



FULLERTON
FUND MANAGEMENT

Local Labels Global Flavours

Farm-to-table creations



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About Fullerton Fund Management

Fullerton Fund Management Company Ltd (“Fullerton”) is an Asia-based investment specialist, focused on optimising investment outcomes and enhancing investor experience. We help clients, including government entities, sovereign wealth funds, pension plans, insurance companies, private wealth and retail, from the region and beyond, to achieve their investment objectives through our suite of solutions. Our expertise encompasses equities, fixed income, multi-asset, alternatives and treasury management, across public and private markets. As an active manager, we place strong emphasis on performance, risk management and investment insights. Incorporated in 2003, Fullerton is headquartered in Singapore, and has associated offices in Shanghai, London, and Brunei. Fullerton is part of a multi-asset management group, Seviaora, a holding company established by Temasek. Income, a leading Singapore insurer, is a minority shareholder of Fullerton.

By Fullerton Fund Management



Foreword

Food security is an existential issue that many countries grapple with. Challenges such as geopolitical tensions and climate change have caused significant disruptions to global food supplies. Here in Singapore, we are especially vulnerable because we import more than 90 per cent of our food.

To mitigate supply disruptions and ensure a secure supply of food in Singapore, one of the strategies we adopt is to grow local. We have set an ambitious “30 by 30” goal to build the agri-food industry’s capability and capacity to sustainably produce 30 per cent of our nutritional needs by 2030. With limited land and resources, we need to do so in a productive, climate-resilient, and resource-efficient way.

This requires transformation of our agri-food sector, with technology and innovation as key enablers. With strong support from consumers and business for their goods, our farms can

confidently make investments to transform their businesses and bring Singapore closer to its goal of growing more locally.

I am encouraged to see initiatives such as *Local Labels*, *Global Flavours* that advocate for our local produce and farms. Local produce is fresh and incurs less transport miles, making it more sustainable. I hope this book will give a glimpse of the types of food we grow in Singapore and that more will support local produce.

Grace Fu
**Minister for Sustainability and the
Environment of Singapore**



CEO's Message

Climate change is a global challenge we must tackle today. We are now at a critical juncture globally, and what we do from here matters.

One of the key contributors of climate change is food and agriculture, with studies showing that the global food system accounts for one-third of total global greenhouse gas emissions. Immediate efforts are required around the world to accelerate the shift to a low-carbon economy and meet key emission reduction targets by 2030.

Each one of us can do our part by being responsible consumers, making conscious choices on where we purchase our food from and understanding how our choices impact the earth's finite resources.

Wherever we are in the world, through supporting local produce and local food companies, we can help motivate responsible consumption, which will in turn reduce our carbon footprint and combat climate change.

Local Labels, Global Flavours is our way of influencing a shift in behaviour by highlighting the use of local produce and ingredients sourced from companies that we can find in our own backyard. This purposeful initiative supports the reduction of carbon emissions resulting from food production and consumption, by advocating the use of local produce.

At Fullerton Fund Management, we believe in the importance of investing and operating sustainably. As fund managers, we are signatories of the Principles of Responsible Investment and Climate Action 100+. We are also a founding member of the Singapore Green Finance Centre and a member of the Asia Investor Group for Climate Change.

Food and agriculture is one of the key investment themes in our portfolios. By investing in companies that focus on sustainable agricultural methods, we aim to contribute to the drive for responsible production and consumption and build a more resilient global food chain.

The responsibility for change lies with everyone. By embracing local produce and promoting responsible consumption habits, I hope that we can collectively do our part to build a more resilient world and preserve our planet for generations to come.

Jenny Sofian
Chief Executive Officer
Fullerton Fund Management



Editor's Note

Food is a shared experience that transcends cultures. It provides sustenance, brings people together and is what we turn to for comfort, connection and celebration.

Growing up in a multi-cultural city like Singapore and having travelled to and lived in different parts of the world, my palate has constantly been honed by myriad cuisines and delectable flavours. Dishes that use quality, local produce and ingredients sourced from Singapore-based companies always stand out, inspire creativity, and often garner a global following.

The way people buy and consume food is evolving. The focus on how we produce and consume food, as well as the impact it makes is becoming increasingly important. If we keep up our current consumption habits, greenhouse gas emissions could increase significantly before we even hit mid-century. This is a huge wake-up call for change.

At Fullerton Fund Management, we are constantly looking at ways to do our part to make a difference. This inspired us to create *Local Labels, Global Flavours* which celebrates the beauty of food made with local produce as well as protein alternatives.

With the advancement in farming techniques, we can look forward to enjoying more quality local produce. Through innovation and science, it is now also possible for food lovers to enjoy protein alternatives, which are better for the environment.

We want this book to inspire change. Through this initiative, I have a newfound appreciation for the variety of local ingredients that we have in our country.

Inside *Local Labels, Global Flavours*, you will find about 60 recipes, each exclusively ideated by leading chefs and food personalities who champion the use of local produce. From canapes to wholesome family meals and delicious desserts, each dish spotlights the beauty of ingredients found locally.

There are recipes that celebrate our Asian heritage and those that remind us of our travels to different cities. You will find dishes that challenge the experienced cooks and others that are great for beginners.

I hope *Local Labels, Global Flavours* will bring people together – through a shared vision of supporting local produce – and spark a passion for sustainability. The next time you whip up a meal for your family or friends, to connect, or to celebrate, you can do good for our planet too.

Cynara Tan
Head of Marketing
Fullerton Fund Management



Introduction

As the world gears up its food production to meet the increasing demands of the growing population, we see more local farmers tapping on technology to “grow more with less” – think floating farms, indoor vertical farms, hydroponic farming, and more.

The industry is welcoming a new wave of far-sighted innovators who are harnessing the power of science and technology to produce regenerative foods, such as plant-based milk made from Bambara groundnut, and plant-based meat made primarily of jackfruit.

Get Creative with Local Ingredients

Local Labels, Global Flavours not only celebrates the grit and ingenuity of our farmers and producers, it is also an inspirational compendium

on sustainable eating. We want to spark conversations on how to reduce our carbon footprint to combat climate change, and have you fall in love with the wonderful flavours that can be created using local produce you can find. Our local farmers and producers are growing and harvesting a wide variety of quality produce that are used by leading chefs in Singapore.

Singapore is land scarce and we are heavily reliant on importing food, the process of which is very carbon intensive. Through this initiative, we would like to inspire change and encourage people to shop local and create wonderful dishes using homegrown produce.

In this cookbook, we feature more than 20 farmers and producers and spotlight their produce as

well as farming techniques. There are six sections: Fish, Vegetables and Mushrooms, Eggs and Milk, Shellfish, Meat, and Protein Alternatives. Within the sections, you will find about 60 mouth-watering recipes from renowned chefs and food personalities including Han Li Guang, Haikal Johari, Janice Wong, Jeremy Nguue, Ming Tan, Yang Xian Rong as well as the top 3 contestants of MasterChef Singapore Season 2, Derek Cheong, Leon Lim and Trish Yee. There are also contributions from the SIA culinary team, who are strong advocates of the farm-to-plate concept which supports local farming communities and environmental sustainability. Each recipe reflects

the chef's unique culinary style and philosophy and showcases the versatility of local produce.

From Teochew-Style Steamed Fish to Sambal Belachan Prawn Tartelettes, as well as Pandan Churros with Kaya, these delectable recipes are perfect for quick weekday meals and inspirational entertaining over the weekend.

We hope this book encourages a shift in consumption and buying behaviour to effect a positive change. What we eat and how we live in the future depends on what we do today. So, shop local the next time you cook or bake. Enjoy!

LEARN HOW TO SHOP FOR LOCAL PRODUCE & REDUCE YOUR CARBON FOOTPRINT

Not only does local produce incur a much smaller carbon footprint, food grown and harvested locally is fresher, more nutritious, and enjoy a longer shelf life simply because less time is wasted on freight.

Some of our local farms have even gone the extra mile to get certified with the Singapore Good Agricultural Practice (GAP) and

Clean and Green (C&G) certification schemes.

To help consumers better identify local produce and differentiate produce from farms with quality assurance or sustainable certifications, look out for this series of logos that feature Singapore Fresh Produce (SGFP), GAP-certified produce, and C&G-certified produce.

The next level is the two-star GAP Certification logo, which seeks to provide consumers with added quality assurance. Only local farms with practices that adhere to international best practices and have met the necessary quality requirements will be certified and allowed to use this logo.

For consumers who value produce that are farmed sustainably, they can go for those that carry the highest three-star certification.

The C&G certification logo indicates that the produce is grown in a farm that has been certified to adopt both quality assurance and sustainable practices that ensure efficient use of resources and generate minimal amounts of waste.

With the launch of these new logos, consumers can now be more informed and make a more deliberate purchasing decision to support local produce. Learn more at www.sfa.gov.sg/fromsgtosg.



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Chef Profile



Derek Cheong

What started out as a hobby — poring through cookbooks and rustling up meals for family and friends — has led to a culinary career for Derek Cheong. With support from family and friends, he took a leap of faith and joined season 2 of MasterChef Singapore. His creative streak, coupled with a good grasp of culinary techniques, impressed the MasterChef judges so much that he emerged as the winner of the prestigious cooking competition. Cheong currently runs Twelve Flavours, a private dining business and is also the co-founder and R&D chef of Kakkow, where he creates unconventional and artisanal chocolate bon bons.



What was your first memory of cooking?

Helping my mother cook omelettes when I was 10 years old. I always helped out in the kitchen when I was young. My parents were hawkers, so that naturally sparked my interest in food and cooking.

Which chefs do you admire?

Andre Chiang. He completely revolutionised fine dining in Singapore. His philosophy when it comes to his food is very interesting. Rene Redzepi is another. A pioneer in New Nordic cuisine, Rene has really impressed the world with his flavour pairings and fermentation techniques.

What are your three favourite local ingredients for cooking and why?

Mushrooms — they are so versatile and packed with flavour. They can be used for savoury, sweet and even fermented dishes. Mussels — I love the locally grown mussels from Ah Hua Kelong as they are very juicy and sweet. Herbs and flowers from Edible Garden City — they are petite but filled with flavour.

Out of all your recipes in this cookbook, which ones are your specialities?

Crawfish Croustade and Clam and Saffron Tartelettes. These two dishes are reflective of my cooking, which is refined and full of flavour.

Leon Lim

Prior to taking part in MasterChef Singapore, private tutor Leon Lim was already an avid home cook. Coming in as the first runner-up of MasterChef Singapore has only heightened his appreciation of the variety of cultures in Singapore's food scene. Now the co-partner of halal cafe, Creatr, which serves "elevated local favourites", Lim hopes to become known for giving a modern twist to local dishes.



What do you love about local produce and why?

It's the quality and freshness of local produce, and the fact that buying local can help reduce our carbon footprint. Furthermore, Singapore employs a wide range of high technology methods to ensure the quality of the produce. I also love that we are defying

the odds as a small nation. Despite the lack of natural resources, we can still achieve so much in our agricultural industry, with the help of technology.

Out of all the recipes in this cookbook, which ones are your specialities?

I would say that my specialities are the ones with a local twist, such as the Mee Siam Shellfish Pot. It's hearty and has a familiar local flavour. At the same time, the local shellfish that we use is fresh and clean-tasting.

As a chef, how do you adjust your dishes or operations to reduce your overall carbon footprint and food wastage?

I look at how the different ingredients can be used in another element or as part of another dish. Proper planning and storage are very important.



Chef Profile

What do you love about local produce and why?

I love the concept of farm-to-table because I enjoy eating healthy and sustainable dishes and knowing where my food and its ingredients come from. At the same time, it also supports the local farmers and producers. I often visit these local farms to observe the process of growing the crops at the farming stage. This gives me a better understanding of what the whole farming industry is like and the role it plays in Singapore's efforts to achieve food independence.

What are your three favourite local ingredients?

Fish, eggs and prawns. Seafood like fish and prawns give a lot of umami flavour and I love to include them in my cooking. Eggs are a very important, multi-functional ingredient used in cooking and baking. Eggs are also a great binding agent that provide stability and moisture to food.

How do you adjust your dishes to reduce your overall carbon footprint and food wastage?

As a chef, I am always mindful of wastage. If I am only using the fillet of the fish for a dish, I will keep the bones to make a broth. I adopt the first-in first-out system at home by putting labels on my food to track the expiry dates so that I will use them before they expire.



Trish Yee

Influenced by her grandmother, Trish Yee developed a keen interest in cooking at the age of 14. After completing her studies at a local polytechnic, she took on an office job, but the lure of the kitchen proved too strong. She started a culinary school, D'Open Kitchen, to conduct hands-on cooking and baking workshops and also dabbled in recipe development and research for several international brands. In addition to the roles she plays in the food industry, she is also a successful real estate agent. Known for her Laksa Bisque, Yee's well-honed Asian palate earned her the second runner-up spot in season 2 of MasterChef Singapore.



Haikal Johari

As the executive chef of the Water Library Hospitality Group, Haikal Johari manages a slew of Water Library restaurants in Thailand and Myanmar. In Singapore, he helms Alma by Juan Amador, a restaurant serving modern European cuisine which has been awarded one Michelin star for six consecutive years (starting in 2016). Previously a chef at the Raffles Hotel, he showcases Singapore's culinary diversity through various platforms. He was the food ambassador to Dubai for the Singapore Takeout in 2015 and also participated in the promotion of Singapore Food Festival 2021 to India through special virtual masterclasses.



What are your three favourite local ingredients for cooking?

I love the fish and flower crab from Ah Hua Kelong, as well as locally grown vegetables.

Singapore's goal is to produce 30 per cent of our nutritional needs locally and sustainably by 2030.

What are your thoughts on this?

To reach this goal, government bodies should work closely with chefs, producers and farmers so that there is better understanding of what is needed — currently, I see a lot of greens that are grown but face a low demand. Communication and coordination is needed between the chefs and producers so that supply can meet demand and there will be better local products for restaurants and home cooks. I hope to see more root vegetables, fruits and herbs cultivated here with the help of technology.

Who is your favourite chef or champion of local cuisine outside of Singapore?

Dan Barber from New York and Simon Rogan from London are two chefs who run their own farms, producing everything from eggs and vegetables to poultry and meats. All food scraps from their restaurants are turned into compost for their farms. They also only grow vegetables and rear animals according to the seasons. For example, they do not harvest pumpkins in summer as the taste and flavour will not have reached their full potential. Singapore also has seasons — different changes in the weather and monsoon periods — which help to produce better quality vegetables and seafood.

Chef Profile



Janice Wong

Janice Wong was named Asia's Best Pastry Chef in the prestigious San Pellegrino Asia's 50 Best Restaurants list for 2013 and 2014. She also won the title of Best Pastry Chef of the Year at the World Gourmet Summit Awards in 2011, 2013 and 2015. Her eponymous confectionery brand, Janice Wong, boasts three retail outlets, a dessert bar known as 2am: dessertbar and Pure Imagination, a chocolate bean-to-bar factory and café. Her experimental approach to ingredients, cooking techniques and machines has resulted in edible art and 3D printed chocolate. On the international stage, she has presence in Japan, London and South Korea.



What are the three local ingredients you like to use?

I love to use edible flowers and herbs in my desserts. I like experimenting with interesting and unique flavours, and flowers add an aesthetic touch to the dishes I create. Some favourites would be amaranth, anise and oxalis. I get most of them from Edible Garden City, a local farm

that produces pesticide-free and soil-based vegetables. Another ingredient that I love to use is locally fermented fresh chocolate from cacao pods by our Pure Imagination brand. The third favourite ingredient would be kaffir lime.

As a chef, what do you do to reduce your carbon footprint and food waste?

