

# Oceans Alive Seafood Meal Assignment

# Design and Planning

- a) In my cooking assignment, I decided to fillet and cook trout. The recipe that I used was not from the internet or TV; I called up my Nan who lives in England and asked her if she had any good recipes (because she is a great cook) and of course, she did. She told us to cook up some roast potatoes with some corn and season the trout with lemon juice and ground black pepper.
- b) In my recipe I will first peel the potatoes, wash them, cut them in half, and then put them in a pot of boiling water on the stove. Then I will get the fish out of the fridge, and wash them under the tap. I will then place them on a chopping board to be filleted. Once the fish have been filleted, I will grease up a tray with olive oil, and place my fillets gently inside ready to be seasoned. Then I will proceed to sprinkle a squeeze of lemon juice on them followed by a few grinds of pepper. The fish will now go in the oven next to the potatoes that I previously put in there to brown off. Two minutes before the fish is cooked and the potatoes are ready, I put a few handfuls of corn into a small pot of boiling water and stir them until the fish is ready to be served.

# Procedure

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| a) The trout was bought from the fish shop in Menai Marketplace, on Sunday morning and consumed on Sunday night. During the day, the fish were kept wrapped up in brown paper and left in the fridge to keep refrigerated and fresh. | b) The steps that I used in preparing the meal went exactly as planned and no problems, changes or issues occurred in the process. |
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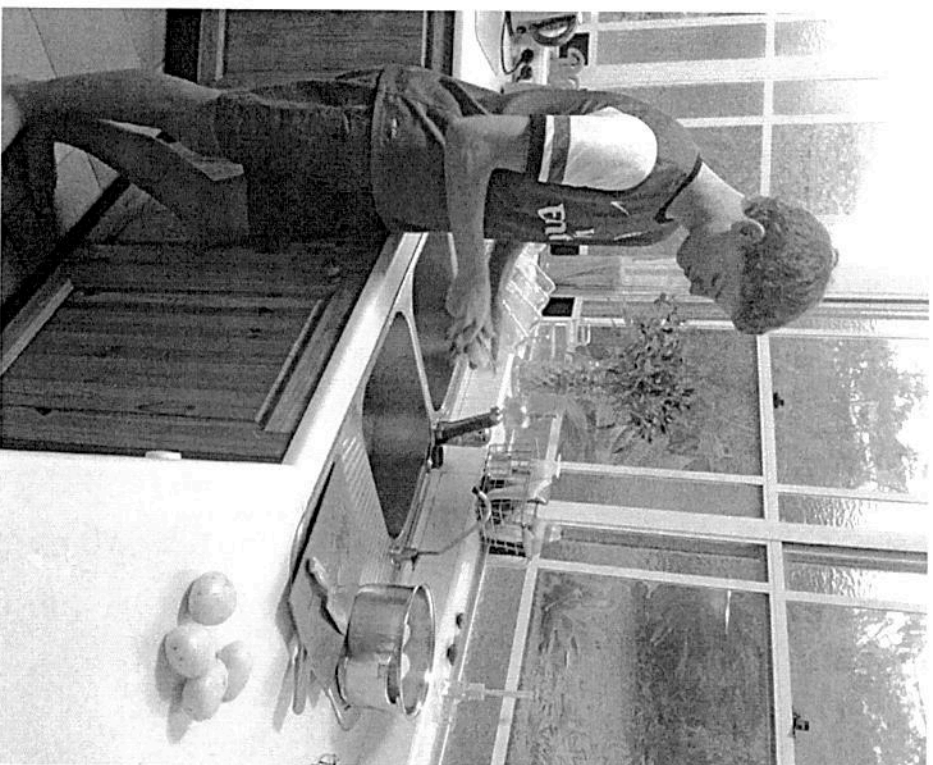
d) The knife that I used to fillet the fish with was a safety risk as I could of cut myself. I ensured that I did not cut myself, by having a parent with me supervising and advising. Also, when I got the trays out of the oven, they were extremely hot. I prevented burning myself by using an oven glove to protect myself from my hand and the tray making contact.

