

TSC Category	Food and Beverage Operations					
TSC	Indian Moist-Heat Dish Preparation and Cooking					
TSC Description	Prepare and present standard and complex Indian moist-heat dishes					
TSC Proficiency	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
	FSS-FBS-1012-1.1	FSS-FBS-2012-1.1	FSS-FBS-3012-1.	<Insert TSC Code>	<Insert TSC Code>	<Insert TSC Code>
	Prepare ingredients and parts of Indian moist-heat dishes with different types of flavouring techniques and equipment	Prepare standard Indian moist-heat dishes with menu-based presentations	Prepare complex Indian moist-heat dishes using a combination of moist-heat cooking techniques with fine-plated presentations			
Knowledge	<ul style="list-style-type: none"> • Types and uses of kitchen tools and equipment • Principles of Indian moist-heat cooking techniques • Types and correct proportions of ingredients and food suited for Indian 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 Indian moist-heat dishes • Importance and methods of roasting or toasting spices • Methods of storing ingredients and finished products • Importance of ensuring workstations are up in a timely manner 	<ul style="list-style-type: none"> • Quality characteristics of Indian moist-heat dishes • Recipes and methods of preparing different types of Indian moist-heat dishes • Methods to mix ingredients into curry pastes and masala • Importance of smoking point and indications of oil breakdown • Methods of presenting finished products • Aromatics in moist-heat cooking methods and methods to use them • Importance of matching aromatics and cooking liquids to main food ingredients • Artistic balance of complementary flavours, colours, shapes and textures in garnishes, food product and plate • Methods of assessing suitable colour, height, shape and texture in finished products 	<ul style="list-style-type: none"> • Consistency in preparing Indian moist-heat dishes • Methods for trim test, drained weight test and shrinkage test • Suitable Indian moist-heat dishes based on the types of events and profiles of customers • Preparation time needed for Indian moist-heat dishes • Food restrictions and special requirements for Indian moist-heat dishes 			

<p>Abilities</p>	<ul style="list-style-type: none"> • Prepare kitchen tools and equipment needed • Prepare ingredients for different types of Indian moist-heat dishes • Cook parts of Indian moist-heat dishes at required temperatures using appropriate techniques across required time intervals • Store ingredients and finished products appropriately to prolong shelf life • Reinstate workstations 	<ul style="list-style-type: none"> • Inspect the quality of ingredients for different types of Indian moist-heat dishes • Cook different types of Indian moist-heat dishes • Mix various ingredients to prepare Masala and curry pastes • Improvise on Indian moist-heat dishes' ingredients • 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 	<ul style="list-style-type: none"> • Inspect consistency in preparing Indian moist-heat dishes • Conduct trim tests, drained weight tests and shrinkage tests to ensure quality consistency in Indian moist-heat dishes • Provide improvement suggestions on dish preparation • Prepare complex Indian moist-heat dishes using a combination of cooking techniques • Plate complex Indian moist-heat dishes finely • Curate Indian moist-heat dishes based on types of events and profiles of customers • Coordinate different food items to be ready within the allocated time • Cater to special cultural and dietary needs for Indian moist-heat dishes 			
<p>Range of Application</p>	<p>Indian moist-heat cooking techniques may include but are not limited to:</p> <ul style="list-style-type: none"> • Poaching • Simmering • Boiling • Blanching • Steaming • Braising • Stewing <p>Standard Indian moist-heat dishes may include but are not limited to:</p> <ul style="list-style-type: none"> • Lentil Curry • Palak paneer • Aaloo Mutter <p>Complex Indian moist-heat dishes may include but are not limited to:</p> <ul style="list-style-type: none"> • Traditional sweetmeats • Fish head curry 					

	<ul style="list-style-type: none">• Indian rojak <p>Suitability of colours, heights, shapes and textures of Indian moist-heat dishes may differ for different organisations based on the kitchen's standard operating procedures, recipes and choice of ingredients used.</p>			
--	---	--	--	--