

### Tuesday 01 October 2019

Please check into your accommodation

- **Hotel:** Premier Inn Hastings, 1 John Macadam Way, Hastings, Saint Leonards-on-sea TN37 7DB
- **Check in:** From 3pm
- **Board:** Room Only (breakfast will be taken during the training day)

Dinner at a local restaurant

- *Please advise TUCO Academy if you have any dietary requirements that we should be aware of.*

Overnight at in Hastings.

### Wednesday 02 October 2019

Please check out of your accommodation

Travel to Hastings Market (15-minute drive)

- *Delegates may choose to make their own way to Hastings Market. However, if you require, TUCO can arrange taxis for you. Please let the TUCO Academy team know.*

**0600-1500:** Full day at Hastings Market, to include:

- Tour of Hastings Market
- Coffee and breakfast at Hastings fisheries
- Welcome and introductions
- Overview, fish familiarity, best practice and sustainability
- Fresh fish demo, identification and filleting skills
- Head outside to meet one of the day-boats as it comes ashore.
- Chat to the skipper and see what has been freshly landed
- Lunch
- 'Ready, Steady, Cook' challenge
- Quiz
- Networking opportunities

**1500:** End of Development Day

Please make your own way home.

### Additional Information:

The University Caterers Organisation Ltd, National House, 36 St Ann Street, Manchester, M2 7LE  
t: 0161 713 3420 | [www.tuco.ac.uk](http://www.tuco.ac.uk)

### Who is this for?

This course is designed for chefs at all levels and will be tailored on the day to meet training levels.

### Why should I take part?

M&J Seafood are delighted to offer two unique Fish and Seafood training days to TUCO chefs in 2019. Each one-day development day has been designed to provide chefs with a broader knowledge of fish and seafood species, seasonality, sustainability and preparation. The training will be held at one of M&J Seafood's suppliers' fisheries to give a deeper understanding of the product that reaches their kitchens.

The training days will be hosted by Terry Martin, Aster Fishmonger and 2-times winner of the BFF British Fishcraft Championships and Business Development Chef Jason Calcutt. By the end of the day, each chef will leave feeling excited and confident to use more fresh fish.

### How will it help me?

- Develop your knowledge of different fish through a tour of Hastings Market
- Network with other likeminded TUCO members from other institutions over coffee and breakfast and Hastings Fisheries
- Explore fish familiarity, best practice and sustainability
- Enjoy a fresh fish demo, learning how to identify different fish
- Learn how to perfectly fillet fish
- Enhance knowledge of fresh fish through networking with a skipper on a day-boat who will show you the freshly landed fish
- Take part in a 'Ready, Steady, Cook' challenge, to develop your fish cooking skills and experience cooking with different varieties of fish
- Test your knowledge of fresh fish through a quiz which is designed to further teach you about fresh fish

### What's included?

Everything detailed on the itinerary is included on the cost of the development day. This includes one full day training with an experienced fishmonger, overnight accommodation the evening before the training (ready for an early start the next day), breakfast at the hotel, and lunch during the development day. Transport to the development day is not included and delegates should make their own way to the event which will be located at Hastings Fisheries.