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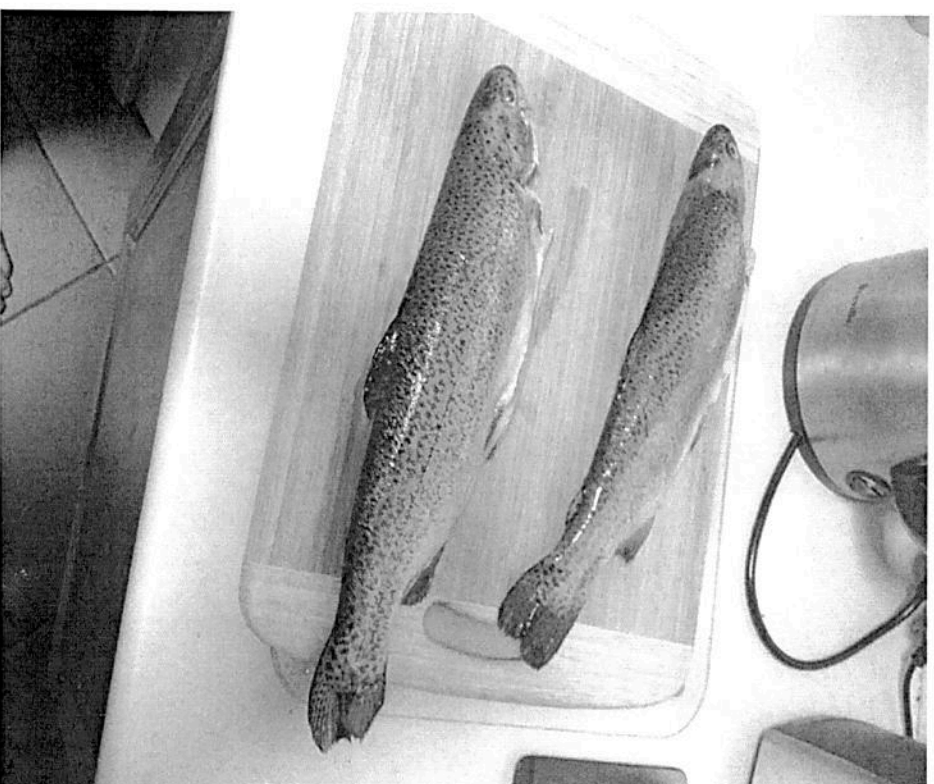


# Procedure

This is me peeling the potatoes that I will be cooking to accompany my fish.



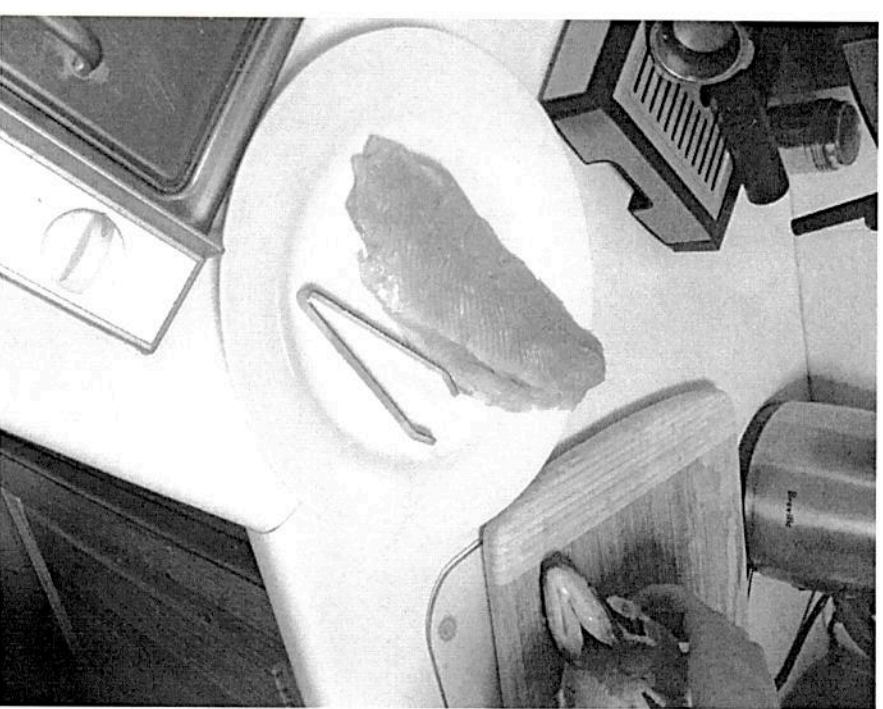
These are the two trout that I filleted and cooked for my family.