I've been very intentional about building my dishes around local produce as much as possible. It's important to only buy what you need to prevent food waste. When visiting the farms, I plan what I need to avoid wasting their produce. Also, all my chocolate husks are used — in farming, as well as to make cold brew tea.

Do you have any advice for budding chefs on how they can reduce wastage and their carbon footprint?

Consider your ingredients. Going 100 per cent vegetarian is not for everyone but taking steps to reduce your meat intake is definitely helpful for the environment. The World Wide Fund for Nature has a Singapore Seafood Guide detailing a list of endangered and overfished seafood items in Singapore. The guide is available online so the public can make the effort to avoid purchasing species that are threatened. Planning your meals can go a long way in reducing food waste in your kitchen since it helps stop you from overbuying. Also, remember to shop locally.

Tell us more about your recipes in this cookbook.

It's fun to cook at home and more people are now interested in cooking, especially when it comes to working with ingredients and flavours we love. My recipes put a twist on local flavours and are easy to execute. I love local green leafy vegetables and Singapore farms produce the best ones. They are always fresh, grown with less pesticide, and typically cultivated through hydroponics, which make them cleaner and easier to prepare. We have excellent local producers who always innovate to give us better eggs.

Tell us where you experienced the beauty of local cuisine outside of Singapore.

I had the chance to visit a magical place in Shiga, Japan. In the village of Harie, the people are very mindful of how they interact with the environment. They get fresh spring water piped into sheds outside their homes and this is used for drinking and cooking. Wastewater is processed and cleaned before it gets drained away. This showed me that while sustainability is a duty, it doesn't have to be a chore. It can also be an asset to demonstrate the values that are important to us, and ultimately be a brand that other people will recognise Singapore for.



Jeremy Nguee

As chef-owner of gourmet caterer Preparazzi, founder of Batu Lesung Spice Company and MRS KUEH, and strategic partner at The Dempsey Project, Jeremy Nguee juggles many roles. A keen advocate of preserving Singaporean heritage foods, Nguee sees the cuisine as one way to bridge different cultures and loves to present culinary traditions in an engaging way.

Chef Profile

What are your three favourite local ingredients for cooking? Where do you usually shop for local produce?

Mussels, grouper and ulam raja (a local herb used in the making of yu sheng at Labyrinth). I usually go to the local butchery for fresh meat, Edible Garden City for herbs and vegetables and Ah Hua Kelong for fresh catch.

Singapore's goal is to produce 30 per cent of our nutritional needs locally and sustainably by 2030.

What are your thoughts on this?

I don't think it's about the target of achieving "30 by 30" but rather the whole intention of this goal. It's more important that we make progress. Looking back, it was almost impossible to think of Singapore as an agricultural city, but with the current state of technology and innovation on food production, this vision might be within reach.

Do you have any advice for budding chefs and recipe enthusiasts on how they can reduce wastage and their carbon footprint?

I spend a lot of time and effort thinking about how to integrate the different parts of an



ingredient into different dishes. It takes trial and error to find ways to reduce the wastage of food and incorporate strategic habits into cooking patterns. The most important thing is to believe in the locavore movement. With that, you will have the commitment to work towards it and follow through.

LG Han

To say Han Li Guang, or LG Han as he's more popularly known, is one of Singapore's most passionate chef-advocates of locavorism is no exaggeration. The chef-owner of one Michelin-starred Labyrinth sources 70 per cent of his ingredients locally, which go into creating what he calls "neo-Singapore cuisine". Think delectable gems like flower crab topped with chill crab ice cream, and yu sheng featuring ulam raja and barramundi, a dish that pays tribute to the wonderful possibilities of local produce. For his efforts, Labyrinth was the recipient of the Flor de Cana Sustainable Restaurant Award at Asia's 50 Best Restaurants 2021.

Tell us more about why you chose to highlight local produce in this cookbook.

When I was filming with CNA for *For Food's Sake 2021*, I met and worked with many local farmers and innovators in the food production industry. For every challenge faced while producing food in Singapore, there is an innovator willing to find a solution for these problems. I have now made it a personal challenge to utilise home-grown produce or more home-developed products. Many of them are plant-based products, which help us reduce animal protein consumption.

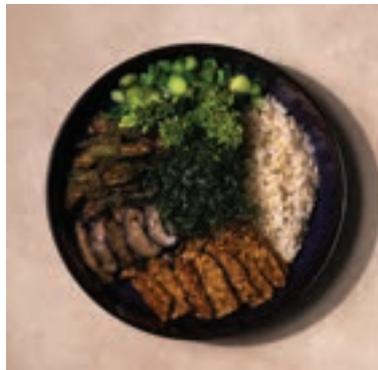
Where do you usually shop for local produce?

I have a deep appreciation for our wet markets. It is also a wholly personal experience, going through a busy market to pick out the exact things I want for a dish or a photo shoot. Once you have a relationship with the vendors, your visits become so much more enjoyable. When running a business, however, it is impractical to hit the markets daily for large amounts of produce and protein; so the reality is that a restaurateur will source these local items on a supplier level. My go-to local items are pandan leaves from my own garden.

How do you see the food industry adjusting to reduce its carbon footprint and the issue of food waste?

In recent months, the food manufacturing scene has become available, for not just large organisations but

also individual restaurants. They are more efficient and have a smaller footprint when producing the more complex items that restaurants want. These pre-packaged items such as sauces and pastes can help to minimise wastage. Food manufacturers can also repurpose trimmings and offcuts in larger amounts and in more useful ways.



Ming Tan

Wearing the hats of cooking studio instructor, restaurant chef, gourmet sandwich shop owner, food consultant, TV host and food columnist, Ming Tan is one of the most versatile F&B personalities in Singapore. He has done stints at the ToTT store, Cookyn Inc, Lolla, Park Bench Deli and Jam at Siri House, but it was really while filming a TV show that Tan learned more about local farmers and food production, and started to champion the use of local produce.



Chef Profile



Yang Xian Rong

Yang Xian Rong's journey as a chef started when he had to learn how to cook during his university days. He then went on to pursue the culinary arts at Le Cordon Bleu Ottawa. After stints at a few restaurants, a catering kitchen and a sandwich shop, he is now responsible for menu creation at farm-to-table restaurant Scaled by Ah Hua Kelong. Occupying a shophouse at Hamilton Road, this restaurant allows diners to savour fish and seafood of unmatched freshness. Some of the delicacies featured in their dishes include golden pomfret, flower crab and green-lipped mussels.



Tell us more about the recipes and the local produce you chose for this cookbook.

As our restaurant uses produce from Ah Hua Kelong, shellfish is one item I use very often, on a daily basis. The cioppino base for my Seabass and Shellfish Cioppino recipe forms a very

light background that enables the shellfish flavours to come through. It isn't fancy, but sometimes, less is more. My Calamansi Semifreddo recipe, which uses calamansi and palm seeds, was inspired by fond memories of eating the ice jelly dessert as a kid.

As a chef, how do you adjust your dishes or operations to reduce your overall carbon footprint and food wastage?

Much of the food waste comes during processing. Sometimes, simply observing the garbage bin throughout the day can give you ideas on how to make the most of your ingredients. Always ask if whatever is being thrown away is edible. Tighten your food orders to prevent produce from being thrown out due to spoilage; this may be tough as we always feel safer with buffer stock.

Which local farmer impresses you when it comes to food sustainability?

Ah Hua Kelong, of course. It never occurred to me before that Singapore would have fish from our own waters; one of those things you know about but never really notice. And the quality is good. Wong Jing Kai, managing director of Ah Hua Kelong, has spoken about consolidating the various farms for common activities like processing and distribution, increasing the awareness of local produce, and keeping costs low.



How does your team reduce its overall carbon footprint/food wastage?

Our approach is to consider the entire dining experience. From the selection of ingredients to the planning of the menu, we carefully curate dishes that are delicious and wholesome. Passengers have a choice to pre-select their meals, which in turn, helps us to cater more efficiently and effectively. Should passengers choose not to have a meal, they have the option to let us know ahead of the flight so that we minimise wastage. Beyond that, we continue to work on minimising catering weight, and have launched a new digital menu to reduce the use of paper. We are also constantly sourcing for new technology that is feasible for airline and catering operations to reduce carbon emissions.

How do you think Singapore is progressing on the food sustainability and innovation front?

Singapore has made a progressive shift towards achieving greater sustainability. There is growing interest and awareness from the public on food sustainability and its related technology. The support to pursue new ideas and innovative approaches to overcome the lack of land in Singapore is encouraging. Increasingly, we are seeing more food products such as seafood, vegetables, mushrooms, fruits and eggs being produced locally and we are excited to work with some of these local farmers and producers to incorporate these sustainable, farm-to-plane ingredients on our menus for flights departing from Singapore.

SIA Culinary Panel

Working closely together with chefs from the Singapore Airlines (SIA) International Culinary Panel, the SIA Food and Beverage Team continuously delights passengers with dishes inspired by SIA destinations, as well as the culture and experiences of each individual chef. The panel comprises seven renowned award-winning chefs from around the world, who constantly work to provide passengers with an elevated dining experience.



Are there local producers you are impressed by?

As one of our key pillars is to be Proudly Singapore, we support local where possible. Besides food producers, we also work with local companies for new concepts and design ideas. One of the companies we are working with was recognized by Time as a Next Generation Leader for their achievement in sustainability technology - a remarkable achievement. We continue to collaborate with partners to support Singapore's goals towards food sustainability.





Fish



WHO | AQUACULTURE CENTRE OF EXCELLENCE (ECO-ARK®)
PRODUCE | Pearl grouper, Asian seabass, red snapper, threadfin and trevally

Running a traditional fish farm is no mean feat. It is a labour-intensive business, and adverse weather conditions can greatly impact both operations and productivity.

ACE Group®'s approach is to adopt game-changing technologies to harvest all-natural fish without antibiotics, hormones or vaccines.

ECO-ARK®, the world's first closed containment floating fish farm located just off the coast of Pulau Ubin and Pasir Ris Park, is its shining showcase.

Capable of producing 20 times more output than the average coastal fish farm (or 166 tonnes of fish a year), ECO-ARK® plays an integral role in strengthening Singapore's own fish supply. It brings the country one step closer to its target of meeting 30 per cent of its nutritional needs with locally grown produce by 2030.

According to Leow Ban Tat, CEO of Aquaculture Centre of Excellence®, the output is expected to be increased to 500 tonnes with the new ECO-SPARK® (Offshore Floating Integrated Hatchery) and two more ECO-ARKS® which are now operational.

Solar panels are installed on the roof of the ECO-ARK® to provide an additional source of energy. This high-tech fully integrated farm is able to contain the full production process onboard a mere 48m-by-28m space within the ECO-ARK®. This means seafood can be sent out within 24 hours for utmost freshness. This is the shortest food mile production which greatly helps to reduce the carbon footprint of the whole process.

ECO-ARK® practises ethical farming to ensure unparalleled sustainability. The fish stock will also be fresher than wild caught ones. The male and female matured adult fishes on the ECO-SPARK® will spawn and lay eggs for hatching. This ensures full traceability and no disease in the baby fish. The fish hatchling will grow in the nursery tanks on the ECO-SPARK® before being transferred into the 6m-deep tanks.

The farm currently cultivates Asian seabass, pearl grouper, red snapper, threadfin and trevally. Bake the Asian seabass with butter and garlic or fry it with tom yum paste for a lip-smacking meal. For soup lovers, the pearl grouper is ideal for making nourishing Chinese fish bone soup with red dates.

Visit www.ace-sg.com for more information.

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Local Producer

WHO | Nippon Koi Farm

PRODUCE | Patin, silver perch, jade perch, vannamei prawns, sweet potato leaves, Brazilian spinach, as well as aquaponic vegetables (Hong Kong watercress and nai bai)



When Nippon Koi Farm first started operations more than three decades ago, it was an ornamental fish farm specialising in koi. They have since grown to become one of the largest aquaponic farms in Singapore, offering a wide range of fresh quality produce with no pesticides, chemicals, hormones or antibiotics. Their extensive range of produce includes patin, silver perch, jade perch, vannamei prawns, as well as aquaponic vegetable varieties like Hong Kong watercress, nai bai and bok choy.

Variety aside, the farm is known for producing exceptional quality fish, which can be attributed to their strict farming practices. The fish are farmed without chemicals and antibiotics, and are housed in concrete ponds with individual filtration systems. They are also fed a specially formulated

mix of vegetables, eggs, olive oil, spirulina and other natural ingredients.

A popular species of fish that the farm produces is the patin, famously dubbed “The Fruit Fish” as it adapts to the taste of the fruits and vegetables it is fed. A great source of nutrients, vitamins and minerals, the fish is scale-free and has fewer bones compared to other species, which makes it suitable for children. Patin is highly versatile and tastes great pan fried, steamed, grilled, deep fried, cooked in soups or even used in sambal pedas.

Another notable fish is the silver perch, which contains 10 times more omega-3 fatty acids than chicken, and three to five times more than salmon and seabass. At Nippon Koi Farm, the silver perch thrive in a designated pond with individual circulated systems. They are fed with a specially formulated mix that allows them to grow well.

With its adaptability to temperature and salinity, the vannamei prawn is recognised as one of the three finest shrimp species with the highest aquaculture production in the world today, and the ones farmed in Nippon Koi Farm are exceptional. Fed with pellets, eggs and probiotics, the shellfish are immediately transferred into “Detox/Quarantine” seawater upon harvest to ensure that the prawns are purged of any impurities. It typically takes a few days for this to happen, after which they are packed into oxygenated bags and sold fresh. There are many ways to cook these prawns, including stir frying them with vegetables, pan frying with butter and garlic, or grilled with salt and pepper.

Visit www.nipponkoifarm.com for more information.

The farm is known for producing exceptional quality fish, which can be attributed to their strict farming practices.



Local Producer

WHO | The Fish Farmer

PRODUCE | Barramundi, grey mullet, golden pomfret, sea perch, live mud crab, milk fish and red snapper

Imagine this: your favourite fish travelling thousands of miles by air or road in trucks or boats from neighbouring countries to reach your nearest supermarket, before it is purchased, cooked and served at your table. Apart from the high carbon footprint, the supply from wild capture fisheries in many countries is unable to keep up with rising demand. Hence, it is not difficult to see why aquaculture farming has become one of the fastest growing production industries in the world.

The Fish Farmer was birthed in response to the global problem of overfishing and the rise in conscious consumerism.

Since its inception in 2007, The Fish Farmer has become Singapore's largest marine fish producer, with four farms producing an impressive 1,000 tonnes of fish annually. It is also the largest producer of mullet, milkfish, red snapper and sea perch. The farm prides itself on its 997 policy – 90 per cent of the energy used to power the farm comes from renewable solar energy, 90 per cent of the space in the farm is seawater, and more than 70 per cent of the farm is made using recycled materials.

According to The Fish Farmer's CEO, Malcolm Ong, the group emphasises the importance of harvesting fish in natural environments while

leveraging on innovation to enhance productivity in the farms. Adapting techniques from decades-old traditional farmers,

The Fish Farmer has more than 100 caged long nets along sheltered waterways that allow its fish to swim and exercise with the tides and absorb the natural nutrients and the sea environment, giving rise to their firm texture and great, clean flavour. The farm capitalises on nature instead of creating artificial environments for the fish, and taps on the sun to naturally clean the nets. The fish are given the time and space to grow – about one year to grow to plate size and more than two years for fillet size – without the use of growth enhancements and other chemicals.

