side down or shellfish directly on the grill.
4. Cook for 3–5 minutes per side, depending on thickness.

#### Pan-Frying

1. Heat 1 tbsp of oil in a skillet over medium heat.
2. Place seafood in the pan and cook until golden brown.
3. Flip and cook the other side for the same amount of time.

#### Steaming

1. Fill a pot with 2 inches of water and bring it to a boil.
2. Place seafood in a steamer basket above the boiling water.
3. Cover and steam for 6–10 minutes, depending on the type of seafood.

### Step 4: Checking Doneness

1. Fish is fully cooked when it reaches an internal temperature of 63°C (145°F).
2. Shrimp and scallops should be opaque and firm.
3. Shellfish (like mussels and clams) should have opened shells. Discard any that remain closed.

### Step 5: Serving the Seafood

1. Remove seafood from heat and let it rest for 2 minutes.
2. Serve with lemon wedges, sauces, or sides as required.
3. Garnish with fresh herbs or seasonings as per the recipe.
4. Ensure plates are wiped clean for professional presentation.

Work Sheet

**Task 1: List the correct ways to thaw seafood safely.**

Answer:

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**Task 2: What should you look for to know that shrimp is fully cooked?**

Answer:

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**Task 3: What temperature is medium-high heat?**

Answer

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**Task 4: When using the steaming method, how is the seafood placed?**

Answer:

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**Task 5: What is the internal temperature of fish when it is fully cooked?**

Answer:

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**Task 6: A recipe calls for 1 tbsp of oil per fillet. Calculate the total oil needed to pan fry 4 fillets.**

Answer:

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**Task 7: The restaurant received 10 pounds of fresh cod, but the recipe measurements are in kilograms. Convert the 10 pounds to kilograms using this formula: 1 pound = 0.45 kg.**

Answer:

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**Task 8: A recipe calls for salmon to be baked at 375°F, but the oven uses Celsius. Convert the temperature to Celsius using this formula:  $(^{\circ}\text{F} - 32) \times \frac{5}{9} = ^{\circ}\text{C}$ .**

Answer:

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## Answers

**Task 1: List the correct ways to thaw seafood safely.**

Answer: In the refrigerator overnight or under cold running water

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**Task 2: What should you look for to know that shrimp is fully cooked?**

Answer: Opaque and firm

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**Task 3: What temperature is medium-high heat?**

Answer: 200°C/400°F

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**Task 4: When using the steaming method how is the seafood placed?**

Answer: In a steamer basket above the water

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**Task 5: What is the internal temperature of fish when it is fully cooked?**

Answer: 63°C or 145°F

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**Task 6: A recipe calls for 1 tbsp of oil per fillet. Calculate the total oil needed to pan fry 4 fillets.**

Answer:  $1\text{tbsp} \times 4\text{ fillets} = 4\text{ tbsp}$       4 tbsp of oil

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**Task 7: The restaurant received 10 pounds of fresh cod, but the recipe measurements are in kilograms. Convert the 10 pounds to kilograms using this formula: 1 pound = 0.45 kg.**

Answer:  $10 \times 0.45 = 4.5\text{ kg}$       4.5kg

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**Task 8: A recipe calls for salmon to be baked at 375°F, but the oven uses Celsius. Convert the temperature to Celsius using this formula:  $(^{\circ}\text{F} - 32) \times 5/9 = ^{\circ}\text{C}$  .**

Answer:  $(375 - 32) \times 5/9 = 190.5$

190.5°

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### Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	Scans text to locate information			
	Locates multiple pieces of information in simple texts			
	Follows the main events of descriptive, narrative, and informational texts			
C3.2	Calculates using numbers expressed as whole numbers, fractions, decimals, percentages, and integers			
	Converts units of measurement within the same system and between systems			
	Interprets, represents, and converts measures using whole numbers, decimals, percentages, ratios, and simple, common fractions (e.g. $\frac{1}{2}$ , $\frac{1}{4}$ )			

This task: Was successfully completed  Needs to be tried again



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Learner Comments:

Instructor (print):

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Learner (print):

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