# Procedure



This is the inside of one of the trout as I start to fillet it.

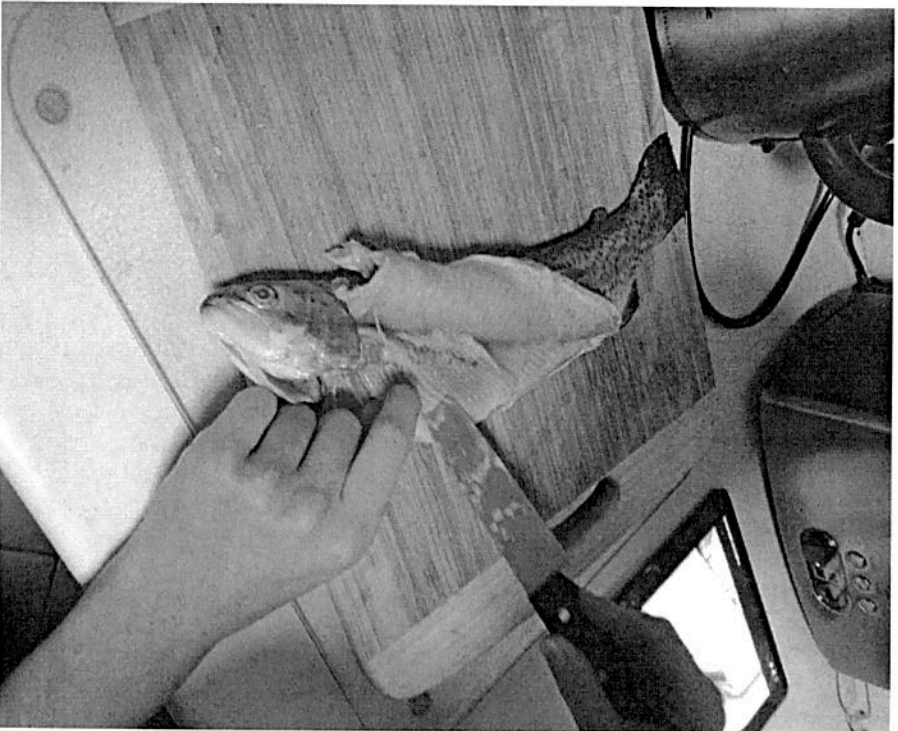


These are two fillets that I have taken off one fish.

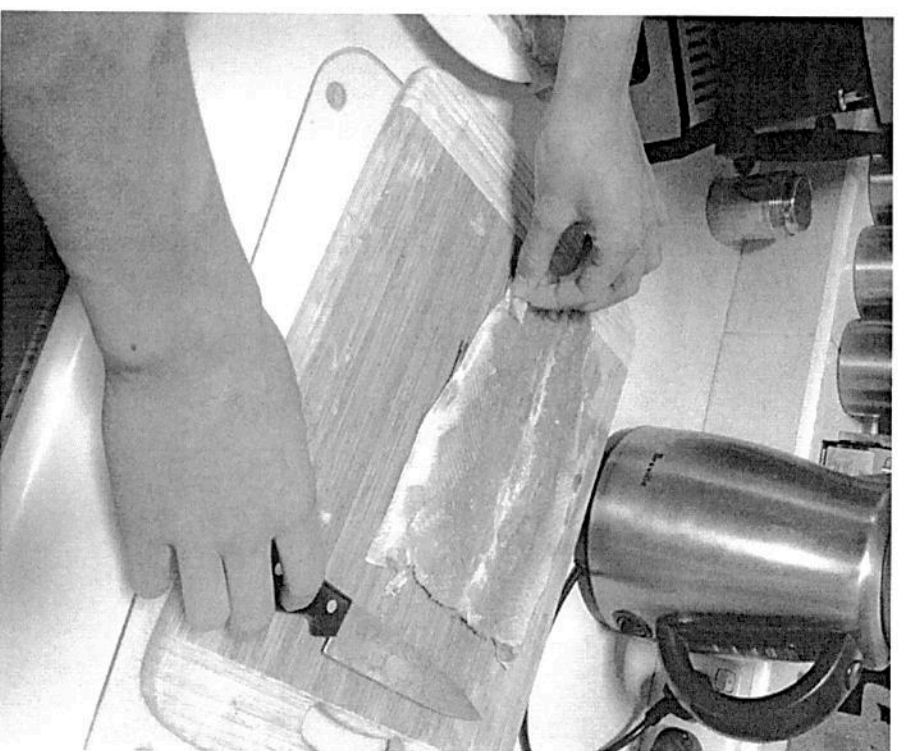


# Procedure

This is the inside of the second trout that I filleted.