Due to its reduced farm-to-table distance, The Fish Farmer can do away with special containers to keep the fish chilled and additives that keep the fish fresh. Assured of its quality and freshness, home cooks can create a wide variety of dishes. Steam the red snapper with some ginger slices and light soy sauce for a Hong Kong-style steamed dish that needs little else other than a bowl of fragrant white rice. For a quick fix meal, the mullet pairs well with teriyaki sauce or when used in South Indian curry. Mullet is also great for a classic Teochew dish – steamed mullet with tau cheo (fermented soybean paste).

Visit www.thefishfarmer.com for more information.

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Assam Curry Fish Puffs

By Leon Lim

Novice | Prep 45 mins | Cook 30 mins | Serves 4

ASSAM CURRY FISH FILLING

Dried chillies, soaked in water	10
Young ginger, sliced	
Shallots, sliced	6
Garlic cloves, peeled	3
Lemongrass, cut into small pieces	1
Vegetable oil	60ml
Seedless tamarind paste	2 tbsp
Sugar	2 tsp
Tau cheo (fermented soy bean paste)	2 tsp
Water	100ml
Seabass fillet	300g
Corn starch, as needed	
Oil, for deep frying	
Okras, chopped	5
Small eggplants, diced	2

Place dried chillies, young ginger, shallots, garlic, lemongrass and vegetable oil in a blender or food processor. Blend until you achieve a smooth curry paste.

Fry the curry paste in a saucepan over medium-high heat until aromatic.

Add tamarind paste, sugar, tau cheo and water to the saucepan and cook until curry mixture thickens.

Slice the seabass fillet into 1cm pieces. Coat fish with corn starch and deep fry until golden brown.

Deep fry okra and eggplant for 1 minute.

Add the curry paste to the seabass, okra and eggplant and toss until all the ingredients are well coated.

Set aside.

FISH PUFFS

Frozen puff pastry (1 sheet will make 2 puffs)	4 sheets
Egg yolks	2
Water	2 tbsp

Using a 4-inch ring cutter, cut out 16 puff pastry circles.

Place 2-3 tbsp of assam curry fish filling in the centre of one puff pastry circle, then cover over with another puff pastry circle.

Using a fork, seal the two puff pastry circles together by pressing down at the sides. Whisk egg yolks and water to make the egg wash. Brush the top with egg wash.

Preheat oven to 200°C.

Line a baking tray with baking paper, arrange curry puffs on the tray and bake for 10 minutes or until pastry turns golden brown.

Remove from oven and serve hot.

COOKING TIP | Freeze or chill puffs before baking so that the pastry flakes up better.



Assam Pedas Grouper with Okra & Turnip

By Haikal Johari

Novice | Prep 30 mins | Cook 1½ hrs | Serves 6-8

ASSAM PEDAS

Cherry tomatoes, washed 1kg
Water 500ml
Canola oil, as needed
Shallots, sliced 60g
Fresh turmeric, sliced 20g
Lemongrass, sliced 30g
Ginger, sliced 12g
Galangal, sliced 15g
Chilli padi, sliced 1
Dried chilli 6g
Dried shrimp 4g
Grouper bones 500g
Ginger flower, sliced 2 tbsp
Daun kesum 5g
(Vietnamese coriander)

Put tomatoes and water in a blender and blend till smooth. Transfer to a pot and bring to a boil over medium heat. Strain and set tomato water aside.

Heat some canola oil in a pan over medium-high heat, then sauté shallots, turmeric, lemongrass, ginger, galangal, chilli padi, dried chilli and shrimp, and fry until fragrant.

Add the tomato water and grouper bones to the pan and bring to a boil, skimming off scum on the surface. Reduce to low heat and let it simmer for 20 minutes.

Add the ginger flower and daun kesum, and let everything simmer for another 10 minutes. Strain and set aside.

GROUPER

Grouper, deboned and filleted 1.2kg

In a steamer, steam the grouper for 5-7 minutes.

OKRA

Oil, as needed
Okra, chopped 400g
Onions, chopped 20g
Garlic clove, chopped 1
Turmeric powder ½ tsp
Cumin powder ½ tsp
Chilli powder 1 tsp
Salt, to taste

Heat oil in a pan over medium-high heat, then sauté the okra till golden brown. Set aside.

Sauté the onions and garlic until the onions are translucent.

Add the turmeric, cumin, chilli powder and okra to the pan and give it a good stir. Season with salt.

TO SERVE

Turnip, julienned and soaked in water for 1 minute 50g
Ginger flower, julienned and soaked in water for 1 minute 1 tbsp

Arrange the okra at the bottom of the plate, then place the steamed grouper over the okra. Garnish with the julienned turnip and ginger flower. Lastly, warm the assam pedas sauce and pour it in as a broth.



Fish Lard Mee Pok

By Leon Lim

Novice | Prep 30 mins | Cook 30 mins | Serves 4

FISH LARD

Vegetable oil 100ml
Jade perch belly, diced 200g

Heat vegetable oil in a frying pan over medium-high heat. Render jade perch belly till light golden brown. Strain the oil and set aside.

BRAISED MUSHROOMS

Ginger 4 slices
Sesame oil 2 tbsp
Large dried mushrooms, soaked (reserve liquid) 12
Large conpoy, soaked (reserve liquid) 8
Dried oysters, soaked and drained 8
Dark soy sauce 1 tbsp
Oyster sauce 2 tbsp
Sugar 1 tsp
Salt ¼ tsp
Water 500ml

Stir fry ginger slices with sesame oil until fragrant.

Place dried mushrooms, conpoy, oysters, dark soy sauce, oyster sauce, sugar, and salt into a pot or claypot, including reserved liquids, and water. Bring to a boil.

Reduce to low heat and let it simmer for around 30 minutes or until the mushrooms are plump and tender.

PAN SEARED JADE PERCH

Jade perch fillet 100g
Salt and pepper, to taste
Cooking oil 100ml

Season the fish with salt and pepper on both sides.

Heat oil in a pan over medium-high heat until it starts to smoke. Place fish fillet, skin side down for 2 minutes or until the skin crisps up.

Flip the jade perch fillet and sear the flesh side for another 3 minutes, until the fish is thoroughly cooked through.

TO SERVE

Mee pok noodles 4 portions
Chinese vinegar 1 tbsp
Fish oil, extracted from the fish lard 1 tsp
Light soy sauce 1 tsp
Sambal chilli, optional 1 tsp

Cook mee pok noodles in boiling water for about 2 minutes. Set aside.

Combine vinegar, fish oil, soy sauce and sambal chilli in a bowl and mix well. Set aside.

Toss the noodles in the sauce. Serve jade perch atop the noodles with mushrooms, conpoy and oysters on the side. Top off with fish lard.

COOKING TIP | Use some vegetable oil to help with the rendering of the fish lard.





Steamed Jade Perch with XO Sauce and Dashi Beurre Blanc

By Trish Yee

Intermediate | Prep 45 mins | Cook 50 mins | Serves 2-3

JADE PERCH

Jade perch, washed and descaled	500g
Salt	½ tsp
Sake	1 tbsp

Make an incision just behind the gills of the fish.

Using the tip of the knife, cut along the backbone of the fish, then run the blade between the backbone and the spine of the perch.

Separate the meat from the bone. Using a tweezer, pick out pin bones from the fish.

Use a knife to remove the bloodline or any other imperfections

on the fish. Carve out a fillet of the fish. Rinse with water and pat dry with a kitchen towel.

Season the fish with salt and sake and leave it in the refrigerator for 15 minutes.

In a steamer, steam the fish for 8-10 minutes.

SAKE REDUCTION

Shallots, chopped	25g
Sake	200ml
White wine vinegar	20ml

Sweat shallots in a pan over medium heat.

Deglaze with sake and white wine vinegar, and bring it to a boil. Allow liquids to simmer until they have reduced to one-third of the original volume.

Pass the mixture through a sieve and set it aside for the *beurre blanc*.

SAKE DASHI BEURRE BLANC

Cream	100g
Dashi (Japanese soup stock)	50g
Ponzu soy sauce (Japanese citrus and soy sauce)	10ml
Unsalted butter, cubed	150g

Combine sake reduction, cream, dashi and ponzu soy sauce in a pot and bring to a boil. Remove from heat and set aside to let it cool.

When the sauce is at around 60°C, add in butter cubes gradually and whisk until the butter is fully mixed in. Set aside.

MUSHROOM XO SAUCE

Shallots	70g
Red chillies	100g
Chilli padi	20g
Garlic	50g
Oil	50ml
Dried scallops, soaked in water for 2 hrs	50g
Dried shrimps, soaked in water for 2 hrs	80g
Smoked bacon, minced	150g
Oyster mushrooms, chopped	50g
King mushrooms, chopped	80g
Chilli flakes	50g
Hua Tiao wine	80ml
Sugar	20g
Oyster sauce	20g

Place the shallots, chillies, chilli padi and garlic in a blender, then add oil and blend till smooth.

Heat some oil in a pan over medium-high heat. Sauté the scallops and shrimps until fragrant. Add the smoked bacon and mushrooms and fry for another 4-6 minutes.

Add in the chilli mixture and fry till the oil splits from the paste. Add in the chilli flakes and fry at low heat till the chilli turns dark red.

Season with Hua Tiao wine, sugar and oyster sauce. Set aside.

TO SERVE

Micro herbs, to garnish

Place the mushroom XO sauce in the centre of the plate, then arrange the fish on top of the sauce.

Pour the *beurre blanc* sauce around the XO sauce, and garnish with micro herbs.

COOKING TIP | Use a kitchen thermometer to ensure the *beurre blanc* sauce has cooled down to 60°C before adding in the butter — this will prevent the sauce from splitting.



Otah Sausage

By Leon Lim

Intermediate | Prep 45 mins | Cook 30 mins | Serves 4

OTAH REMPAH

Shallots	100g
Garlic cloves	4
Dried chillies, soaked in hot water	10
Fresh red chillies	2
Thumb-size galangal	1
Lemongrass (use only the white part)	2 stalks
Belachan, toasted	1 tbsp
Turmeric powder	1 tsp
Sugar	1 tsp
Salt	1½ tsp
Oil	200ml

Combine all the ingredients in a blender or food processor and blend till you achieve a smooth paste.

Fry otah rempah in a pan over medium-high heat until oil splits from the paste. Set aside.

OTAH SAUSAGE

Perch, deboned, or any white fish	300g
Eggs	2
Corn starch	1 tbsp
Coconut cream	100ml
Corn starch, as needed	
Cooking oil, as needed	

Combine cooked rempah, fish, eggs, corn starch and coconut cream in a food processor and blend till you achieve a smooth paste. Alternatively, you can blend three-quarters of the portion of fish in the blender and reserve the other quarter for stirring into the otah paste.

Lay three sheets of cling wrap on the table and scoop 2 tbsp of otah paste into the middle.

Roll the cling wrap around the otah paste and form it into the shape of a sausage. Tie one end of it tightly and squeeze out all the air before tying up the other end. Repeat until all otah paste is used up.

Poach otah sausages in a pot of simmering water for 10 minutes. Remove them from the pot and submerge them into an ice bath.

Once otah sausages have cooled down, remove the cling wrap and coat them with corn starch.

Heat some oil in a pan over medium-high heat. Sear otah sausages until all sides are slightly browned. Set aside.

SCRAMBLED EGG EMULSION

Unsalted butter	3 tbsp
Eggs, whisked	2
Salt and pepper, to taste	

Melt butter in pan over medium heat. Pour eggs in, use a spatula to scrape the base lightly to get large curds.

When the eggs are almost cooked, but still runny, place them into a long cylinder and emulsify with an immersion blender to get a thick emulsion that is of piping consistency. Alternatively, use a regular blender if you do not have an immersion blender.

Transfer the scrambled egg emulsion into a piping bag or squeeze bottle and set aside for plating.

CORAL TUILE

Plain flour	15g
Oil	60g
Water	160ml
Food colouring, green	3 drops

Combine flour, oil, water and food colouring in a bowl and mix well.

Heat a shallow frying pan over medium-high heat until it starts to smoke. Pour one ladle full of the coral tuile mixture into the pan and let it bubble and cook.

Remove from pan when the tuile is formed and the centre starts to brown.

BUTTER CROUTONS

Unsalted butter	1 tbsp
Bread, cut into small cubes	

Melt butter in a frying pan over medium heat. Place bread in and sear until all sides are crispy and browned. Set aside for serving.

TO SERVE

Micro cress
Edible flowers

To assemble, halve otah sausage lengthwise, brush with some oil and lightly torch the surface.

Place coral tuile on a plate followed by the otah sausage on top. Pipe the scrambled egg emulsion and garnish with micro cress and edible flowers.



Red Snapper with Crispy Scales

By Derek Cheong

Advanced | Prep 4 hrs | Cook 3 hrs | Serves 4

RED SNAPPER WITH CRISPY SCALES

Salt	60g
Water	2L
Red snapper (with scales)	
Oil, for frying	
Sea salt flakes, to taste	

Mix the salt and water to make a salt brine. Soak the red snapper in the brine for 30 minutes.

Remove the fish from the brine and loosen its scales.

Heat a pot of oil until it starts to smoke. Ladle hot oil onto the fish scales until they puff up. Repeat until the flesh turns white and the fish is cooked.

Season with sea salt flakes. Set aside to rest for 5 minutes before serving.

ROASTED CHICKEN STOCK

Chicken bones	2kg
Chicken wings	1kg
Chicken feet	1kg
Water	6L
Chicken breast	1kg
Onion, roughly chopped	300g
Carrot, roughly chopped	150g

Preheat oven to 200°C. Roast chicken bones, chicken wings, and chicken feet for about 30-40 minutes, until they are brown and caramelised.

Fill a large stockpot with water, then add the chicken breast, roasted chicken parts, onion, carrot, celery, black peppercorns, and thyme. Bring to a boil and let it simmer for 3 hours.

Celery, roughly chopped 150g
Whole black peppercorns 10g
Thyme 10g

CELERIAC CHICKEN JUS

Celeriac 1
Unsalted butter 20g
Shallots 20g
Garlic 20g
Red wine 50ml
Corn starch,
mixed with water
Soy sauce 1 tsp
Fish sauce 1 tsp
Lemon juice 1 tsp

Skim off the foam, as necessary.

Strain the stock, then continue cooking until the stock is reduced by half. Set aside.

Preheat oven to 180°C. Place celeriac on the stove and char its skin.

Wrap celeriac in aluminum foil and bake for 30 minutes.

Remove the celeriac skin and place the root in the pot of roasted chicken stock. Allow it to simmer for 30 minutes, before straining and setting it aside.

Heat the butter in a saucepan and sauté the shallots and garlic until they are translucent.

Add the red wine and let it cook until the alcohol evaporates completely before adding 250 ml of the celeriac-infused chicken stock.

Let the stock reduce by half, then thicken to desired consistency with corn starch slurry.

Season with soy sauce, fish sauce and lemon juice.

MUSHROOM DUXELLE

King oyster mushrooms 200g
Sunflower oil 20ml
Salt 1 tsp
Unsalted butter 20g
Shallots, minced 10g
Garlic, minced 10g
Red wine 50ml
Whipping cream 25g

Cut the mushrooms into similar sizes.

Heat oil in a frying pan over medium-high heat, then fry the mushrooms with salt until they are browned and caramelised.

Add butter, shallots, and garlic and sauté until caramelised.

Deglaze with red wine and let everything cook until the alcohol evaporates completely.

Add 25ml of the celeriac chicken jus and let it reduce fully. Add the cream and stir in the mushrooms.

Transfer to a chopping board and mince the mushrooms. Set aside.

JERUSALEM ARTICHOKE PUREE

Unsalted butter 50g
Jerusalem artichoke,
peeled and thinly sliced 300g
Salt 1 tsp
Milk 100ml
Whipping cream 50g

Heat butter in a pan over medium-high heat. Sauté the Jerusalem artichokes with salt until softened.

Add milk and cook over low heat for 20 minutes.

