

TSC Category	Food and Beverage Operations					
TSC	Malay Moist-Heat Dish Preparation and Cooking					
TSC Description	Prepare and present standard and complex Malay moist-heat dishes					
TSC Proficiency	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
	FSS-FBS-1014-1.1	FSS-FBS-2014-1.1	FSS-FBS-3014-1.1	<Insert TSC Code>	<Insert TSC Code>	<Insert TSC Code>
	Prepare ingredients and parts of Malay moist-heat dishes with different types of flavouring techniques and equipment	Prepare standard Malay moist-heat dishes with menu-based presentations	Prepare complex Malay 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 Malay moist-heat cooking techniques • Types and correct proportions of ingredients and food suited for Malay 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 Malay moist-heat dishes • Halal food preparation guidelines • 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 Malay moist-heat dishes • Recipes and methods of preparing different types of Malay moist-heat dishes • Methods of preparing Malay curry and sauces with blend of spices • Methods of presenting finished products • Complementary combinations of herbs and spices best suited for different types of vegetables • Aromatics in moist-heat cooking methods and methods to use them • Importance of matching aromatics and cooking liquids to main food ingredients • Impact of boiling coconut milk on holding qualities • Artistic balance of complementary flavours, colours, shapes and textures in garnishes, food product and plate • Methods of assessing suitable colour, height, 	<ul style="list-style-type: none"> • Consistency in preparing Malay moist-heat dishes • Methods for trim test, drained weight test and shrinkage test • Suitable Malay moist-heat dishes based on the types of events and profiles of customers • Preparation time needed for Malay moist-heat dishes • Food restrictions and special requirements for Malay moist-heat dishes 			

Abilities	<ul style="list-style-type: none"> • Prepare kitchen tools and equipment needed • Prepare ingredients for different types of Malay moist-heat dishes • Cook parts of Malay moist-heat dishes at required temperatures using appropriate techniques across required time intervals • Prepare food according to Halal guidelines and requirements • Store ingredients and finished products appropriately to prolong shelf life • Reinstate workstations 	<p>shape and texture in finished products</p> <ul style="list-style-type: none"> • Inspect the quality of ingredients for different types of Malay moist-heat dishes • Mix ingredients to achieve desired tastes of Malay moist-heat dishes • Improvise on Malay moist-heat dishes' ingredients • Cook different types of Malay moist-heat dishes • Monitor oil temperature • Use aromatics in cooking processes • Combine complementary flavours and cooking techniques in preparing Malay moist-heat dishes • Present finished products with suitable colours, heights, shapes and textures 	<ul style="list-style-type: none"> • Inspect consistency in preparing Malay moist-heat dishes • Conduct trim tests, drained weight tests and shrinkage tests to ensure quality consistency in Malay moist-heat dishes • Provide improvement suggestions on dish preparation • Prepare complex Malay moist-heat dishes using a combination of cooking techniques • Plate complex Malay moist-heat dishes finely • Curate Malay moist-heat dishes based on types of events and profiles of customers • Coordinate different food items to be ready at the allocated time • Cater to special cultural and dietary needs for Malay moist-heat dishes 			
Range of Application	<p>Malay 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 Malay moist-heat dishes may include but are not limited to:</p> <ul style="list-style-type: none"> • Mee Rebus • Soto Ayam • Bubur Peda <p>Complex Malay moist-heat dishes may include but are not limited to:</p> <ul style="list-style-type: none"> • Gudeg Putih 					

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