



N.E. Scotland Fisheries
LocalActionGroup



Aberdeenshire
COUNCIL



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Seafood Industry Workplace Ready Programme

The World is your Oyster from this moment on

This course has been designed by training providers and industry to try and meet the demand for the upskilling of the employees that are trying for employment in the seafood sectors.

The seafood processing sector transforms the fresh fish and shellfish produced by fishermen and fish farms. The range of careers available includes technical managers, supervisory roles, food technologists, operatives, team leaders, filleters, quality assurance roles, engineers etc.

Workshop contents !

REHIS / Seafish Level 2 Hygiene

6hrs

Elementary Hygiene taught course+

This Level 2 course has been designed to help anyone who handles, prepares or serves food in the food industry understand their legal responsibilities and know what constitutes best practice in regards to controlling food safety hazards, controlling temperatures, food storage, food preparation, personal hygiene and premises cleaning.

By law, all food handlers must have an understanding of the basic principles of food hygiene and know how to work safely so as to protect the food they serve from contamination.

The course provides learners with up-to-date food hygiene information using a range of written text, interactive exercises and video content to ensure learners thoroughly comprehend their food safety responsibilities.

REHIS / Seafish Level 2 Health and Safety

6hrs

Elementary Health & Safety taught course+

By law, a basic knowledge of health and safety is essential for all employees in all industries to ensure that workplace risks are recognised and managed effectively.

This Level 2 health and safety in the workplace course is designed to provide employees with the requisite knowledge, or refresher training, needed in order provide a safe working environment within your organisation. This includes an understanding of legal responsibilities, accident prevention and an overview of some of the key areas of workplace health and safety. COSHH, Risk Assessment, First Aid, Safety procedures.

Knife Skills: Sharpening / Handling and Storing

3hrs

Basic knife skills are an important component of any food operator - whether you plan to earn a living in the factory / kitchen or prepare food at home. Covering how to sharpen a knife, how to care for your knives, safe handling and storage of knives.

Basic Filleting Skills

3hrs

Even the most accomplished filleters can come a cropper when tasked with preparing some fish. Simpler tasks like filleting fish, removing the skin from a loin of cod or peeling prawns are skills every home cook should know, while having the ability to open oysters, scallops and clams, and cleaning whole squid will earn you major brownie points with new employers. Our helpful guides cover every aspect of the process, turning you into a fish guru in no time. It also means if you ever go fishing, crabbing or fancy buying some super-fresh produce straight off the boat, you'll know exactly what to do when you get it home.

Basic Cooking

3hrs

The three secrets to success...

Don't overcook fish as the texture will coarsen, dry out and the flavour will be destroyed.

Don't overspice fish as it has very delicate flavours so be light-handed with herbs and spices.

Keep fish moist and preserve the natural juices whilst cooking by using a moist cooking method or baste frequently during dry cooking.

Cooking Methods; Baking, Baking in Foil, Barbecuing, Casseroling, Shallow Frying, Deep Frying, Oven Frying, Grilling, Marinating, Poaching, Sousing, Steaming, Microwave Cooking.

Seafish Basic Storage and Handling

3hrs

Safe handling and storage of all food should follow the same basic guidelines that are listed below. However, seafood is more perishable than many food items, and the consumer must pay a little more attention to its careful handling.

Whether a consumer buys seafood from a market or catches/harvests fish and shellfish on their own, proper handling, storage and preparation are necessary to maintain quality and ensure safety. Although there are many types of seafood available from commercial sources or from recreational fishing, all fish and shellfish are highly perishable, and the same basic storage and handling guidelines should be followed: **Keep it cold, Keep it clean, Store it quickly, Prepare and cook it properly.**

Seafish Basic Quality Assessments

3hrs

Most often "quality" refers to the aesthetic appearance and freshness or degree of spoilage which the fish has undergone. It may also involve safety aspects such as being free from harmful bacteria, parasites or chemicals. It is important to remember that "quality" implies different things to different people and is a term which must be defined in association with an individual product type. For example, it is often thought that the best quality is found in fish which are consumed within the first few hours post mortem. However, very fresh fish which are in rigor mortis are difficult to fillet and skin and are often unsuitable for smoking. Thus, for the processor, slightly older fish which have passed through the rigor process are more desirable.

The methods for evaluation of fresh fish quality may be conveniently divided into two categories: sensory and instrumental. Since the consumer is the ultimate judge of quality, most chemical or instrumental methods must be correlated with sensory evaluation before being used in the laboratory. However, sensory methods must be performed scientifically under carefully controlled conditions so that the effects of test environment, personal bias, etc., may be reduced.

REHIS / Seafish Level 1 in Principles of HACCP

3hrs

We have found that if employees have received HACCP training, they are more likely to understand the concept, the working practices associated with the plan as well as being more active in the process of implementing the system.

Interested Contact Below

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