Add cream and blend until smooth, then pass through a fine sieve. Set aside.

To serve, arrange fish on the left side of the plate. Then, using a spoon, drizzle the Jerusalem artichoke puree on the top of the plate and drag it down, creating a half quenelle with a tail.

Place mushroom duxelle quenelles on the right side of the plate, and finish off with celeriac chicken jus in the middle of the plate.



Smoked Mangrove Jack with Kimchi and Cauliflower Puree

By Trish Yee

Novice | Prep 50 mins | Cook 30 mins | Serves 2-3

SMOKED FISH

Farmed Mangrove Jack	500g-700g
Brown sugar	50g
Rice	50g
Black tea leaves	50g
Star anise	4
Cinnamon stick	1

Descale the fish. Make an incision just behind the gills of the fish. Cut away the fish head.

Using the tip of the knife, cut along the backbone of the fish, then run the blade between the backbone and the spine of the fish.

Separate the meat from the bone. Using a tweezer, pick out pin bones from the fish. Keep the fillet for smoking.

Combine the brown sugar, rice, tea leaves, star anise and cinnamon in a bowl to form a smoking mix.

Place a piece of aluminium foil in a pan or wok and add in the smoking mix. Place a steaming rack over it, cover the pan with a tight-fitting lid and adjust to high heat until it starts to smoke.

Once it starts to smoke, reduce to low heat. Place the fish on a steaming dish before putting it on the rack. Cook for 8-10 minutes, or until desired doneness is achieved. Remove from heat and set aside.

MISO SOY GLAZE

White miso paste	3 tbsp
Mirin	100ml
Sake	100ml
Caster sugar	1 tbsp
Smoked soy sauce	2 tbsp

Combine white miso paste, mirin, sake, sugar and soy sauce in a pot and bring to a slow simmer over low heat. Let it reduce for 15 minutes, until a glossy and syrupy consistency is achieved.

Let the glaze cool completely before using it to marinate the fish for at least 30 minutes.

CAULIFLOWER PUREE

Cauliflower	100g
Water, for boiling	
Salt, for boiling	
Sour cream	50g
Chicken stock	50ml
Rice vinegar	1 tbsp
Salt	½ tsp

Cut the cauliflower into small florets, then boil in a pot of salted water until soft. Allow to cool.

Place cooked cauliflower, sour cream, chicken stock, rice vinegar and salt in a blender and puree till smooth.

HERB OIL

Dill tips	250g
Coriander	50g
Iced water	
Grapeseed oil	100ml

Blanch dill tips and coriander in the salted boiling water for 30 seconds. Refresh in ice water.

Place herbs and oil in a blender and blend till smooth. Strain through a fine chinois (conical sieve) and set aside.

TO SERVE

Kimchi (store bought)
Micro greens

Place a small portion of kimchi on the side of a plate, then scoop 1 tbsp of the cauliflower puree and place it on the other side of the plate.

Slice the smoked fish and arrange it on top of the puree. Drizzle herb oil over it and garnish with micro greens, if desired.

Steamed Barramundi with Nishime in Dashi Broth

By SIA Culinary Panel

Novice | Prep 10 mins | Cook 1 hr | Serves 3

DASHI BROTH

Kombu, (Japanese kelp) 20g
soaked in water
for 30 minutes

Water 500ml
Bonito flakes 20g

Combine kombu and water in a pot and bring to a light simmer over low heat. Remove from heat and set aside to cool for 5 minutes.

Remove kombu from the pot and add in bonito flakes. Bring stock back to a simmer over low heat. Use a spoon to skim off scum on the surface occasionally.

After reaching a simmer, remove the broth from the heat and set it aside to cool. After it has cooled, strain and set it aside until ready to use.

NISHIME

Shiitake mushrooms 100g
Carrot, 1

washed and peeled
Bamboo shoots, 150g
peeled and cut into
small wedges

Rinse the mushrooms, remove their stalks and cut them into half lengthwise.

Using a vegetable peeler, slice the carrot into long strips. Set aside.

Bring the dashi broth to a simmer over low heat.

Add bamboo shoots and mushrooms to the broth and let them simmer for 10 minutes, or until soft.

BARRAMUNDI FILLET

Barramundi fillet, 300g
trimmed and cut into
100g pieces

Using kitchen paper towels, pat the fish fillets dry.

In a steamer, steam fish fillets for 6 minutes, until the fish is slightly firm. Turn off heat. Let the fish rest in the steamer for 3 minutes.

TO SERVE

Spring onion stalks, 3
washed

Trim off the top and bottom of the spring onion, leaving only the middle part. Heat a pan over high heat until it starts to smoke, then place the spring onion into the pan and let it char for 10 seconds. Set aside.

Arrange vegetables in a deep dish. Place the barramundi fillet on top and pour in the dashi broth. Garnish with the charred spring onion.

COOKING TIPS | Soaking the kombu in water overnight will bring out more umami flavours, resulting in an intense and rich dashi. Dashi broth can be made in advance and kept in the freezer for future use.

Steam the fish till 80 per cent done and let it rest.

The residual heat will continue cooking the fish so it will be perfectly tender when served.



Teochew-Style Steamed Fish

By Derek Cheong

Intermediate | Prep 1 hr | Cook 1 hr | Serves 4

STEAMED SILVER PERCH

Salt 30g
Water 1L
Silver perch, deboned 2
(reserve bones for broth)
Sunflower oil, for brushing

Mix the salt and water to make a salt brine.

Soak the fish in the brine for 30 minutes.

Remove the fish and pat dry with kitchen paper towels. Brush with sunflower oil and steam for 5 minutes.

SOY BONE BROTH

Silver perch bones 2
Water 1L
Kombu (Japanese kelp) 10g
Bonito flakes 10g

Using a blowtorch, torch the silver perch bones until roasted.

Combine water and fish bones in a large pot and bring to a boil. Reduce to low heat and let it simmer for 1 hour.

Turn off the heat and add kombu, and let it infuse for 20 minutes.

Remove kombu, then increase to high heat. Add bonito flakes and bring to a boil for 30 seconds. Strain and set aside to cool.

PROTEIN RAFT

Egg whites 5
Scallions, minced 30g
Coriander, minced 10g
Celery, minced 10g
Ginger, minced 30g

Combine all the ingredients in a large bowl and whisk together.

SOY BONE CONSOMMÉ

Sake 30ml
Mirin (Japanese sweet rice wine) 30ml
Soy sauce 45ml

Combine sake, mirin and soy sauce in a saucepan and bring to a boil. Once mixture starts to boil, add the soy bone broth and protein raft.

Reduce to low heat and let the raft clarify the broth, occasionally using a spoon to scoop the broth into the raft to speed up the clarification process.

Once the consommé is clear, after about 20 minutes, pass it through a fine sieve lined with filter paper. Keep hot.

SILVER PERCH OIL

Ginger, sliced 20g
Silver perch fat 100g

In a saucepan, add ginger and silver perch fat and let it render over low heat. Strain and set the oil aside.

TO SERVE

Scallions, finely sliced

Place the steamed silver perch in the middle of a bowl, then pour the consommé and drizzle a few drops of the silver perch oil over the consommé.

Garnish with scallions and serve hot.



slanted

XO Fish Milk Soup

By LG Han

Novice | Prep 1 hr | Cook 2½ hrs | Serves 1

PEARL GROUPEL

Fatt choy (black moss), soaked in water 10g
Pearl grouper, deboned 160g

Spread the fatt choy on a plate. Place the fish in the centre of the fatt choy and wrap it.

Heat oil in a pan over medium-high heat until it starts to smoke, place wrapped fish in the pan and fry for 8 minutes. Set aside.

FISH MILK BROTH

Grouper fish bones and heads 1kg
Dried flounder 100g
Water 1L
Ginger 30g
Evaporated milk 100g
Hua Tiao wine 30ml
Sugar 1 tbsp
Salt 1 tsp

Preheat oven to 160°C. Place fish bones, heads and dried flounder on a baking tray and roast for about 2 hours, till golden brown.

Transfer roasted bones, heads and dried flounder to a pot of water and bring to a boil.

Add the ginger, evaporated milk, Hua Tiao wine, sugar and salt to the pot, stirring till well mixed.

FISH PASTE NOODLES

Fish paste 50g
Potato flour, or potato starch 1 tsp
Water 1½ tsp
Salt a pinch

Combine fish paste, potato flour, water and salt in a bowl, then use a wooden spoon or spatula to beat till the texture is firm and bouncy.

Transfer mixture into a piping bag and pipe desired length into a pot of boiling water. Cook fish paste noodles for 4 minutes.

TO SERVE

Rum 15ml
Togarashi (Japanese red pepper), as needed
Wakame seaweed ½ tsp
Shallots, sliced and fried, as needed
Bamboo shoots, thinly sliced, as needed
Red chilli, thinly sliced, as needed

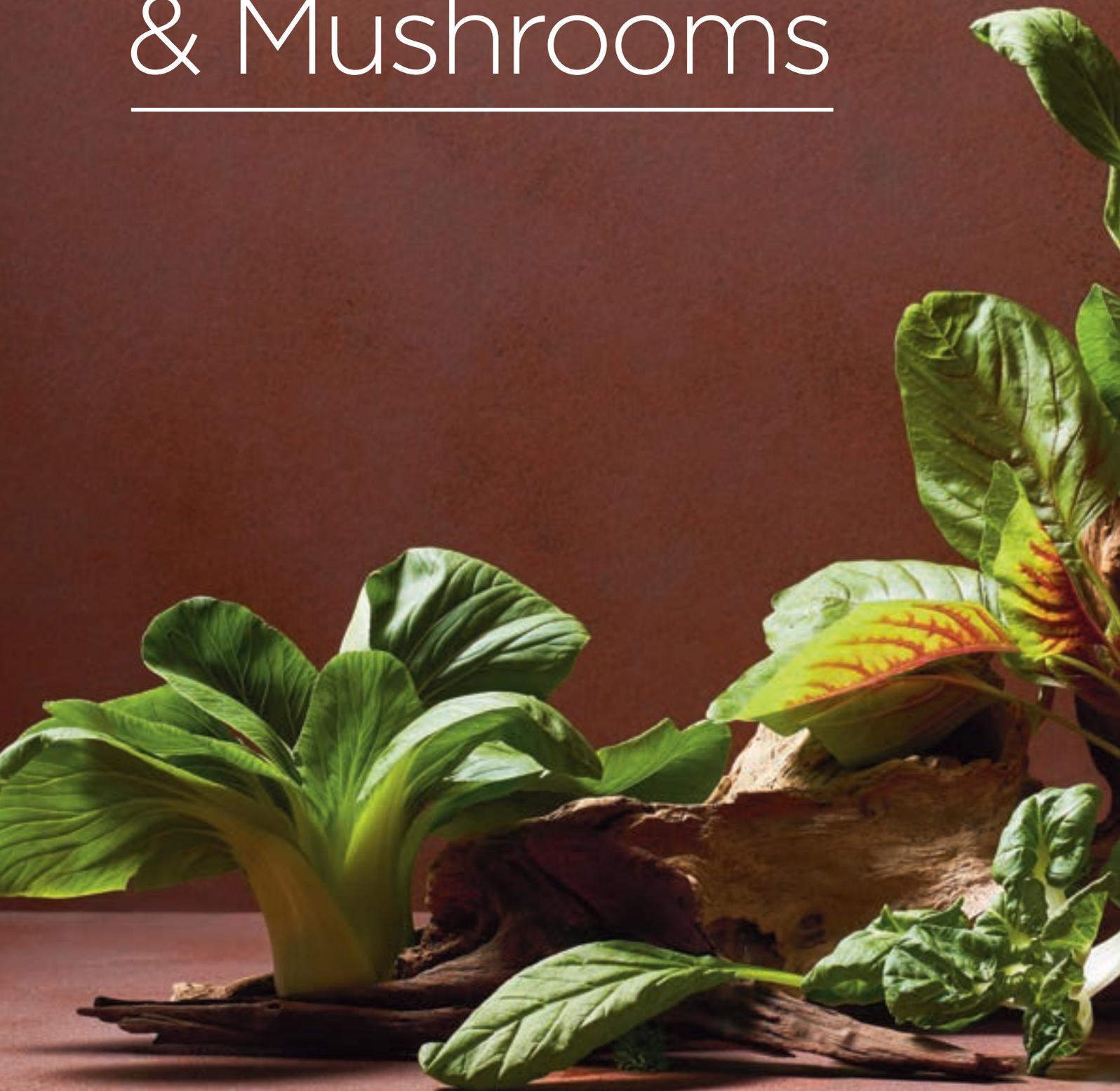
Flambé rum by pouring it into the broth and bringing it to a boil, then remove from heat immediately.

To assemble, place the fish paste noodles into a bowl and sprinkle togarashi over. Top with wakame seaweed, fried shallots, and bamboo shoots.

Arrange fried grouper on the bed of ingredients, then garnish with chilli. Pour the fish broth over the noodles and serve hot.



Vegetables & Mushrooms







Local Producer

WHO | **ComCrop**

PRODUCE | Hydroponically grown vegetables and herbs

When we think of farms, our minds conjure up images of staggered fields and sprawling pastures. But in a densely populated city like Singapore where space is considered premium, urban rooftop farms are sprouting upwards on skyscrapers.

For ComCrop (short for Community Crop), what started out as a community farm in 2011 has evolved into Singapore's first commercial rooftop farm. Driven by the mission of building sustainable practices in Singapore, ComCrop established its first rooftop farm atop the *SCAPE building in Orchard in 2013 before shifting their operations to a new and improved rooftop greenhouse at Woodlands Loop in 2018. It produces over 20 tonnes of pesticide-free leafy vegetables and herbs yearly that go on sale in local supermarkets like FairPrice and online platforms like RedMart.

Employing the Nutrient-Film Technique, a system of hydroponics that supplies the roots of vegetables with a thin film of nutrient-rich water, the plants have access to all the necessary nutrients and water that they need while ensuring good airflow that promotes healthy roots. This method also allows the ComCrop team to accurately track the nutrients the plants receive so that they can grow as well as, if not better, than they would if they were growing in soil.

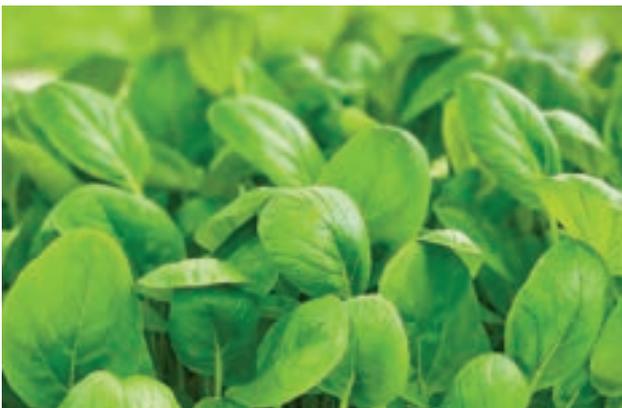
The farm grows an assortment of herbs and vegetables like mint, rosemary, and Japanese cai xin - a crunchier, tastier cousin of the local cai xin. They also sell sweet Italian basil, a lighter, more floral-tasting cousin of the regular Thai basil, as a whole plant at certain retailers. It's perfect for making homemade pesto or pad kra pao (chicken stir-fried with basil).

The produce at ComCrop is harvested daily to ensure a longer shelf life and fresher vegetables for consumers. Peter Barber, CEO of ComCrop shares, "Because the Singapore Food Agency regularly checks and ensures the quality of our processes, our customers can feel assured that they are getting produce that is free from any pesticides."

