<table>
<thead>
<tr>
<th>TSC Category</th>
<th>Food and Beverage Operations</th>
</tr>
</thead>
<tbody>
<tr>
<td>TSC</td>
<td>Chinese Moist-Heat Dish Preparation and Cooking</td>
</tr>
<tr>
<td>TSC Description</td>
<td>Prepare and present standard and complex Chinese moist-heat dishes</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>TSC Proficiency</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Level 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSS-FBS-1006-1.1</td>
<td>Prepare ingredients and parts of Chinese moist-heat dishes with different types of flavouring techniques and equipment</td>
<td>Prepare standard Chinese moist-heat dishes with menu-based presentations</td>
<td>Prepare complex Chinese moist-heat dishes using a combination of moist-heat cooking techniques with fine-plated presentations</td>
<td>&lt;Insert TSC Code&gt;</td>
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### Knowledge

- Types and uses of kitchen tools and equipment
- Principles of Chinese moist-heat cooking techniques
- Types and correct proportions of ingredients and food suited for Chinese moist-heat cooking techniques
- Methods and techniques for seasoning, flavouring, and marinating of food
- Indicators of doneness
- Importance of controlling cooking time and temperature
- Types of condiments, herbs and spices used in Chinese moist-heat dishes
- Methods of storing ingredients and finished products
- Importance of ensuring workstations are up in a timely manner
- Quality characteristics of Chinese moist-heat dishes
- Recipes and methods of preparing different types of Chinese moist-heat dishes
- Methods of presenting finished products
- Aromatics in moist-heat cooking methods and methods to use them
- Methods to prepare flavourful cooking liquids
- Importance of matching aromatics and cooking liquids to main food ingredients
- Artistic balance of complementary flavours, colours, shapes and textures in garnishes, food products and plate
- Methods of assessing suitable colour, height, shape and texture in finished products
- Consistency in preparing Chinese moist-heat dishes
- Methods for trim test, drained weight test and shrinkage test
- Suitable Chinese moist-heat dishes based on the types of events and profiles of customers
- Preparation time needed for Chinese moist-heat dishes
- Food restrictions and special requirements for Chinese moist-heat dishes

### Abilities

- Prepare kitchen tools and equipment needed
- Inspect the quality of ingredients for different
- Inspect consistency in preparing Chinese moist-heat dishes
### SKILLS FRAMEWORK FOR FOOD SERVICES

**TECHNICAL SKILLS AND COMPETENCIES (TSC) REFERENCE DOCUMENT**

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<tr>
<th>SKILLS</th>
<th>TECHNIQUES</th>
<th>RANGE OF APPLICATION</th>
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<tr>
<td><strong>SKILLS</strong></td>
<td><strong>TECHNIQUES</strong></td>
<td><strong>CHINESE MOIST-HEAT COOKING TECHNIQUES</strong></td>
</tr>
</tbody>
</table>
| Prepare ingredients for different types of Chinese moist-heat dishes | Mix ingredients to achieve desired tastes of Chinese moist-heat dishes | Chinese moist-heat cooking techniques may include but are not limited to:  
- Poaching  
- Simmering  
- Boiling  
- Blanching  
- Steaming  
- Braising  
- Stewing |
| Cook parts of Chinese moist-heat dishes at required temperatures using appropriate techniques across required time intervals | Improvise on Chinese moist-heat dishes’ ingredients | Standard Chinese moist-heat dishes may include but are not limited to:  
- Wonton noodles  
- Braised pork  
- Teochew porridge |
| Store ingredients and finished products appropriately to prolong shelf life | Cook different types of Chinese moist-heat dishes | Complex Chinese moist-heat dishes may include but are not limited to:  
- Dim sum  
- Braised abalone  
- Sharks’ fin soup |
| Reinstate workstations | Use aromatics in cooking processes |  |
|  | Combine complementary flavours and cooking techniques in preparing dishes using moist-heat cooking techniques |  |
|  | Present finished products with suitable colours, heights, shapes and textures |  |
|  | Conduct trim tests, drained weight tests and shrinkage tests to ensure quality consistency in Chinese moist-heat dishes |  |
|  | Provide improvement suggestions on dish preparation |  |
|  | Prepare complex Chinese moist-heat dishes using a combination of cooking techniques |  |
|  | Plate complex Chinese moist-heat dishes finely |  |
|  | Curate Chinese moist-heat dishes based on types of events and profiles of customers |  |
|  | Coordinate different food items to be ready within allocated time |  |
|  | Cater to special cultural and dietary needs for Chinese moist-heat dishes |  |
Suitability of colours, heights, shapes and textures of Chinese moist-heat dishes may differ for different organisations based on the kitchen’s standard operating procedures, recipes and choice of ingredients used.