These are the two fillets of the fish before I had separated them.

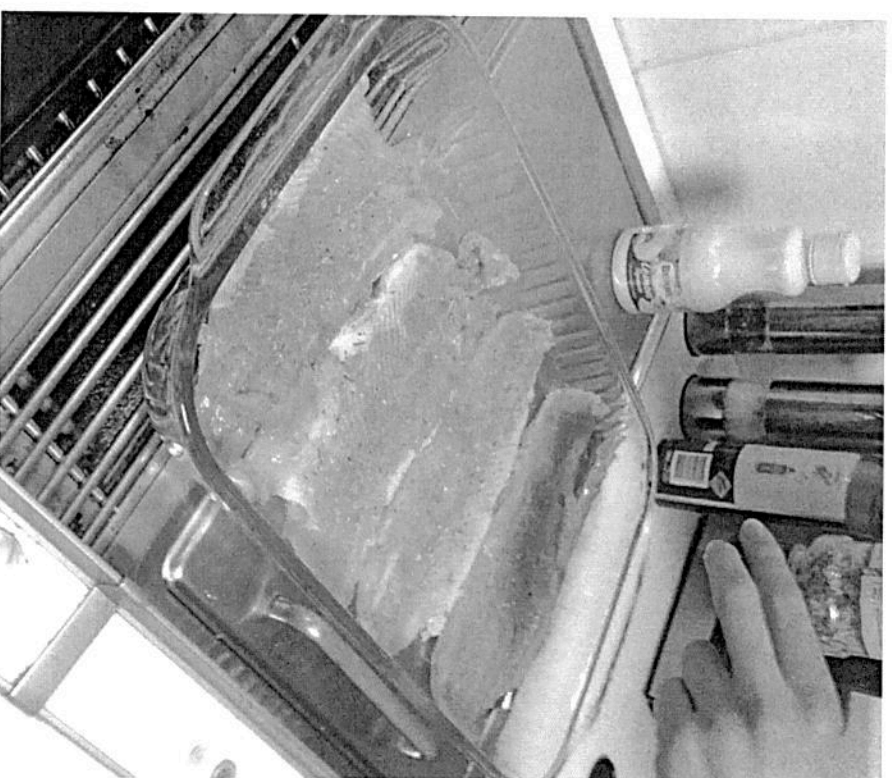


# Procedure

This is me seasoning the four fillets with some herbs and spices.