Besides feeding the community, ComCrop seeks to connect people with their food by employing senior citizens and marginalised communities to harvest and package the fresh produce, as well as other farm activities. In addition to working with organisations like Apex Harmony Lodge (who help with the seeding), ComCrop has a partnership with social enterprise restaurant Pope Jai Thai, to produce its extremely popular Signature Fresh Pesto sauce.

Visit www.comcrop.com for more information.

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WHO | **Edible Garden City**

PRODUCE | Vegetables, herbs, microgreens and edible flowers



Incorporating more greens into your meals does not have to be boring, especially if you know what vegetables to buy and how to use them. What most of us end up eating largely depends on what we see in the wet markets and supermarkets, but there are actually many local and endemic varieties produced by local farmers like Edible Garden City (EGC) that we can use to spruce up our meals.

EGC is a social enterprise dedicated to creating social change through community-centric agriculture. Since 2012, co-founder Bjorn Low and his team have been designing and building edible gardens (foodscaping) around the island. To date, they have created over 260 edible gardens for restaurants, hotels, schools, office buildings and private residential developments. Its closed-loop farming model produces more than 60 varieties of fresh, tasty and nutritious microgreens, herbs, flowers and vegetables for chefs and home cooks.

Its team of farmers supplies pesticide-free, hand-tended produce to 70 restaurants a week.

To overcome space and climate limitations in Singapore, EGC finds innovative ways to farm both indoors and outdoors, by maintaining a balance between natural farming and climate-controlled growing.

It champions natural farming, opting to grow crops outdoors and in soil where possible, using methods that are healing to our planet. This is coupled with selective use of agriculture technology — for instance, they grow temperate crops like kale and chard in indoor climate-controlled environments, stacking the growing points to maximise space.

To try EGC's fresh produce, customers can sign up for Citizen Box, a weekly subscription box containing healthy, sustainably grown greens. Each box will contain a variety of vegetables, herbs, microgreens, mushrooms and even flowers, and plenty of inspirations for your weekly home cooking repertoire.

Three underrated endemic varieties that are widely grown by EGC include ulam raja, a herb with a mild mango flavour that is commonly used in dishes like nasi ulam; wood sorrel, a type of weed boasting beautiful heart-shaped leaves and a lovely tart flavour, making it ideal for flavouring soups, stews and salads; and moringa, touted as one of the most nutritionally-dense plants in the world. Featuring a slightly spicy flavour, the moringa leaves and flowers can be eaten raw.

“We want consumers to know that eating local produce doesn't have to be dull. At EGC, we are able to develop an incredibly diverse spectrum of flavours right here in Singapore, and I am so excited to see how different players in the food industry — from farmers to chefs and home cooks, to diners and foodies — can work together to explore the relationship between our native plants and our Singaporean identity,” shares Low.

Visit www.ediblegardencity.com for more information.



Its closed-loop farming model produces more than 60 varieties of fresh, tasty and nutritious microgreens, herbs, flowers and vegetables for chefs and home cooks.





Local Producer

WHO | Kin Yan Agrotech

PRODUCE | Wheatgrass, pea sprouts and mushrooms

What's better than freshly grown produce sold at wet markets and your neighbourhood supermart? The home-grown versions, of course. As more Singaporeans try their hand at growing their own vegetables, local farm Kin Yan Agrotech has stepped up to meet the demand. Its growing kits not only allow you to harvest your own produce — from golden and pink oyster mushrooms to wheatgrass — at home, but also learn about the unique growing stages of these greens and fungi.

Since its inception in 1997, Kin Yan has grown to become Singapore's largest commercial farm for wheatgrass, pea sprouts and mushrooms. They also offer produce like fresh edible cacti, aloe vera, rosella, winter melons, and various leafy vegetables at local supermarkets and online platforms.

Harvested just after a seven-day growth period, their pea sprouts abide to the "one seed, one harvest" rule, resulting in crunchy and tasty sprouts that are perfect for adding to your salads, stir-fries, and even steamboats.

Low in fat and calories but particularly high in fibre, fresh black fungus is loaded with many essential vitamins and minerals that are vital to heart, brain, and bone health. Although it is frequently used in

soups, black fungus can be added to some Chinese desserts due to its neutral taste. Or, stir fry the black fungus with your favourite vegetables for added crunch.

Situated in Lim Chu Kang Agrotechnology Park, Kin Yan offers farm tours and educational excursions to share the passion and knowledge on pesticide-free farming with students and adults alike. The farm eschews the use of pesticides, chemicals or artificial fertilisers in favour of its own pesticide-free compost produced from its own biological waste, such as leftover wheatgrass, pea shoot clippings, and greens that are not fit to be sold. To prevent pests from attacking the crops, the pea sprouts and wheatgrass are grown on elevated structures while racks are built beneath to hold the mushroom spawn bags, to maximise growing space.

"From harvesting to packaging and then delivery, we put in our utmost effort to reduce any waiting time so that our products reach the market in the shortest time possible. Our farm also strictly follows farming guidelines so that consumers can purchase our products with peace of mind," says Ng Zhen Khan, farm manager at Kin Yan.

Visit www.kinyan.sg for more information.

The farm eschews the use of pesticides, chemicals or artificial fertilisers in favour of its own pesticide-free compost produced from its own biological waste, such as leftover wheatgrass, pea shoot clippings and greens that are not fit to be sold.



Local Producer



WHO | Netatech
PRODUCE | Nai bai, bayam, kai lan



In land-scarce Singapore, relying heavily on the global food supply chain to meet our consumption needs is inevitable. However, advancements in technology, engineering, and design in urban farming are transforming how we source our food. From rooftop farms to hydroponics, we are redefining the boundaries of what farms can be. Agri-tech firms which continue to advance farming systems that thrive in our urban landscape are at the forefront of building Singapore's food resilience.

One such organisation is Netatech, which envisions a future where cities are built by tapping into innovative, high-tech solutions, like artificial intelligence, big data, and cloud computing, to optimise the earth's natural resources. Netatech built a 1-ha research and development facility known as Oasis Living Lab to explore, test, and develop new high-tech agriculture and aquaculture technologies in 2016. Here, the company harnesses advanced agriculture technologies, such as precision drip irrigation paired with data analytics, cloud computing, and artificial intelligence to produce consistently high yields for their pesticide-free produce.

Growing an assortment of Asian leafy greens

like nai bai, kai lan, and bayam, their produce is retailed at selected Cold Storage outlets, as well as RedMart, and NTUC FairPrice Online. Netatech also has its own online store, CrowdFarmX, where consumers can purchase herbs and functional foods. As David Tan, CEO and founder of Netatech shares, "We should buy local, not just to support our local farmers but to know how the vegetables are grown and what goes into making the produce we consume daily."

The company collaborated with Temasek Foundation in 2019 to launch a high-tech vertical farm, known as the Vertical Food Stage (VFS), which was integrated into an HDB block in Tampines. The VFS is Singapore's first zero-food mile, zero-energy and zero-waste farm.

Crunchy and sweet, its top-selling nai bai can be easily used in a wide variety of stir-fried dishes. Traditional bayams are generally small and thin, but Netatech produces a version that has thick and crunchy stems that are perfect in a bayam masak lemak or sayur bayam. Its kai lan is grown within 40 days to produce crunchy and flavourful stems, arguably one of the best local kai lan you can find.

Visit www.netatech.com.sg for more information.



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WHO | Sky Greens

PRODUCE | Organic mini greens, including xiao bai cai, cai xin and mao bai



When it comes to fresh and delicious organic vegetables, local producer Sky Greens is right up there with all the producers. Incepted in 2012, Sky Greens is one of the first vertical farms in the world that was certified organic.

Driven by a deep passion to help land-scarce cities like Singapore actualise food supply security and food safety targets, founder Jack Ng conceptualised the world's first low-carbon hydraulic water-driven vertical farming system. It achieves significantly higher yields per unit area of land using minimal land, water and energy resources. These towers, situated in the north-western part of Singapore in Lim Chu Kang, can reach a height of up to 9m each. They are capable of growing fresh vegetables intensively and sustainably — achieving up to 10 times the production volume for the same land area used by

traditional farmers, while saving 95 per cent water, 75 per cent input materials and up to 80 per cent labour. Growing and harvesting operations are also ergonomically enhanced as the vegetables are rotated to the operator's level using a low-powered, hydraulic mechanism, which means workers do not need to bend down to the ground or climb up the towers.

Sky Greens is known for its organic mini greens, namely xiao bai cai, cai xin and mao bai. These baby vegetables are unique to Sky Greens as most traditional farmers do not grow or sell them due to their size — they are fairly small, hence harvesting them is laborious, and cleaning them requires meticulous care. Apart from their great texture and flavour, these mini greens are full of goodness — lab-testing has revealed that they contain 35 per cent more anti-oxidants than the adult variants.



There are many ways to prepare these fresh vegetables – the mao bai is a long leafy vegetable with a broad stem that is ideal for stir frying or cooking in soup, while cai xin is an extremely versatile vegetable that can be eaten on its own or fried with noodles, meat and seafood. Xiao bai cai, an all-time favourite on the Chinese dining table – is exceptionally crunchy and tender. It is best stir fried with scallops and mushrooms, or lightly boiled and served with oyster sauce.

Apart from freshness and quality, Ng shares that using local produce also offers consumers peace of mind, “Local farms are regulated by the Singapore Food Agency and are required to comply with strict agricultural practices and maintain food safety standards, in particular pesticide types and residue levels. Due to proximity to domestic markets, logistics and the carbon footprint will also be minimised.”

Visit www.skygreens.com for more information.

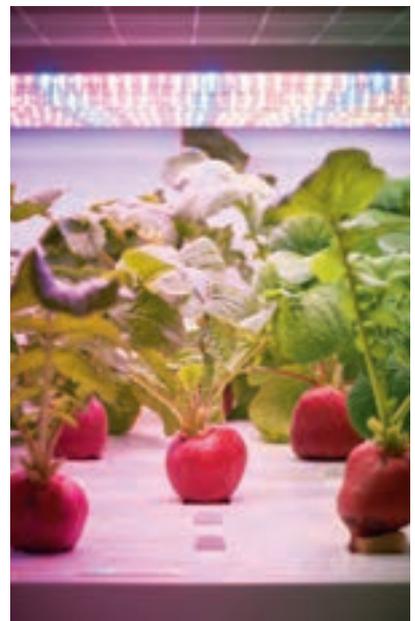
These baby vegetables are unique to Sky Greens as most traditional farmers do not grow or sell them due to their size – they are fairly small, hence harvesting them is laborious and cleaning them requires meticulous care.

Local Producer



WHO | **VertiVegies**

PRODUCE | Leafy greens, baby leaves, herbs and soft fruit



As a country that relies heavily on food imports, it is paramount that Singapore ensures our food security. With this in mind, the nation is collectively working towards building up the capability and capacity of our agri-food industry to meet the “30 by 30” target, where the goal is to produce 30 per cent of our nutritional needs locally and sustainably by 2030.

With only one per cent of land available for food production in Singapore, VertiVeggies recognises the importance of optimising our land for maximum productivity. Founded in 2016, VertiVeggies is a homegrown indoor farm and agri-tech solutions company committed to sustainable urban food production.

VertiVeggies’ farming systems ensure consistent growth and minimal food wastage during the production cycle. Their innovative system of integrating technology with the best of what nature can offer allows them to produce a wide range of vegetables, herbs and soft fruit.

While their core production is within the Asian greens category (pak choi, cai xin, kai lan and others) which forms the bulk of consumption in Singapore. VertiVeggies’ green pak choi has a crisp, crunchy and juicy stem that makes it perfect for a stir-fry or better yet, eaten fresh on its own. High in vitamin C, beta-carotene, folic acid as well as many essential minerals, this leafy green is also grown without the use of any pesticides or fungicides. The very first of its kind in Singapore, VertiVeggies’ Sparkle Rocket is a non-native arugula variety that packs an intense, peppery bite and adds a welcome jolt of flavour when added to sandwiches, salads and pizzas.

Coupled with the group’s expertise in agronomy and plant sciences and wide access to global agri-food technologies, VertiVeggies does not just increase short-term food production for Singapore but is dedicated to long-term research and innovation. VertiVeggies is simultaneously exploring medicinal, fruiting, and flowering crops which are still in the research and development stage but may

hit our grocery store shelves very soon.

VertiVeggies adapted its farming systems around the hydroponic principles of Nutrient Film Techniques and Deep-Water Culture, an intricate system of channels where a very shallow stream of water containing all the dissolved nutrients required for plant growth are re-circulated past the roots of plants, which gives rise to a healthy balance of water, lighting and cooling efficiency in the farm.

VertiVeggies’ hydroponic, multi-layered vertical grow modules are equipped with LEDs that provide the required spectrum to optimise plant growth. Its closed loop water system uses 95 per cent less water as compared to conventional farming, and recirculating nutrient-infused water boosts vegetative growth as well. By utilising cutting-edge hydroponic and LED technology, VertiVeggies is able to farm in previously impossible locations. This flexibility allows VertiVeggies to make an impact in Singapore’s food landscape, where farmland is not available. Technology can now allow Singapore to view food security through an entirely different lens, and cultivate food all year round, regardless of the climate change-induced erratic weather patterns expected in the years ahead.

VertiVeggies’ founder and CEO Ankesh Shahra shared that buying local produce “supports the domestic farming economy” that is heavily dependent on local consumption. These purchasing decisions are “critical for Singapore to ensure the continuity of long-term food production onshore and protects Singapore from anticipated supply chain vulnerabilities in the future.”

On expansion plans for VertiVeggies, he adds, “Food is a common love for all in Singapore, and we are excited to contribute towards building this primary production platform with a common goal of food safety, security, and nutrition. We are scaling our capacities as the market demand for local produce increases.”

Visit www.vertivegges.farm for more information.

The very first of its kind in Singapore, VertiVeggies’ Sparkle Rocket is a non-native arugula variety that packs an intense, peppery bite and adds a welcome jolt of flavour when added to sandwiches, salads and pizzas.

Burnt Rosemary Ice Cream with Roasted Apricots and Almonds

By Derek Cheong

Advanced | Prep 3 hrs and fermentation for 4 days | Cook 1 hr | Serves 4

LACTO-FERMENTED APRICOT WATER

Apricots, deseeded 400g
Salt 8g

Salt apricots and transfer them to an airtight jar and let them ferment for four days.

Juice the apricots and strain the juice using a filter paper.

LACTO-FERMENTED APRICOT BROTH

Lacto-fermented apricot water 20g
Fresh apricot juice 100ml
Lemon juice 10ml
Sugar 20g

Combine the lacto-fermented apricot water, fresh apricot juice, lemon juice and sugar in a bowl and mix well until the sugar dissolves completely.

Store the mixture in the refrigerator until ready to use.

BURNT ROSEMARY ICE CREAM

Milk 600ml
Whipping cream 200g
Dextrose 140g
Glucose syrup 30g
Sugar 50g
Ice cream stabiliser 6g
Rosemary, washed 60g

Combine milk, cream, dextrose, glucose, sugar and ice cream stabiliser in a saucepan and cook till the mixture reaches 85°C.

Using a blowtorch, torch the rosemary, till slightly black and burnt.

Add the burnt rosemary to the milk mixture and let it infuse overnight in the fridge.

Pass the milk mixture through a fine sieve and churn it in an ice cream machine for 45 minutes.

ROASTED APRICOTS

Apricots, halved and deseeded 200g
Honey 20g

Preheat oven to 190°C. Coat apricots with honey, then arrange them on a baking tray lined with parchment paper.

Cover the tray with aluminium foil and roast apricots for 10 minutes.

Remove the aluminium foil and continue baking for 10 minutes until the apricots are lightly browned and soft.

ROASTED ALMONDS

Almonds 100g

Roast almonds at 190°C for 8 minutes. Cut almonds in half and set aside for later use.

