

Task Title: Cooking Procedures

# OALCF Cover Sheet – Practitioner Copy

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

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

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

|  |  |  |
| --- | --- | --- |
| **Goal Path:** | Employment | Apprenticeship |
| Secondary School | Post Secondary | Independence |

**Successful Completion:**  Yes No

**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

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:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**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:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**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: (°F – 32) x 5/9 = °C .**

Answer:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Answers

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

Answer: In the refrigerator overnight or under cold running water

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer: Opaque and firm

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer: 200°C/400°F

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer: In a steamer basket above the water

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer: 63°C or 145°F

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Answer: 1tbsp x 4 fillets = 4 tbsp 4 tbsp of oil

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**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 x 0.45 = 4.5 kg 4.5kg

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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: (°F – 32) x 5/9 = °C .**

Answer: (375 – 32) x 5/9 = 190.5 190.5°

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# 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. ½, ¼) |  |  |  |

This task: Was successfully completed Needs to be tried again

Learner Comments:

Instructor (print): Learner (print):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_