

Subject Synopses for WSQ Higher Certificate in Culinary Arts

Culinary

1) WSQ Demonstrate Basic Dry Heat Cooking Methods

At the end of the subject, students will be able to demonstrate the different dry heat cooking methods, including roasting, baking, broiling, grilling, pan-frying, sautéing and deep frying.

2) WSQ Demonstrate Basic Moist Heat Cooking Methods

At the end of the subject, students will be able to demonstrate the different moist heat cooking methods, including poaching, simmering, boiling, blanching, steaming, braising and stewing.

3) WSQ Follow Food and Beverage Safety and Hygiene Policies and Procedures

This subject deals with the skills and knowledge required to undertake hygiene practices and standards applicable in the food and beverage industry. Topics covered include personal hygiene, hygiene of service utensils and equipment, hygiene practices in the preparation, handling and storing of food, and maintaining of preparation, service and storage areas.

4) WSQ Maintain Food and Beverage Production Environment

The skills and knowledge relevant to the maintaining of food and beverage production environment is covered in this subject. Students will be taught the proper procedures to clean food and beverage preparation equipment, clean floors and mats, dispose trash, maintain supplies, wash pots and wares, and also typical end-of-shift duties.

5) WSQ Maintain Quality Control Procedures

At the end of the subject, students will be able to demonstrate their skills and knowledge in following quality control guidelines, food and beverage hygiene and safety, portion control guidelines, maintaining quality control of food products, and plating/presentation of food.

6) WSQ Maintain Safe and Secure Working Environment

This subject covers the skills and knowledge required to maintain a safe and secure working environment. Topics covered include proper techniques to lift, push, and pull, safe use of equipment, and directions to handle hazardous materials.

7) WSQ Make Vegetable Preparations

At the end of this subject, students will be able to demonstrate different methods to prepare vegetables, including blanching, puree, and vegetable stuffing.

8) WSQ Prepare Basic Western Egg and Dairy Products

At the end of this subject, students will be able to demonstrate different methods to prepare western egg and dairy products, which includes egg preparation, omelettes, cheese, and butter.

9) WSQ Prepare Basic Western Grains and Legumes

At the end of this subject, students will be able to demonstrate the cooking of basic western grains and legumes, including legumes, rice, and basic grains.

10) WSQ Prepare Basic Western Stocks and Soups

This subject covers the skills and knowledge to prepare basic western stocks and soups. This includes the preparation of basic stock, broth, clear soup (consommé), puréed soup, and soup garnish.

11) WSQ Prepare Mise En Place 1

This subject covers basic Mise En Place preparation. Topics covered include assembling ingredients and equipment, weighing and measuring ingredients, knife skills, pan preparation, and preparation of dried, frozen and concentrated products for use.

12) WSQ Prepare Mise En Place 2

This subject covers Mise En Place preparation further to what was covered in WSQ Prepare Mise En Place 1. Topics covered include preparing spices and seasonings, stuffing food, breading and battering food, marinating food, and preparation of aromatics (mirepoix, matignon).

13) WSQ Prepare Western Cold Sauces

At the end of this subject, students will be able to demonstrate the preparation of western cold sauces, including vinaigrette, mayonnaise, and salsa.

14) WSQ Prepare Cold Plates and Garnishes

At the end of this subject, students will be able to demonstrate the preparation of cold plates and garnishes, including simple vegetable and fruit garnishes, leafy and simple salads, simple appetisers and hors d'oeuvres, and sliced meats.

15) WSQ Prepare Western Foundation Sauces

At the end of this subject, students will be able to demonstrate the preparation of western foundation sauces, including roux and other thickening mixtures, white sauce (béchamel), velouté, brown sauce (espagnole), demi-glace, tomato sauce, and hollandaise sauce

16) Practicum

The practicum allows students to apply all the skills and knowledge learnt during the programme. During the practicum, students will be able to understand the equipment, processes and workflow that enable a commercial kitchen to operate. The experience will enable students to gain work experience and adopt the right attitude as they deal with real guests.

Hospitality and Tourism

17) Fundamentals of Hospitality Hosting

The essence of hospitality lies within hosts that are hospitable, refined and confident. Using an experiential-based pedagogy, students engage in role-plays and participatory exercises based on practical workplace scenarios to shape mindsets and behaviours.

General Studies

18) Communications Skills

This subject provides students with the mechanics of hospitality communication skills. It discusses the basics, from defining the communication process model, reading non-verbal cues to handling conflicts and stress. The subject also emphasises a mock interview session for all students in preparation for their industrial attachment interview.