TO SERVE

Rosemary leaves
Almond oil

Arrange a handful of roasted apricots and roasted almonds on a plate. Place a quenelle of burnt rosemary ice cream on top of the roasted apricots. Pour the apricot broth into the bowl and drizzle in a few drops of almond oil.

Garnish with rosemary leaves and serve immediately.



Cabbage Potstickers

By Leon Lim

Novice | Prep 30 mins | Cook 30 mins | Serves 4

MINCED PORK FILLING

Minced pork	250g
Water chestnuts, diced	6
Garlic cloves, minced	2
Coriander stems, roughly chopped	2 stalks
Oyster sauce	1 tbsp
Light soy sauce	1 tsp
Sesame oil	1 tsp
Salt and white pepper, to taste	

Combine minced pork, water chestnuts, garlic, coriander stems, oyster sauce, light soy sauce and sesame oil in a large mixing bowl and mix well. Season with salt and pepper.

CABBAGE SKINS

Cabbage, peeled and washed	1
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Blanch leaves in hot water until soft, then transfer to a bowl of ice-cold water to shock them and stop the cooking. Pat dry and set aside.

VINEGAR DIP

Chinese vinegar	60ml
Light soy sauce	1 tbsp
Sesame oil	1 tsp
Chilli oil	1 tsp
Sugar, to taste	

Combine all the ingredients in a mixing bowl and mix well.

FOR COOKING

Chicken stock	60ml
Vegetable oil, as needed	

To assemble, place about 2 tbsp of minced pork filling on a cabbage leaf, then roll the vegetable from bottom up, tucking the leaves on the side to finish.

Place wrapped potstickers in a frying pan over medium heat, then add chicken stock and cover the pan. Allow potstickers to steam till water evaporates completely.

Heat some vegetable oil in the frying pan and char the bottom of the potstickers.

Remove from frying pan onto a plate and serve with vinegar dip.

COOKING TIP | Adding coriander stems to the meat filling adds a refreshing and herbaceous flavour to the dish, while the water chestnut gives it a nice crunch.



Coconut Risotto with Laksa Pesto

By Jeremy Nguée

Novice | Prep 30 mins | Cook 30 mins | Serves 4

COCONUT RISOTTO

Water	500ml
Lemongrass, trimmed	2 stalks
Kaffir lime leaves	6
Chilli padi	1
Oil	15ml
Short-grain rice	200g
Coconut milk (no thickeners)	400ml
Salt and pepper, to taste	

Combine water, lemongrass, lime leaves and chilli padi in a pot and bring to a boil. Remove from heat and set aside to let it steep for 20 minutes to make a light stock.

Heat oil in a saucepan over medium-high heat, then add rice and fry until grains are translucent at the edges.

Add a ladle full of the stock to the rice and stir gently until the stock is completely absorbed.

Add another ladle full of stock, as well as 200ml of the coconut milk to the rice and stir gently until both liquids are completely absorbed.

Check the doneness of the rice. If you prefer softer rice, add the remaining stock and stir through.

When ready, add the remaining coconut milk and stir through. Season and set aside.

LAKSA PESTO

Laksa leaves, stems removed	30g
Coriander with root	20g
Basil leaves	30g
Chilli padi	1
Garlic cloves	3
Shallot	1
Cashew nuts, roasted	150g
Canola oil or sunflower oil	100ml
Salt, to taste	

Combine laksa leaves, coriander, basil, chilli, garlic, shallot, cashew nuts and oil in a blender and blend till ingredients are well mixed.

Season with salt and adjust the texture with more oil, if necessary. Set aside.

TO SERVE

Sorrel leaves
Chevril
Coriander
Pea tendrils
Red shiso
Nasturtium
African bonanza
Canola oil
Sea salt flakes, to taste

To assemble, arrange the risotto on a flat dish, then spoon the pesto over. Gently stir through so that the white rice is nicely marbled with the green pesto.

Garnish with micro herbs and flowers.

Drizzle with canola oil and sea salt flakes and serve immediately.



Edible Garden City Rojak

By LG Han

Intermediate | Prep 30 mins | Cook 15 mins | Serves 6-8

JACKFRUIT MOUSSE

Sugar	65g
Corn starch	28g
Egg yolks	5
Milk	120ml
Jackfruit	240g
Butter	28g

Mix sugar, corn starch and egg yolks together to form a paste.

Bring milk and jackfruit to a boil in a pot, then slowly pour this into the sugar-corn starch mixture.

Once fully mixed, the mixture should appear watery. At this point, return the mixture to the pot and continue cooking with a spatula, scraping the bottom of the pot regularly to ensure that the mixture does not curdle.

The mixture is ready once it thickens to an almost porridge-like consistency. Add in butter and stir regularly.

Transfer to a container or bowl and wrap with cling film, ensuring that the film touches the surface of the sauce. Set aside in the refrigerator until ready to use.

HONEY SHRIMP SAUCE

Stingless bee honey (available at Nutrinest's online store)	250g
Shrimp paste (hei go)	1 tbsp
Calamansi juice, to taste	

In a small saucepan, warm the honey over low heat, then whisk in the shrimp paste.

Once the shrimp paste is mixed in well, set the mixture aside and let it cool. Pour in the calamansi juice.

TOASTED PEANUTS

Peanuts, crushed	200g
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Preheat oven to 160°C. Toast peanuts till lightly brown and fragrant. Set aside to cool before storing in an airtight container.

SLICED GINGER FLOWER

Ginger flower	1
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Using a knife, remove the stems from the ginger flower, then split it down the middle and remove the white core.

Finely slice the fragrant petals and set aside.

TO SERVE

Salad leaves, washed and drained	200g
Edible petals and flowers, as needed	
Store-bought dough fritters, sliced and toasted	

Scoop a spoonful of jackfruit mousse on to the plate and create a small hole and fill it with the shrimp sauce. Layer the shrimp sauce over the mousse to create a base.

Layer the rest of the ingredients on top, starting with another spoonful of the jackfruit mousse, then the salad leaves and finishing with the edible flowers.

Top with dough fritters, crushed peanuts and ginger flower petals.

COOKING TIPS | Warming up the honey will make it easier to mix in the shrimp paste. Ensure the cling film is in contact with the jackfruit sauce to prevent it from forming a skin and drying up, as it will affect the texture of the sauce.



Flower and Herb Tartelettes

By Derek Cheong

Novice | Prep 1 hr | Cook 1 hr | Makes 20 tartelettes

FEUILLE DE BRICK (OR USE FILO PASTRY)

Feuille de brick 2
unsalted butter, softened,
for brushing

Preheat oven to 170°C. Brush both sheets of feuille de brick (or filo pastry) with butter, then layer the second sheet on top of the first.

Using a ring cutter, cut circles from the feuille de brick, and mould them using a tart mould.

Place a tray on top to weigh them down and bake for 12-15 minutes, or until golden brown.

SPINACH AND KALE FILLING

Garlic cloves, minced 2
Shallots, minced 2
Olive oil 50ml
Spinach 300g
Kale 200g
Large eggs 2
Ricotta 200g
Parmesan 50g
Salt ½ tsp
Lemon juice 1 tsp

In a frying pan, sauté garlic and shallots in olive oil on low heat until fragrant.

Add spinach and kale and sauté until they wilt. On medium heat, sauté until all the liquids evaporate.

Transfer spinach and kale mixture to a blender and blend with eggs, ricotta, parmesan, salt, and lemon juice.

If using a Thermomix, cook at 80°C at speed 3 for 20 minutes. Otherwise, transfer the mixture from the blender to a saucepan and cook until it thickens slightly.

Transfer the mixture to a container and let it cool in the refrigerator, before placing it into piping bags.

TO SERVE

Moringa
Lavender sorrel
Marigold
White Egyptian flowers
Ulam raja flowers

Pipe the spinach and kale filling into the base of each tartelette, before arranging the herbs and flowers on top.

COOKING TIP | Use a clean pair of scissors to cut the herbs and flowers - avoid using your hands to pluck them, as this will damage the plant cells and cause them to wilt faster.



Fried Spinach and Kale Pillows

By Derek Cheong

Intermediate | Prep 2 hrs | Cook 1 hr | Makes 50 - 60 pillows

SOUFFLE DOUGH

All-purpose flour	200g
Salt	1 tsp
Water	90ml
Olive oil	3 tbsp

Combine flour, salt, water and olive oil in a stand mixer and mix till a dough forms.

Knead dough with hands on a lightly floured counter, until it is smooth and bouncy.

Wrap the dough with cling film and let it rest in the refrigerator for an hour.

Use a pasta machine to roll the dough out into sheets for ravioli. Lamine the dough once so it puffs up when fried.

SPINACH AND KALE FILLING

Garlic cloves, minced	2
Shallots, minced	2
Spinach	300g
Kale	200g
Olive oil	50ml
Large eggs	2
Ricotta	200g
Parmesan	50g
Salt	½ tsp
Lemon juice	1 tsp
Oil, for deep frying	

Refer to page 72 for the steps to prepare the spinach and kale filling.

Pipe the filling out onto a sheet of dough, then brush the edges with water and lay another sheet of dough on top.

Cut the ravioli with a ring cutter.

Freeze them for an hour before deep frying.

Arrange spinach and kale pillows on a plate and serve.

COOKING TIP | Pipe the filling when it is cold as the mixture will be firmer and easier to manage.



Jackfruit à la Barigoule

By Haikal Johari

Intermediate | Prep 30 mins | Cook 1½ hrs | Serves 2-4

JACKFRUIT BARIGOULE

Olive oil, for cooking	
Unsalted butter	15g
Yellow onion, diced	170g
Carrot, diced	140g
Garlic clove, sliced	1
Jackfruit flesh	1kg
White wine	235ml
Dashi stock	500ml
Flat leaf parsley sprigs	3
Thyme sprig	1
Bay leaf	1
Ground black pepper, to taste	

Heat olive oil and butter in a pot over medium heat.

Add the onions, carrots and garlic and cook until the carrots soften. Add the jackfruit and white wine before bringing everything to a simmer.

Reduce to low heat and let it continue simmering. Add in the dashi stock, parsley, thyme and bay leaf and let the mixture continue cooking until the vegetables are tender.

Season with pepper.

OYSTER STOCK

Oysters	20
Onion, chopped	50g
Leek, chopped	50g
Celery, chopped	50g
Water	500ml

Shuck the oysters and reserve the juice.

Sauté the onion, leek and celery in a large saucepan until soft.

Add the oyster meat and water to the pan and bring to a boil. Reduce to low heat and let the stock simmer for 20 minutes. Strain and set aside.

OYSTER EMULSION

Shallots	50g
Lemongrass	30g
White balsamic vinegar	50ml
White wine	50ml
Shaoxing wine	50ml
Whipping cream	100ml
Shiro miso (white miso)	20g
Oyster juice (from the shucked oysters)	

Combine shallots, lemongrass and vinegar in a pot over medium heat.

Add the white wine and Shaoxing wine and let the mixture cook till it reduces by half.

Pour in 300ml of the oyster stock and cream and let everything cook for another 5 minutes.

Transfer the ingredients to a large mixing bowl, then hand blend with a spatula until you get a smooth emulsion. Add in the shiro miso and mix well. Strain, then add the oyster juice.

CLAMS

Olive oil	1 tbsp
Local clams	200g
Water	250ml

Heat oil in a pot over medium-high heat until it starts to smoke.

Add clams to the pot and cover with a lid. Add the water, reduce heat to low and let them cook for 4 minutes.

Remove from heat then separate the clam meat from the shells. Set aside.

To serve, arrange jackfruit barigoule in the centre of a plate, and place oysters, clams, onions, leek and celery around it. Drizzle with the oyster emulsion and serve immediately.



Herb Focaccia

By Leon Lim

Novice | Prep 2½ hrs | Cook 30 mins | Serves 4

FOCACCIA

Warm water	400ml
Instant yeast	7g
Sugar	1 tbsp
Plain flour, plus additional for kneading	600g
Salt	1 tbsp
Extra virgin olive oil, plus additional for drizzling	240ml
Cherry tomatoes	16
Curry leaves	1 handful
Laksa leaves	1 handful
Coarse sea salt, for sprinkling	

Combine warm water, yeast and sugar in a small bowl and let it sit for at least 15 minutes.

Combine the yeast mixture with flour, salt, and 120ml of olive oil into a stand mixer bowl fitted with the dough hook. Mix on low speed until all the ingredients are thoroughly combined. Mix for another 5-6 minutes on medium speed, until dough becomes smooth and soft. Sprinkle some flour if the dough gets too sticky.

Transfer the dough to a clean, lightly floured surface, then knead with hands for another 15-30 seconds.

Lightly coat the stand mixer bowl with olive oil and return the dough to the bowl. Cover the bowl with cling wrap and let it sit at room temperature for at least 1 hour, until the dough has doubled in size.

Coat a deep baking pan with the remaining olive oil. Place the dough into the baking pan and begin pressing it out so that it fills the entire pan. Turn the dough over and coat the other side with olive oil. Continue to stretch the dough until it fits the pan. Stud (insert partway into the surface) the dough with cherry tomatoes, curry leaves and laksa leaves.

Leave the dough at room temperature for about 1 hour, until it doubles in size. While the dough is rising a second time, preheat the oven to 220°C.

Sprinkle the top of the focaccia with coarse sea salt, then lightly drizzle with olive oil. Place baking tray in the oven and let it bake for about 25-30 minutes until the top of the loaf is golden brown.

If you find that the herbs are burning too fast, tent the focaccia with aluminium foil. Remove focaccia from the oven and let it cool before cutting and serving.

CRISPY CURRY AND LAKSA LEAVES

Vegetable oil	200ml
Curry leaves, on stem	1 handful
Laksa leaves, on stem	1 handful

Heat vegetable oil in a pan over medium-high heat until it starts to smoke.

Toss curry leaves and laksa leaves into the hot oil and let it crisp up for about 1 minute.

Strain and remove from pan. The curry leaves are done when they are crisp and slightly translucent.

Add to the focaccia as a garnish.

COOKING TIP | As some of the leaves may char during the baking process, you can deep fry some curry leaves and laksa leaves and set them aside for garnishing, as this would give the focaccia a stronger, more herbaceous flavour.





Mushroom and Cheese Gougères

By Derek Cheong

Intermediate | Prep 1 hr | Cook 1 hr | Makes 50 puffs

MUSHROOM DASHI

Water	300ml
Kombu (Japanese kelp)	9g
Dried shiitake mushrooms	18g
Dried porcini mushrooms	6g

In a saucepan, bring water to the boil.

Remove from heat and add the kombu and mushrooms and let them steep for 20 minutes. Strain and set aside.

PORCINI CRAQUELINE

Dried porcini mushrooms	10g
Unsalted butter, softened	100g
Icing sugar	100g
All-purpose flour	100g

Blend the dried porcini mushrooms. Pass it through a fine sieve and collect the powder.

Combine the porcini powder, butter, icing sugar and flour in a bowl and mix until a smooth dough forms.

Roll the dough thinly between two parchment papers and freeze.

MUSHROOM DASHI CHOUX

Milk	100ml
Unsalted butter	100g
Sugar	1 tsp
Salt	1 tsp
All-purpose flour	120g
Eggs (about 60g each)	3

Preheat oven to 190°C. Combine 100ml of the mushroom dashi, milk, butter, sugar, and salt in a saucepan and bring everything to a boil.

When the mixture starts to boil, add the flour and stir until a film forms at the bottom of the pan. Transfer everything to a mixing bowl and set aside to cool.

Add eggs to the mixing bowl, one at a time, and whisk until smooth. Transfer the mixture into a piping bag.

