

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

<b>TSC Category</b>	Food and Beverage Operations					
<b>TSC</b>	Western Moist-Heat Dish Preparation and Cooking					
<b>TSC Description</b>	Prepare and present standard and complex Western 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-1022-1.1</b>	<b>FSS-FBS-2022-1.1</b>	<b>FSS-FBS-3022-1.1</b>	<Insert TSC Code>	<Insert TSC Code>	<Insert TSC Code>
	Prepare ingredients and components of Western moist-heat dishes with different types of flavouring techniques and equipment	Prepare standard Western moist-heat dishes with menu-based presentations	Prepare complex Western moist-heat dishes using a combination of moist-heat cooking techniques with fine-plated presentations			
<b>Knowledge</b>	<ul style="list-style-type: none"> <li>Types and uses of kitchen tools and equipment</li> <li>Principles of Western moist-heat cooking techniques</li> <li>Types and correct proportions of ingredients and food suited for Western moist-heat cooking techniques</li> <li>Methods and techniques for seasoning, flavouring, and marinating of food</li> <li>Principles of carry-over cooking</li> <li>Indicators of doneness</li> <li>Importance of controlling cooking time and temperature</li> <li>Types of condiments, herbs and spices used in Western 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 Western moist-heat dishes</li> <li>Recipes and methods of preparing different types of Western moist-heat dishes</li> <li>Complementary combinations of spread, filling and garnish ingredients best suited for different types of pasta and sandwiches</li> <li>Importance of seasoning, herbs and spices</li> <li>Methods of presenting finished products</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 product and plate</li> <li>Methods of assessing suitable colour, height,</li> </ul>	<ul style="list-style-type: none"> <li>Consistency in preparing Western moist-heat dishes</li> <li>Methods for trim test, drained weight test and shrinkage test</li> <li>Suitable Western moist-heat dishes based on the types of events and profiles of customers</li> <li>Preparation time needed for Western moist-heat dishes</li> <li>Food restrictions and special requirements for Western moist-heat dishes</li> </ul>			

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		shape and texture in finished products				
<b>Abilities</b>	<ul style="list-style-type: none"> <li>Prepare kitchen tools and equipment needed</li> <li>Prepare ingredients for different types of Western moist-heat dishes</li> <li>Cook components of Western 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>	<ul style="list-style-type: none"> <li>Inspect the quality of ingredients for different types of Western moist-heat dishes</li> <li>Mix ingredients to achieve desired tastes of Western moist-heat dishes</li> <li>Improvise on Western moist-heat dishes' ingredients</li> <li>Cook different types of Western moist-heat dishes</li> <li>Use aromatics in cooking processes</li> <li>Present finished products with suitable colours, heights, shapes and textures</li> </ul>	<ul style="list-style-type: none"> <li>Inspect consistency in preparing Western moist-heat dishes</li> <li>Conduct trim tests, drained weight tests and shrinkage tests to ensure quality consistency in Western moist-heat dishes</li> <li>Provide improvement suggestions on dish preparation</li> <li>Prepare complex Western moist-heat dishes using a combination of cooking techniques</li> <li>Plate complex Western moist-heat dishes finely</li> <li>Curate Western moist-heat dishes based on types of events and profiles of customers</li> <li>Coordinate different food items to be ready within the allocated time</li> <li>Cater to special cultural and dietary needs for Western moist-heat dishes</li> </ul>			
<b>Range of Application</b>	<p>Western 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> <li>Sous vide</li> </ul> <p>Standard Western moist-heat dishes may include but are not limited to:</p> <ul style="list-style-type: none"> <li>Grains and legumes</li> </ul>					

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	<ul style="list-style-type: none"> <li>• Potato and pasta</li> <li>• Stocks and soups</li> </ul> <p>Complex Western moist-heat dishes may include but are not limited to:</p> <ul style="list-style-type: none"> <li>• Beef stew</li> <li>• Braised Lamb Shanks</li> <li>• Braised Belgian Endives</li> <li>• Beef Bourguignon</li> <li>• Osso Buco</li> <li>• Coq Au Vin</li> </ul> <p>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.</p>			
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