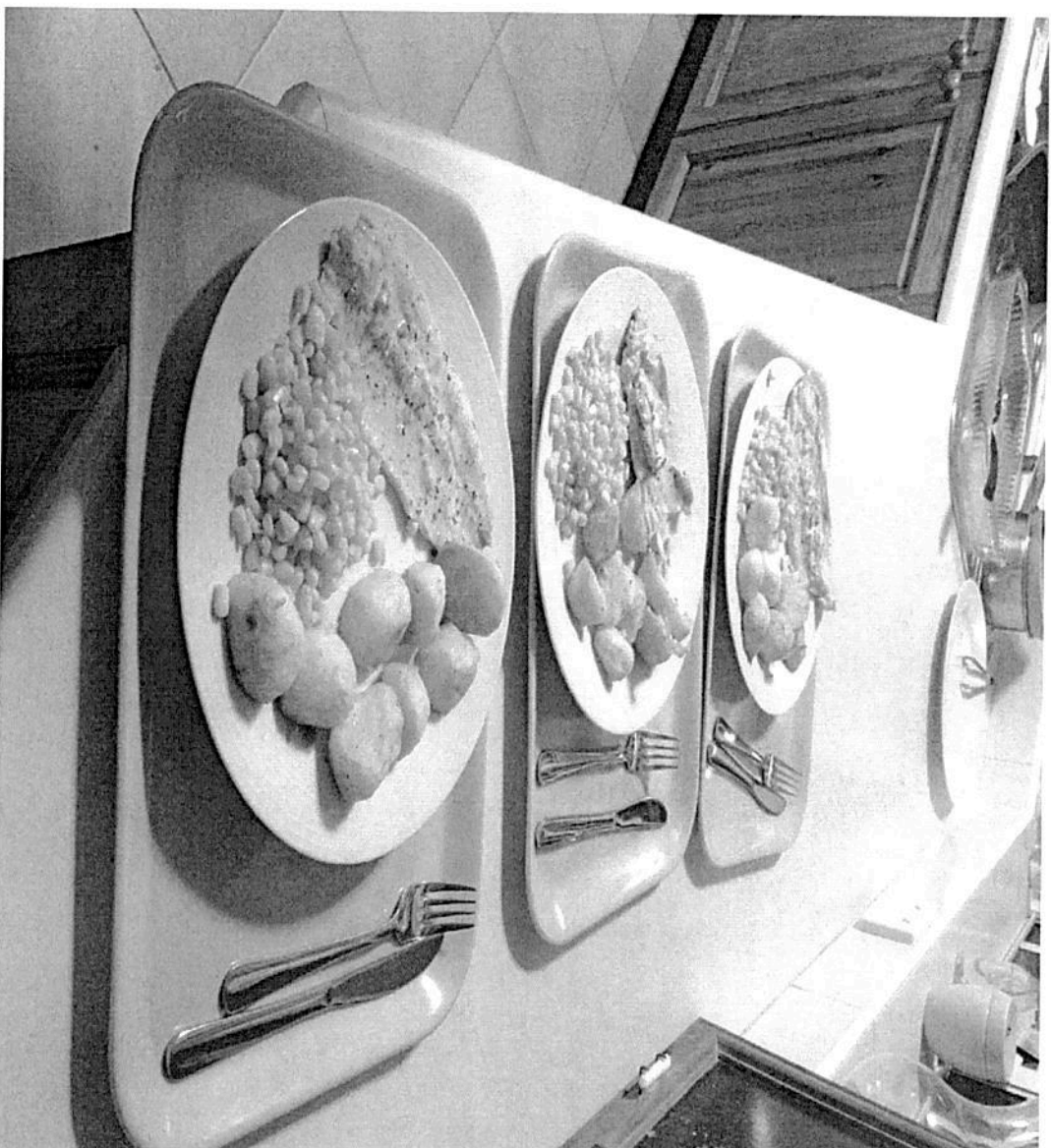


This is a closer shot of the seasoned fillets before they are cooked.





# Procedure



Then, finally, here are the fillets ready to serve to my family! (There are only three in the picture because Dad already took his because he didn't know I was taking a picture!)

*A*



# Conclusion

a) Overall, I was very pleased with my meal and I thought that I made some quality food that my family and I thoroughly enjoyed.

b) Mum said "Well done Steven, I really liked the potatoes and the corn, and I enjoyed the fish too... but if I had to pick one thing out, it'd be that the fish was very slightly overcooked" so I thanked her for that and kept that comment in the back of my mind. Dad said "Great job Steve. Maybe do a little bit more next time. Some steamed carrots on the side would do nicely." So once again I thanked him for that and kept that comment for later. Lastly, my brother just said "Cheers Ste" and walked back to his room, so I'm guessing he thought it was nice..

c) Next time I cook this meal, I will change it by maybe putting some steamed carrots on the side, and not cooking the fish for as long as I did. This way I will get better results.

# **THANKS FOR WATCHING!**

Steven Brett

100A1

Mr McNeil

## Assessment task 4- Maddie Adam 100A2

### Design and planning

- a) I got the recipe for Coconut Prawns off the internet while searching for prawn recipes as prawns are a very popular choice of seafood in my family. 2
- b) To make this recipe, I first had to purchase the prawns and other ingredients and collect the necessary equipment including three metal bowls, a large saucepan (for deep frying), a slotted spoon, a serving platter and the ingredients
- 1 cup of whole egg mayonnaise
  - ¼ cup of fresh lime juice
  - 1 large fresh red chilli deseeded and finely chopped
  - 1 cup rice flour
  - 3 eggs, lightly whisked
  - 1x250g packet shredded coconut
  - 1kg green prawn cutlets
  - Vegetable oil (to deep fry)