Pipe out choux pastry puffs on to a baking tray lined with parchment paper. Using a ring cutter, cut discs out from the craqueline dough and place one on top of each choux pastry puff. Bake for 12-14 minutes.

CHEESE FILLING BASE

Unsalted butter	20g
All-purpose flour	20g
Milk	200ml
Cheddar	40g
Parmesan	20g
Truffle oil	2 tsp

Combine butter and flour in a saucepan to make a roux.

Cook the roux and butter mixture over low heat, whisking constantly for about 5-10 minutes, until it becomes blonde in colour.

Slowly pour milk in while stirring continuously. Add the cheddar and parmesan and mix well.

Add truffle oil and mix well.

MUSHROOM PUREE

Unsalted butter	20g
Oyster mushrooms, diced	200g
Milk	20ml
Cream	20g

Heat butter in a frying pan over medium-high heat, then sauté the mushrooms until they caramelize. Add the milk and cream and let everything simmer for 2 minutes.

Transfer the mushroom puree to a blender and blend until smooth. Fold it into the cheese filling base and transfer the mixture into a piping bag.

To assemble, pipe the mushroom-cheese filling into the choux pastry puffs and serve immediately.

Pandan Churros with Kaya

By Derek Cheong

Novice | Prep 30 mins | Cook 30 mins | Serves 8

PANDAN KAYA

Pandan leaves (for pandan extract)	200g
Egg yolks	10
Sugar	100g
Coconut cream	150g
Pandan leaves (tied into a knot)	30g
Unsalted butter	20g

Blend pandan leaves in a blender and strain using a cheesecloth to obtain a pandan extract.

In a saucepan, whisk the egg yolks together with the sugar and pandan extract until well mixed.

In another saucepan, heat the coconut cream with pandan leaves.

Temper the egg yolk mixture with the hot coconut cream. Cook mixture at very low heat, whisking constantly.

When the mixture thickens, whisk in the cold butter then set aside and let kaya cool.

Store kaya in refrigerator until ready to use.

PANDAN CHURROS

Milk	100ml
Water	100ml
Unsalted butter	100g
Sugar	4g
Salt	4g
Pandan leaves	40g
All-purpose flour	120g
Eggs	2
Fine grain sugar, as needed	

Heat milk, water, butter, sugar, salt, and pandan leaves in a saucepan over medium-high heat and bring to a boil.

Once the mixture starts to boil, remove from heat and let the pandan leaves infuse for 15 minutes. Strain and set aside.

Using another saucepan, bring the pandan mixture to the boil again, then slowly add in flour, stirring until a film forms at the bottom of the pan.

Transfer to a mixing bowl and let it cool.

Whisk two eggs in, one at a time, until batter is smooth.

Transfer into a piping bag with a star tip and pipe out churros into a pot of hot oil at 160°C. Deep fry the churros until lightly browned and cooked.

Remove from the pan and drain on kitchen paper towels. Coat each churros with fine grain sugar.

Enjoy the churros with the kaya dip.





Brown Rice Bowl

By Ming Tan

Intermediate | Prep 30 mins | Cook 30 mins | Serves 2-4

SHIITAKE MUSHROOMS

Dried shiitake mushrooms,	8
soaked in water overnight	
Vegetable oil	1 tbsp
Garlic cloves,	2
finely minced	
Salted olive vegetables	1 tsp
(kanna chai)	

Once the mushrooms are soft, gently squeeze out water and cut the stems off. Reserve the soaking liquid. Slice mushrooms into 3mm thick pieces, then stir fry with oil, minced garlic and olive vegetables for 3-4 minutes on high heat.

BROWN RICE

Dashi powder	1½ tsp
Brown rice, washed	210g

Measure out 575ml of the mushroom soaking liquid, and combine with dashi powder to make a mushroom dashi. Rinse the brown rice several times, then combine the rice and mushroom dashi in a rice cooker. Once cooked, open the lid and fluff the rice gently.

KAILAN LEAVES AND KAILAN STEMS

Kailan, washed	300g
Oil, as needed	
Garlic cloves, minced	2
Oyster sauce	1 tbsp
Sesame oil	½ tsp
Oil for deep frying	

Separate kailan leaves from the stems. Cut the kailan stems into small discs, and stir fry with minced garlic until tender. Season with oyster sauce and sesame oil.

Roll kailan leaves into a tight bundle and chiffonade finely. Set aside.

Heat oil in a wok for deep frying, ensuring oil is at least 2 inches high in the wok. Once the oil starts to smoke, flash fry the kailan leaves until crispy and dark green in colour. Remove from the oil and allow leaves to drain on kitchen paper towels.

CARAMELISED OKRA

Okra, washed	10
Oil, for deep frying	
Garlic, finely minced	2 tsp
Shallots, finely sliced	5
Green curry paste	2 tsp
Curry leaves, finely sliced	10
Calamansi	1
Sweet paprika powder	1 tsp
Salt, to taste	

Cut okra on a bias to get long strips, about an inch thick. Using the same wok, deep fry okra for 5-7 minutes, or until golden brown.

Heat oil in a separate pan over medium-high heat, then sauté the garlic and shallots with curry paste until fragrant. Add the okra and curry leaves into the pan. Sauté for another 2 minutes. Season with the calamansi, paprika powder and salt. Set aside.

GLAZED PAN-ROASTED TEMPEH

Local tempeh	2 pks
Smoked chipotle sauce	2 tbsp
Soy sauce	2 tbsp
Brown sugar	2 tbsp
Smoked paprika	1 tsp
Sea salt flakes, to taste	

Cut the tempeh into strips and pan fry in a non-stick pan until they are browned and their edges are crisp.

In a separate pot, reduce chipotle sauce, soy sauce and brown sugar to a syrupy glaze, and toss with smoked paprika and tempeh strips.

To assemble, scoop rice into a bowl, then arrange mushrooms, tempeh, okra and kailan stems over the rice. Finish with crispy fried kailan leaves and season with sea salt flakes.



Smoked and Grilled Eggplant with Burnt Eggplant Emulsion

By Derek Cheong

Intermediate | Prep 2 hrs | Cook 2 hrs | Serves 4

SMOKED AND GRILLED EGGPLANT

Eggplant	1
Sugar	100g
Salt	50g
Tea leaves of your choice	20g
Salt, to taste	

Using a fork, poke holes into the skin of the eggplant, in a steamer, steam for 10 minutes, until tender.

Transfer the eggplant to a tray and place another tray on top of it, to weigh the eggplant down. Let it chill in the refrigerator for 1 hour.

Once chilled, remove the skin of the eggplant with a paring knife and cut it into your desired portion size. One eggplant is ideal for sharing between 2-3 persons.

Line the base of a frying pan with aluminium foil, then add sugar, salt and tea leaves. Place the frying pan over medium-high heat, then use a blowtorch to light the mixture to create smoke.

Place a wire rack above the tea leaves, then arrange the eggplant on top and let it smoke for 2 minutes.

Transfer the eggplant to a hot pan and grill for approximately 3 minutes or until nicely caramelised. Season with salt.

BURNT EGGPLANT

Eggplants, halved lengthwise	2
Oil, for brushing	

Preheat oven to 190°C.

Brush eggplants with oil and transfer to a roasting tray, skin side up. Broil until caramelised.

ROASTED GARLIC PUREE

Garlic bulb	1
Oil, for brushing	

Preheat oven to 160°C. Cut the tops off the garlic bulb, then poach it in boiling water for 30 seconds. Brush the poached garlic with oil and season with salt.

Wrap the garlic bulb in aluminium foil and roast it in the oven for 1 hour, until the garlic has softened. Press the garlic bulb through a fine sieve to achieve a smooth puree.

BURNT EGGPLANT MISO EMULSION

Miso	10g
Lemon juice	20ml
Canola oil	200ml
Salt, to taste	

Combine 200g of the burnt eggplant, 10g of roasted garlic puree, miso and lemon juice in a blender and blend until smooth.

Slowly drizzle in the oil and season with salt. Set aside.

PARMESAN CRACKER

Parmesan cheese, grated	
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Preheat oven to 170°C. Line a baking tray with parchment paper and spread grated parmesan cheese out on the paper.

Bake until the fat separates and the cheese becomes crisp.

To serve, place the smoked and grilled eggplant in the middle of a plate. Pipe the eggplant emulsion on the side and top with the parmesan cracker.



Tomato Tartelettes

By Derek Cheong

Novice | Prep 2 hrs | Cook 1 hr | Makes 4 tartelettes

TOMATO WATER

Tomatoes	1kg
Sugar	10g
Salt	5g

Combine tomatoes, sugar and salt in a blender and blend until smooth. Transfer the mixture to a bowl, cover and let it macerate for approximately 2 hours.

Pass the mixture through a fine sieve lined with a kitchen paper towel or cheesecloth.

Strain it in the refrigerator as tomato water will ferment at room temperature.

TOMATO WATER ASPIC

Tomato water	300ml
Salt	½ tsp
Colatura di alici (Italian fish sauce)	1 tsp
Gelatine sheets, bloomed in iced water	5

Season the tomato water with salt and colatura di alici.

Bring 100ml of the tomato water and bring it to a boil in a saucepan. Once it starts to boil, add in the bloomed gelatine and mix well.

Once gelatine dissolves, pour in the remaining tomato water. Transfer it into a container and leave it to set in the fridge.

Once set, use a fork to fluff it up to create small jellies.

BASIL PUREE

Basil	200g
Olive oil	4 tsp
Salt	½ tsp

Blanch basil in hot water for 10 seconds, then shock it in a bowl of iced water.

Squeeze all the water out from the basil, then blend with olive oil and salt in a blender until smooth.

Transfer it into a piping bag and set aside.

CONFIT TOMATOES

Cherry tomatoes	10
Extra virgin olive oil, enough to cover tomatoes	
Salt	A pinch

Using a knife, make criss-cross cuts at the bottom of each tomato.

Blanch the tomatoes in boiling water for 10 seconds, then shock in a bowl of iced water. Remove tomato skins.

Confit tomatoes in olive oil at 70°C for 1 hour.

Drain the tomatoes and cut them into small cubes. Season with salt.

FEUILLE DE BRICK

Feuille de brick	2 sheets
Melted butter, for brushing	

Preheat oven to 170°C. Brush both sheets of feuille de brick with butter.

Layer one sheet on top of the other.

Using a ring cutter, cut circles out and shape them using a tart mould.

Bake (with a tray on top to weigh them down) for 12-15 minutes, or until golden brown.

TO SERVE

Balsamic vinegar, as needed
Micro basil

Pipe basil puree into each tartelette. Spoon confit tomatoes on top of the puree, then add some tomato water aspic on top of the tomatoes.

Drizzle balsamic vinegar over each tartelette and garnish with micro basil before serving.

Eggs & Milk







Local Producer

WHO | Chew's Agriculture PRODUCE | Eggs

From eggs benedict to devilled eggs, sambal telur to fu yong omelette, there are hundreds of ways to cook this egg-ceptional superfood. Its versatility makes this protein a popular ingredient in many cuisines around the world. In Singapore, the consumption of chicken eggs hit a whopping 2.23 billion in 2021.

Chew's Agriculture has been one of Singapore's leading egg producers for the past 30 years. In response to Singapore's "30 by 30" vision, the company has scaled up its daily production from 500,000 to 800,000 eggs and has plans to increase its production further to reach a target of one million eggs daily in future.

One of the largest and most modern farms in Singapore, Chew's Agriculture has newly developed, eco-conscious and climate-controlled poultry houses with features that improve air quality and reduce the risk of disease contamination.

As part of its long-term vision to be a net zero emission farm, it is also working on a waste-to-energy solution which will convert the farm's waste to electricity for the farm.

To meet higher standards of animal welfare, Chew's Agriculture raises some of its poultry in a state-of-the-art aviary system, with plans underway to increase the number of birds in these aviaries. The cage-free hens are raised in an

environment that meets precise standards and are given a nutritious, natural plant-based diet that is also free of hormones and antibiotics. As such, it is the only poultry farm today in Singapore that has been given the Certified Humane qualification from the Humane Farm Animal Care (HFAC) of USA.

"Our farming methods and technology are on a par with many developed countries. By buying and eating locally grown food, people are getting good quality fresh food with a smaller carbon footprint. Local produce is good for us and the planet," says Chew Zi Xuan, a spokesperson from Chew's Agriculture.

As the pioneer of enriched eggs in Singapore, Chew's Agriculture offers a series of Designer Eggs that are enhanced for added beneficial nutrients, including their Cage-Free Eggs, Omega 3 Eggs, and Organic Selenium Fresh Eggs. Its Cage-Free eggs are the first and the only cage-free eggs produced in Singapore.

The farm's Omega 3 Eggs are enriched with omega-3 fatty acids, which helps to improve heart health and brain development, making them ideal for the young and old in the family. Supercharged with organic selenium, an essential trace mineral and powerful antioxidant, Chew's Organic Selenium Fresh Eggs are a good health booster.

Visit www.chewsegg.com for more information.

It is the only poultry farm today in Singapore that has been given the Certified Humane qualification from the Humane Farm Animal Care (HFAC) of USA.





WHO | Hay Dairies

PRODUCE | Fresh goat's milk, goat's milk popsicles, hand-crafted goat's milk soap



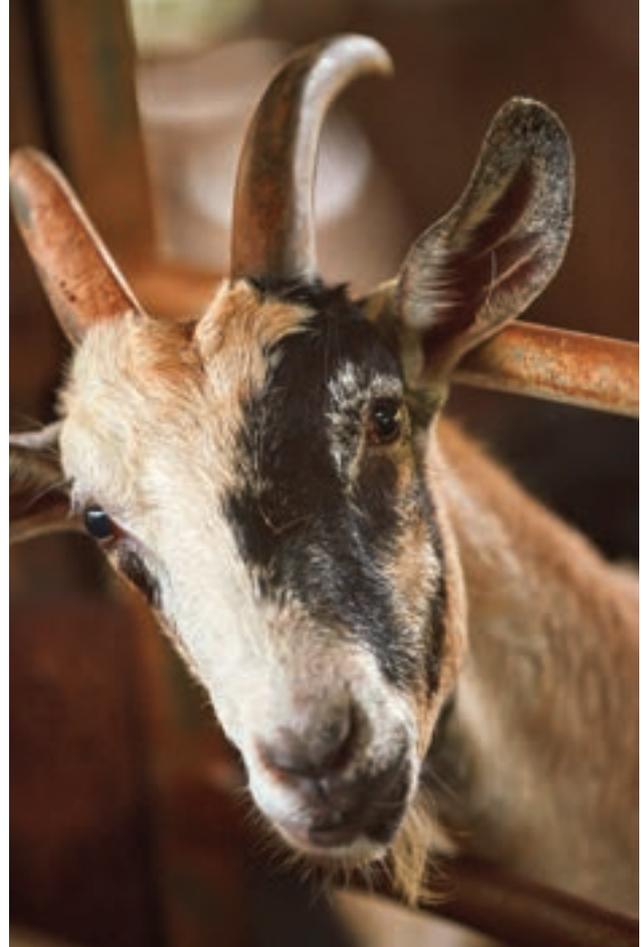
One of the best sources of natural calcium, a 200ml bottle of goat's milk provides approximately 260mg of natural calcium. Drinking one glass of this rich and creamy goodness builds and maintains strong bones, and packs in the nutrients needed for your heart, muscles, and nerves to function properly.

When pig farming was phased out in Singapore in the early '80s, Hay Dairies turned to goat farming instead. Starting out with an import of Alpine, Nubian, Toggenburg and Saanen goats in 1988, Hay Dairies now boasts more than 900 goats of mixed breeds originating from Minnesota in the United States, and is currently the only goat farm in Singapore. These dairy goats are domesticated and kept solely for milk production.

