EO C390.10 – IDENTIFY METHODS OF PREPARING AND COOKING A SMALL ANIMAL OR FISH

1. **Performance.** Identify Methods of Preparing and Cooking a Small Animal or Fish.

2. **Conditions**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Field setting during the day.

3. **Standard.** The cadet shall identify methods of preparing and cooking a small animal or fish, to include:

   a. skinning or preparing methods, and

   b. cooking methods.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain and demonstrate skinning a small animal, to include: a. removing urine; b. cutting a hole in the belly area; c. pulling the skin apart and removing the guts; d. cutting the skin around the front and hind paws; e. hanging the small animal; f. removing the skin; and g. cutting the head off the small animal.	Demonstration	15 min	C3-003 (p. 146)
TP2	Explain and demonstrate preparing a fish, to include: a. bleeding; b. gutting; c. scaling; and d. filleting.	Demonstration	15 min	C3-002 (p. 239)
TP3	Explain methods of cooking a small animal or fish and demonstrate one of the methods listed, to include: a. grilling; b. roasting; or c. frying.	Demonstration	20 min	C0-111 (p. 456) C3-002 (pp. 283–286)

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5. **Time**

a.	Introduction/Conclusion:	10 min
b.	Demonstration:	50 min
c.	Total:	60 min

6. **Substantiation.** Demonstration was chosen for this lesson as it allows the instructor to explain and demonstrate skinning a small animal, preparing a fish and cooking a small animal or fish.

7. **References**

   a. C0-111 (ISBN 978-0-9740820-2-8) Tawrell, P. (2006). *Camping and Wilderness Survival: The Ultimate Outdoors Book* (2nd ed.). Lebanon, NH: Leonard Paul Tawrell.

   b. C3-002 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollins Publishers.

   c. C3-003 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Paul Tawrell.

8. **Training Aids**

   a. Small animal (eg, rabbit or squirrel),

   b. Fish,

   c. Cord,

   d. Green sticks,

   e. Sheet of metal, and

   f. Knife.

9. **Learning Aids.** N/A.

10. **Test Details.** N/A.

11. **Remarks**

   a. Cadets who feel uncomfortable with skinning a small animal do not have to participate in that portion of the class but should be present for the TP on preparing a small animal or fish.

   b. If a rabbit or squirrel cannot be caught in a snare, it may be bought at a farmers' market or a similar venue.

   c. If a fish cannot be caught, it may be bought at a farmers' market or a similar venue.

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