### Procedure

- a) For this recipe, I purchased the seafood (in this case prawn cutlets) from my local supermarket. I bought them on the day when I was going to prepare them so I was able to place them in the fridge until I needed to use them. However, if you were not to use them on the day of purchase they can be frozen. 2
- b) Steps used in preparing my meal:
1. Combine the mayonnaise, lime juice and chilli in a small bowl and cover in plastic wrap. Place in the fridge.
  2. Place the rice flour, egg and coconut in separate bowls. Holding the prawns by the tail, dip them one at a time, into the flour and shake off any excess. Dip prawns into the egg and press firmly into the coconut to evenly coat. Transfer to a plate.
  3. Add enough oil to a large saucepan to reach a depth of 6cm. Heat to 170 degrees Celsius over a medium-high heat.
  4. Add one-eighth of the prawns to the oil and cook for 1-2 minutes or until golden brown. Use a slotted spoon to transfer to a plate lined with paper towel and repeat in seven more batches. 4

Complications= the temperature of the oil was very hard to get right and I had to adjust the cooking time quite a few times. Eventually I got it right, having the oil on a lower heat and cooking the prawns for around one and a half minutes.

Also, after having my family taste-test a couple of the prawns, I found that the flavour and texture of the coconut coating was not as popular as I first thought. To overcome this I decided to do half of the prawns in the coconut coating and batter the other half. I prepared the batter using an egg, leftover rice flour and sparkling mineral water. ✓



flour and sparkling mineral water. I first coated the prawns in the batter than deep fried them. These were much more popular, especially dipped in the chilli and lime mayonnaise.

### C) PTO for section (c) (photographs)

D) The biggest risk (danger) associated with preparing this recipe was deep frying the seafood in hot oil. Hot oil can be extremely dangerous and cause many injuries. To minimise the risk when cooking with oil I made sure that the saucepan it was in was stable and couldn't fall, and used a long spoon to get the prawns in and out of the oil.

### Conclusion:

- a) I thought that the meal that I prepared was good, but could have been better. It took quite a few tries to cook the prawns properly and add enough flavour to the batter.
- b) My dad said that the meal was very nice but more seasoning should be added next time I cook it.
- c) To get better results next time I use this recipe, I would not use the coconut but use a batter. Unlike the one I made, I would add something instead of mineral water such as beer.





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## Fish with herbs and lemon cooked in foil

### Design and Planning

a) I chose to cook flathead fish with lemon and herbs in foil because I know that my family likes that dish and I wanted to make a dish that had many different flavours. The recipe comes from my dad.

### Plan

1. Collect all ingredients and equipment
2. Chop up the shallots and cut the lemons into thin circles
3. Brake off 5 medium sized pieces of foil
4. Drizzle oil on top of each piece of foil
5. Sprinkle salt and pepper on top of oil on foil
6. Place 2 pieces of flathead fillet on each piece of foil
7. Drizzle oil on top of all fish
8. Sprinkle salt on top of all fish
9. Spread  $\frac{1}{2}$  a teaspoon of garlic on all fish
10. On two of the pairs of fish fillets on the foil place shallots over the fish and place leaves of dill on top
11. On one of the pairs of fish fillets on the foil spread soy sauce on top and sprinkle parsley
12. On the remaining pair of fish fillets on the foil spread honey on top of the fish and sprinkle parsley
13. Place 3 pieces of lemon on each pair of fish fillets
14. Fold foil sideways and then fold the ends until you reach the start of the fillet piece
15. Place foils on oven tray and cook in oven at 200°C for 20 minutes

### Storage

I purchased 8 pieces of flathead fillets at Garry's seafood shop at Menai Market place and stored the fish in the freezer

### Steps

1. Collect all ingredients and equipment
2. Chop up the shallots and cut the lemons into thin circles
3. Brake off 5 medium sized pieces of foil
4. Drizzle oil on top of each piece of foil
5. Sprinkle salt and pepper on top of oil on foil
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9. Spread  $\frac{1}{2}$  a teaspoon of garlic on all fish
10. On two of the pairs of fish fillets on the foil place shallots over the fish and place leaves of dill on top
11. On one of the pairs of fish fillets on the foil spread soy sauce on top and sprinkle parsley

#### Ingredients

- Oil
- Salt
- Pepper
- Dill
- 2x Shallots
- 8x flathead fillets
- Garlic
- Soy sauce
- Parsley
- Honey
- 5 x lemon

