### TSC Category
Food and Beverage Operations

### TSC
Western Moist-Heat Dish Preparation and Cooking

### TSC Description
Prepare and present standard and complex Western moist-heat dishes

<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-1022-1.1</td>
<td>FSS-FBS-2022-1.1</td>
<td>FSS-FBS-3022-1.1</td>
<td>&lt;Insert TSC Code&gt;</td>
<td>&lt;Insert TSC Code&gt;</td>
<td>&lt;Insert TSC Code&gt;</td>
<td></td>
</tr>
<tr>
<td>Prepare ingredients and components of Western moist-heat dishes with different types of flavouring techniques and equipment</td>
<td>Prepare standard Western moist-heat dishes with menu-based presentations</td>
<td>Prepare complex Western moist-heat dishes using a combination of moist-heat cooking techniques with fine-plated presentations</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Knowledge
- Types and uses of kitchen tools and equipment
- Principles of Western moist-heat cooking techniques
- Types and correct proportions of ingredients and food suited for Western moist-heat cooking techniques
- Methods and techniques for seasoning, flavouring, and marinating of food
- Principles of carry-over cooking
- Indicators of doneness
- Importance of controlling cooking time and temperature
- Types of condiments, herbs and spices used in Western moist-heat dishes
- Methods of storing ingredients and finished products
- Importance of ensuring workstations are up in a timely manner
- Quality characteristics of Western moist-heat dishes
- Recipes and methods of preparing different types of Western moist-heat dishes
- Complementary combinations of spread, filing and garnish ingredients best suited for different types of pasta and sandwiches
- Importance of seasoning, herbs and spices
- Methods of presenting finished products
- Methods to prepare flavoursome 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 product and plate
- Methods of assessing suitable colour, height, consistency in preparing Western moist-heat dishes
- Methods for trim test, drained weight test and shrinkage test
- Suitable Western moist-heat dishes based on the types of events and profiles of customers
- Preparation time needed for Western moist-heat dishes
- Food restrictions and special requirements for Western moist-heat dishes

Version Control <XX>
<table>
<thead>
<tr>
<th>Abilities</th>
<th>shape and texture in finished products</th>
<th>Range of Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Prepare kitchen tools and equipment needed</td>
<td>• Inspect the quality of ingredients for different types of Western moist-heat dishes</td>
<td>Western moist-heat cooking techniques may include but are not limited to:</td>
</tr>
<tr>
<td>• Prepare ingredients for different types of Western moist-heat dishes</td>
<td>• Mix ingredients to achieve desired tastes of Western moist-heat dishes</td>
<td>• Poaching</td>
</tr>
<tr>
<td>• Cook components of Western moist-heat dishes at required temperatures</td>
<td>• Improvise on Western moist-heat dishes’ ingredients</td>
<td>• Simmering</td>
</tr>
<tr>
<td>• Store ingredients and finished products appropriately to prolong shelf life</td>
<td>• Cook different types of Western moist-heat dishes</td>
<td>• Boiling</td>
</tr>
<tr>
<td>• Reinstate workstations</td>
<td>• Use aromatics in cooking processes</td>
<td>• Blanching</td>
</tr>
<tr>
<td>• Inspect consistency in preparing Western moist-heat dishes</td>
<td>• Present finished products with suitable colours, heights, shapes and textures</td>
<td>• Steaming</td>
</tr>
<tr>
<td>• Improve on Western moist-heat dishes’ ingredients</td>
<td></td>
<td>• Braising</td>
</tr>
<tr>
<td>• Mix ingredients to achieve desired tastes of Western moist-heat dishes</td>
<td></td>
<td>• Stewing</td>
</tr>
<tr>
<td>• Cook different types of Western moist-heat dishes</td>
<td></td>
<td>• Sous vide</td>
</tr>
<tr>
<td>• Use aromatics in cooking processes</td>
<td></td>
<td>Standard Western moist-heat dishes may include but are not limited to:</td>
</tr>
<tr>
<td>• Present finished products with suitable colours, heights, shapes and textures</td>
<td></td>
<td>• Grains and legumes</td>
</tr>
</tbody>
</table>

Western moist-heat cooking techniques may include but are not limited to:
- Poaching
- Simmering
- Boiling
- Blanching
- Steaming
- Braising
- Stewing
- Sous vide

Standard Western moist-heat dishes may include but are not limited to:
- Grains and legumes
| • Potato and pasta |
| • Stocks and soups |

Complex Western moist-heat dishes may include but are not limited to:
• Beef stew
• Braised Lamb Shank
• Braised Belgian Endives
• Beef Bourguignon
• Osso Buco
• Coq Au Vin

Suitability of colours, heights, shapes and textures of Western moist-heat dishes may differ for different organisations based on the kitchen’s standard operating procedures, recipes and choice of ingredients used.