

**SKILLS FRAMEWORK FOR FOOD SERVICES  
TECHNICAL SKILLS AND COMPETENCIES (TSC) REFERENCE DOCUMENT**

<b>TSC Category</b>	Food and Beverage Operations					
<b>TSC</b>	Chinese Moist-Heat Dish Preparation and Cooking					
<b>TSC Description</b>	Prepare and present standard and complex Chinese moist-heat dishes					
<b>TSC Proficiency</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	<b>Level 6</b>
	<b>FSS-FBS-1006-1.1</b>	<b>FSS-FBS-2006-1.1</b>	<b>FSS-FBS-3006-1.1</b>	<b>&lt;Insert TSC Code&gt;</b>	<b>&lt;Insert TSC Code&gt;</b>	<b>&lt;Insert TSC Code&gt;</b>
<b>Knowledge</b>	<ul style="list-style-type: none"> <li>• Prepare ingredients and parts of Chinese moist-heat dishes with different types of flavouring techniques and equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare standard Chinese moist-heat dishes with menu-based presentations</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare complex Chinese moist-heat dishes using a combination of moist-heat cooking techniques with fine-plated presentations</li> </ul>			
<b>Abilities</b>	<ul style="list-style-type: none"> <li>• Types and uses of kitchen tools and equipment</li> <li>• Principles of Chinese moist-heat cooking techniques</li> <li>• Types and correct proportions of ingredients and food suited for Chinese moist-heat cooking techniques</li> <li>• Methods and techniques for seasoning, flavouring, and marinating of food</li> <li>• Indicators of doneness</li> <li>• Importance of controlling cooking time and temperature</li> <li>• Types of condiments, herbs and spices used in Chinese moist-heat dishes</li> <li>• Methods of storing ingredients and finished products</li> <li>• Importance of ensuring workstations are up in a timely manner</li> </ul>	<ul style="list-style-type: none"> <li>• Quality characteristics of Chinese moist-heat dishes</li> <li>• Recipes and methods of preparing different types of Chinese moist-heat dishes</li> <li>• Methods of presenting finished products</li> <li>• Aromatics in moist-heat cooking methods and methods to use them</li> <li>• Methods to prepare flavourful cooking liquids</li> <li>• Importance of matching aromatics and cooking liquids to main food ingredients</li> <li>• Artistic balance of complementary flavours, colours, shapes and textures in garnishes, food products and plate</li> <li>• Methods of assessing suitable colour, height, shape and texture in finished products</li> </ul>	<ul style="list-style-type: none"> <li>• Consistency in preparing Chinese moist-heat dishes</li> <li>• Methods for trim test, drained weight test and shrinkage test</li> <li>• Suitable Chinese moist-heat dishes based on the types of events and profiles of customers</li> <li>• Preparation time needed for Chinese moist-heat dishes</li> <li>• Food restrictions and special requirements for Chinese moist-heat dishes</li> </ul>			
<b>Abilities</b>	<ul style="list-style-type: none"> <li>• Prepare kitchen tools and equipment needed</li> </ul>	<ul style="list-style-type: none"> <li>• Inspect the quality of ingredients for different</li> </ul>	<ul style="list-style-type: none"> <li>• Inspect consistency in preparing Chinese moist-heat dishes</li> </ul>			

	<ul style="list-style-type: none"> <li>• Prepare ingredients for different types of Chinese moist-heat dishes</li> <li>• Cook parts of Chinese moist-heat dishes at required temperatures using appropriate techniques across required time intervals</li> <li>• Store ingredients and finished products appropriately to prolong shelf life</li> <li>• Reinstate workstations</li> </ul>	<p>types of Chinese moist-heat dishes</p> <ul style="list-style-type: none"> <li>• Mix ingredients to achieve desired tastes of Chinese moist-heat dishes</li> <li>• Improvise on Chinese moist-heat dishes' ingredients</li> <li>• Cook different types of Chinese moist-heat dishes</li> <li>• Use aromatics in cooking processes</li> <li>• Combine complementary flavours and cooking techniques in preparing dishes using moist-heat cooking techniques</li> <li>• Present finished products with suitable colours, heights, shapes and textures</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct trim tests, drained weight tests and shrinkage tests to ensure quality consistency in Chinese moist-heat dishes</li> <li>• Provide improvement suggestions on dish preparation</li> <li>• Prepare complex Chinese moist-heat dishes using a combination of cooking techniques</li> <li>• Plate complex Chinese moist-heat dishes finely</li> <li>• Curate Chinese moist-heat dishes based on types of events and profiles of customers</li> <li>• Coordinate different food items to be ready within allocated time</li> <li>• Cater to special cultural and dietary needs for Chinese moist-heat dishes</li> </ul>			
<p><b>Range of Application</b></p>	<p>Chinese moist-heat cooking techniques may include but are not limited to:</p> <ul style="list-style-type: none"> <li>• Poaching</li> <li>• Simmering</li> <li>• Boiling</li> <li>• Blanching</li> <li>• Steaming</li> <li>• Braising</li> <li>• Stewing</li> </ul> <p>Standard Chinese moist-heat dishes may include but are not limited to:</p> <ul style="list-style-type: none"> <li>• Wonton noodles</li> <li>• Braised pork</li> <li>• Teochew porridge</li> </ul> <p>Complex Chinese moist-heat dishes may include but are not limited to:</p> <ul style="list-style-type: none"> <li>• Dim sum</li> <li>• Braised abalone</li> <li>• Sharks' fin soup</li> </ul>					

	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.			
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