#### Equipment

- Oven
- Oven tray
- Oven mitts
- Foil
- Chopping board
- Chopping knife
- Apron
- Teaspoon



12. On the remaining pair of fish fillets on the foil spread honey on top of the fish and sprinkle parsley
13. Place 3 pieces of lemon on each pair of fish fillets
14. Fold foil sideways and then fold the ends until you reach the start of the fillet piece (when I was folding the foil it started to brake a little and the oil sometimes started coming out)
15. Place foils on oven tray and cook in oven at 200°C for 20 minutes (could maybe have cooked for a bit less as my mum said the fish was a little bit dry)

### Dangers and preventions

- I placed oven mitts on my hands to ensure I did not get burnt by the oven or the tray when removing the tray from the oven and placing the tray into the oven
- I bought fillets that were de-boned and filleted so that nobody chocked on bones

### Conclusion

I was really happy with how my meal turned out. I think my meal looked very presentable and the flavours I was hoping to get were there and made the fish taste really good. My dad said that he really liked my food. My mum said she really liked it as well but she said the fish was a little bit dry. In order to change my meal and improve it for the future I could cook the fish in the oven for less time so that the fish is not so dry.







# Oceans Alive

## Food Task

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### Design and Planning:

The reason for choosing this recipe is that I love to eat salmon and prawns, my two favourite seafood meals. I also like experimenting with foods and different flavours hence the creation of this recipe. I made this recipe one Christmas Day for lunch and since then like cooking that meal for my family. I served it with a green salad with beetroot, baby spinach, tomato, Spanish onion, avocado, capsicum.

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I also cooked and served lemon and chilli chicken for the non seafood eaters.

1. Peel the prawns of their outer shell, cut off the head and devein
2. Make a marinade of lemon juice, garlic and chilli and put the prawns in the marinade
3. Whilst the prawns are marinating get the salmon and put it on some aluminium foil
4. Squeeze lemon sauce over the salmon making sure you cover the whole thing
5. Wrap the salmon in the aluminium foil and put it in a pan
6. Cook for approximately 30 mins, 20 on the skin side and 10 on the other
7. After prawns are marinated pour them into another pan and cook for 5 mins by tossing them.

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Equipment and ingredients: spatula, glass bowl, 2 pans, aluminium foil, teaspoon, garlic, chilli paste, lemon juice, chicken, salmon, green prawns, beetroot, baby spinach, tomato, onion, avocado, capsicum, tongs (one for each different dish).

### Procedure:

PRICE ?

My mum and I went out to a seafood shop to buy the seafood fresh on the day. For the salad, I kept that in the fridge while cooking the hot dishes so it didn't heat up and become room temperature. I also bought the chicken fresh from the butcher at Woolworths.

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My plan was to make the salad first due to it being nice and fast and I was able to store it in the fridge. I then cut and marinated the chicken in a glass bowl. I left the chicken for about ten minutes for the flavour to marinate and worked on the salmon and prawns. For the prawns I had to peel them and then marinate them as well in a bowl. For the salmon I wrapped it in aluminium foil with lemon juice inside. Before I started to prepare my plan was to do each thing separately one by one but my mum pointed out that I would be there for hours. So I changed to doing the chicken first and getting that in the pan then working on the salmon and prawns afterward.

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The first risk that I had to encounter was the risk of being burnt and knocking over the pans on the stove. To avoid this I would turn the handles in towards the middle of the stove so they wouldn't



stick out over the side. I also had the risk of food poisoning seeing as I was using raw chicken. I used a separate chopping board and knife that we only use for chicken. To avoid this I used a different pair of tongs to cook each dish and I cooked the chicken in one pan and the seafood in the other.

## **Conclusion:**

The result of my cooking was a really enjoyable and tasty meal to eat. All the different dishes and flavours worked well together creating satisfying a dinner to enjoy with the family. The lemon juice that was used in the prawns, salmon and chicken helped soften the meats making it easier to chew. Also the chilli in the prawns and chicken helped add that extra hit while eating.

All the feedback that I was given was excellent. My whole family enjoyed the dish. The only small thing that Mum suggested was that the prawns could have come off the heat a minute earlier.

Other than change the amount of time that I cooked the prawns next time I would like to add some potato to the menu. I meant to do that this time but forgot to turn on the microwave and cook them.