Hay Dairies goats are fed with alfalfa hay from the United States which is high in protein and minerals and free from genetically modified organisms. The goats' diets are complemented with a special feed from Australia that is based on grains, vitamins and minerals and is free from genetically modified maize and growth hormones.

On top of that, Hay Dairies also incorporates rainwater harvesting, composting, and energy-efficient machinery into their goat-rearing practices.

Using the latest milking and pasteurisation processes and bottling machines to produce fresh goat milk, Hay Dairies serves a local niche market through a combination of different retail options:



direct farm purchase, home delivery or selected store outlets in Singapore.

Fresh, pure, and highly nutritious, Hay Dairies goat's milk is 100 per cent natural and contains no additives. Since goat's milk is about 90 per cent lower in Alpha-s-1 casein, a protein that is a major allergen in cow's milk, it is safe for the lactose intolerant to consume.

Goat's milk is a handy ingredient in cooking and baking. Add a few spoonfuls into your pasta to give it a creamy texture, to your eggs for fluffier omelettes, or use it to make custards and puddings.

Visit www.haydairies.sg for more information.

Hay Dairies goats are fed with alfalfa hay from the United States which is high in protein and minerals, and free from genetically modified organisms.

Baked Eggs in Spiced Tomato and Bell Pepper Braise

By SIA Culinary Panel

Novice | Prep 20 mins | Cook 30 mins | Serves 2-3

STEW

Olive oil, as needed	
White onions, peeled and chopped	100g
Garlic cloves, peeled and chopped	3
Paprika	2 tsp
Cumin	1 tsp
Red capsicum, deseeded and diced	3
Canned tomatoes	300g
Eggs	6

Heat some olive oil in a pan over medium-high heat.

Fry onions until almost translucent, then add garlic and let it cook for another minute.

Add the paprika and cumin, and give it a good stir. Add capsicum to the pan and let it cook for 10 minutes.

Once the mixture in the pan starts to dry, add in the tomatoes and mix thoroughly till well combined.

Run a fork through the mixture and mash it lightly until chunky. Reduce to low heat and simmer for another 10 minutes.

Using a spoon, make six small wells in the stew. Crack the eggs into the wells, then cover the pan with a lid and leave to cook for 5 minutes. The egg whites should appear soft and the yolks runny. If you prefer the eggs to be well done, let them to cook for another 2 minutes.

TO SERVE

Feta cheese, crumbled	100g
Coriander, roughly chopped	10g
Extra virgin olive oil, as needed	
Toasted bread	

Sprinkle feta cheese and coriander over the mixture and drizzle some extra virgin olive oil. Serve with toasted bread on the side.

COOKING TIPS | Finish off with yoghurt or labneh (strained yogurt) to add complexity to the dish. Alternatively, adding some chilli to the tomatoes gives it a lovely, spicy kick.





Calamansi Semifreddo

By Yang Xian Rong

Intermediate | Prep 1 hr and overnight freezing | Cook 45 mins | Serves 5-6

SEMIFREDDO

Water, for boiling	
Calamansi juice	90ml
Fine sugar	120g
Eggs	2
Cold unsalted butter, diced	150g
Whipping cream	500g
Egg whites	5
Fine sugar	130g
Attap seeds, diced	100g

Bring a half-filled pot of water to a boil.

Combine juice, sugar and eggs in a bowl. Place the bowl over the pot of boiling water and whisk until the mixture reaches 82°C. Remove from heat and add cold butter while whisking. Wrap with cling film, ensuring the film touches the surface of the calamansi curd and set aside to let it cool.

Lightly grease a rectangular Tupperware container or a baking tin and line with baking paper cut to size.

Whisk cream in a cold steel bowl until it forms medium peaks. Wrap with cling film and place in the refrigerator.

Whisk the egg whites until they start to foam. Slowly add the sugar and continue whisking until a stiff meringue forms.

Fold in the whipped cream, calamansi curd and atapp seeds.

Fill the prepared mould, wrap with cling film and let it freeze overnight.

DACQUOISE (NUT MERINGUE)

Icing sugar	75g
Blanched ground almonds	70g
Egg whites	3
Fine sugar	25g

Preheat oven to 190°C. Line a baking tray with baking paper.

Sift icing sugar and ground almonds into a bowl, then set aside.

Whisk the egg whites and sugar in a bowl to form a meringue.

Fold icing sugar and ground almonds into the meringue in three parts. Be careful not to deflate the meringue too much.

Spread the mixture out on to a baking tray, ensuring the layer is about 1-cm thick. Bake for 12 minutes, turning halfway through. Remove from tray and set aside to cool.

BISCOTTI

All purpose flour	150g
Baking powder	½ tsp
Salt	¼ tsp
Sugar	100g
Unsalted butter, melted	40g
Honey	10ml
Egg	1
Zest of oranges	2
Vanilla extract	½ tsp
Whole almonds, toasted	50g

Preheat oven to 180°C. Sift flour, baking powder, and salt in a bowl.

In a separate bowl, whisk sugar and butter together, then mix in honey, egg, orange zest and vanilla extract.

Fold flour into the butter-honey mixture until a dough forms. Be careful not to overwork the dough.

Mix in the almonds, then shape the dough to form a long rectangular loaf, about 2-3cm in height.

Bake for 20-25 minutes in the oven. The loaf should be baked through but still soft. Remove it from the oven and let it cool. Once cool, slice the loaf thinly, or to desired thickness. Avoid thick slices as they can be difficult to bite through.

Lay slices on a baking tray and bake for another 10-15 minutes.

Set aside to cool before storing them in an airtight container.

TO SERVE

Fresh berries or compote, if desired

Once the dacquoise is cooled, remove baking paper, then cut into rounds or rectangles depending on your preferred shape.

Line a cutting board with baking paper and invert the semifreddo on to it.

Using a blowtorch, very gently heat the tin or container to unmould the semifreddo. If you do not have a blowtorch, try using your hands or warm wet towels to help with the unmoulding.

Using a warmed knife (or round ring cutter), cut the semifreddo into the same shapes and sizes as the dacquoise.

Lay a piece of semifreddo on top of a piece of dacquoise, drape some calamansi curd over them and garnish with biscotti. Finish off with fresh berries or compote.



Coffee and Coconut Custard with Sudachi

By Derek Cheong

Advanced | Prep 2 hrs | Cook 2 hrs | Serves 6

COFFEE AND COCONUT CUSTARD

Coconut cream	200g
Milk	150ml
Sugar	5 tbsp
Salt	¼ tsp
Whole coffee beans	20g
Lime zest	3g
Large eggs, beaten	2
Egg yolks	2

Heat coconut cream, milk, sugar and salt in a saucepan over medium-high heat. Bring mixture to boil, then add coffee beans and lime zest. Let it infuse for 30 minutes before straining.

Preheat oven to 110°C. Pour the hot mixture into the eggs slowly to temper it, being careful not to cook the eggs.

Transfer it to a silicone mould in a tray, pour hot water in the tray until the halfway mark of the silicone mould and bake for 45 minutes to 1 hour until custard is set.

Once custard is set, let it cool, then place in the freezer overnight.

COCONUT ICE CREAM

Coconut cream	150g
Coconut water	100ml
Greek yoghurt	100g
Milk	100ml
Glucose	30g
Dextrose	30g
Sugar	80g
Ice cream stabiliser	3g
Salt	1g

Place coconut cream, coconut water, yoghurt, milk, glucose, dextrose, sugar, ice cream stabiliser and salt in a saucepan and heat to 85°C. Stir well to make sure everything dissolves.

Set aside and let the mixture cool before churning it in an ice cream machine. Keep frozen until ready to use.

SUDACHI GEL

Water	150ml
Sugar	2 tbsp
Agar agar powder	3g
Sudachi (Japanese citrus fruit) juice, alternatively use lime juice	100ml
Sudachi zest, alternatively use lime zest	2g

Combine water, sugar and agar agar powder in a saucepan and bring to a boil.

Let it boil for 30 seconds, then add sudachi juice and sudachi zest. Mix well and transfer the liquid to a tray and let it set in the refrigerator.

Once set, blend with a blender until smooth. Pour the mixture through a fine sieve and into a squeeze bottle for later use.

CACAO NIBS TUILE

All-purpose flour	50g
Icing sugar	50g
Unsalted butter	50g
Cacao nibs	20g
Cocoa powder	5g
Egg whites	3

Preheat oven to 170°C. Combine flour, sugar, butter, cacao nibs, cocoa powder and egg whites in a blender and blend until smooth.

Spread the mixture out on to a silicone mould and bake until brown. Remove the tuile from the mould while it is hot.

COFFEE JELLY GLAZE

Sugar	50g
Coffee liqueur (Kahlua)	20g
Water	200ml
Coffee beans	20g
Vanilla bean	1
Gelatine, bloomed in iced water	8g

In a saucepan, caramelize sugar until slightly amber brown.

Deglaze with coffee liqueur and reduce mixture by half.

Add water to the saucepan and bring to a boil. Add coffee beans and vanilla bean and let them infuse for at least 30 minutes at 80°C.

Add the gelatine into the coffee infusion and bring to a boil, making sure the gelatine dissolves completely.

Strain out the coffee beans and vanilla beans. Allow the coffee jelly to cool to 40°C before glazing.

To serve, remove frozen coffee and coconut custard from the mould and dip it halfway into the coffee jelly glaze and allow it to set.

Pipe 3 dots of sudachi gel on the left half of the frozen custard ring (the one that is not dipped with coffee jelly) and place the cacao nibs tuile on top.

Spoon a quenelle of the coconut ice cream on to the right side of the frozen custard ring. Serve immediately.

Deep Fried Goat's Cheese Paneer Bites tossed with Spices

By Leon Lim

Novice | Prep 1 hr | Cook 20 mins | Serves 4

GOAT'S CHEESE PANEER BITES

Goat's milk	800ml
Lemon juice	½ tbsp
Salt	¼ tsp
Plain flour	120g
Cooking oil	2 tsp
Salt	½ tsp
Chilli flakes	½ tsp
Black pepper	½ tsp
Water	240ml
Oil, for frying	

Bring goat's milk to a boil in a pot. Add lemon juice and let the milk curdle.

Add salt and stir.

Strain the curds with cheesecloth and set aside. Let the paneer curds dry for about 30 minutes.

Place the cheese curds in between two flat surfaces with a weight on top to remove excess liquid.

Cut paneer into 1.5-cm cubes.

Combine flour, cooking oil, salt, chilli flakes, pepper and water in a large mixing bowl to form a batter.

Coat paneer cubes in batter and deep fry in hot oil, about 180°C, until golden brown.

SPICE BLEND

Salt	½ tbsp
Ground black pepper	½ tbsp
Szechuan peppercorn, ground	½ tbsp
Chilli flakes	½ tbsp
Cumin powder	1 tbsp
Sesame seeds	½ tbsp

Combine all the ingredients in a bowl and mix well.

To serve, either toss paneer bites in the spice blend or serve paneer bites on a plate with spice blend on the side as a dry dip.



Goat's Milk Ice Cream with Honey and Brown Butter Tuile

By Derek Cheong

Novice | Prep 1 hr | Cook 1 hr | Serves 6

GOAT'S MILK ICE CREAM

Goat's milk	500ml
Dry glucose	2 tbsp
Dextrose	2 tbsp
Sugar	4 tbsp + 2 tsp
Ice cream stabiliser	½ tsp
Salt	½ tsp
Whipping cream	300g

Pour 200ml of goat's milk into a saucepan. Add dry glucose, dextrose, sugar, ice cream stabiliser and salt.

Heat the mixture over medium-high heat until approximately 85°C, making sure everything dissolves. Hold it at 85°C for at least one minute to activate the ice cream stabiliser.

Add the remaining goat's milk and whipping cream in the saucepan and blend until well mixed.

Churn the mixture in an ice cream machine for about 45 minutes, until it becomes smooth and creamy.

BROWN BUTTER BISCUIT

Unsalted butter	50g
Egg white	1
All-purpose flour	50g
Icing sugar	50g
Salt	A pinch
Honey	1 tbsp

Heat butter in a saucepan over medium-high heat, until the milk solids caramelize and there is a nutty aroma. Pour it through a fine sieve and set aside to let it cool.

When the brown butter is cooled, blend it with the egg white, flour, icing sugar and salt using an immersion blender, until it is well mixed.

Preheat oven to 170°C. Spread the mixture out on a silicon mat and bake for 10 minutes or until brown. Allow the biscuit to cool before breaking it into pieces.

To serve, spoon honey into the base of a bowl, then add a piece of the brown butter biscuit.

Shape the goat's milk ice cream into a quenelle and place it on top of the biscuit. Serve immediately.

COOKING TIPS | Do not use high heat when cooking goat's milk as it might denature the proteins in the milk, which will affect the flavour profile. When browning the butter, be careful not to apply too much heat either, as the butter can turn from brown to black in a matter of seconds.



Laksa Shakshuka

By Leon Lim

Intermediate | Prep 45 mins | Cook 30 mins | Serves 4

THICK LAKSA BROTH

Dried shrimp, soaked in water	80g
Dried chillies, soaked in hot water for about 20 minutes	20
Large red chillies, deseeded	2
Belachan, dry toasted	1 tbsp
Shallots, peeled	12
Garlic cloves, peeled	10
Thumb-sized fresh ginger, peeled	1
Thumb-sized fresh galangal, peeled	1
Thumb-sized fresh turmeric, peeled	1
Lemongrass stems, white part only	3
Candlenuts	6
Vegetable oil	200ml
Coconut cream	120ml
Seabass fillet, de-skinned and diced	200g

Place dried shrimp, dried chillies, red chillies, belachan, shallots, garlic, ginger, galangal, turmeric, lemongrass, candlenuts and vegetable oil in a blender or food processor and blend till you achieve a smooth paste.

Heat the laksa paste in a frying pan over medium-high heat until the oil splits from the paste.

Add coconut cream to the pan and continue stirring. Add the seabass to the mixture and let it cook until the fish flakes.

PAN SEARED SEAFOOD

Unsalted butter	2 tbsp
Seabass fillet, diced	200g
Tiger prawns, deveined and deshelled	7
Salt and pepper, to taste	

Melt butter in a frying pan over high heat until it starts to smoke, then sear seabass, skin side down, for about 2 minutes or until skin is crispy. Flip it over and cook for another 3 minutes. Repeat with the prawns. Season the fish and prawns with salt and pepper. Set aside.

TO SERVE

Eggs	4
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Preheat oven to 180°C. Transfer laksa broth to a cast iron pan and create four craters for the eggs.

Crack the eggs into the craters, add the seafood and place the pan into the oven for about 2 minutes until a thin white film forms over the eggs. Serve hot.





Pure Imagination Chocolate H2O

By Janice Wong

Advanced | Prep 2 hrs | Cook 2 hrs | Serves 5

PURE IMAGINATION DARK CHOCOLATE 65% H2O MOUSSE

Pure Imagination Bean to Bar Dark Chocolate 65%	500g
Water	250ml
Egg white powder	5g
Egg whites	2

Melt chocolate in a metal bowl by placing it over a pot of hot water.

In another pot, heat water and egg white powder over low heat, stirring gently till well combined.

Pour egg whites into the egg white powder mixture and mix well. Pour the melted chocolate into the egg white mixture and stir till well combined.

Sieve the mixture and set aside to cool. Once the mixture is about 40-50°C, pour it into a siphon and charge it with two N2O cream chargers.

Line a 5cm high container with baking paper or cling film.

Siphon the mixture into the container and place it into the freezer immediately.

Once frozen, remove frozen chocolate from the container and break into big pieces, about 5cm x 3cm in size each. Store in the freezer until ready to use.

SALTED CARAMEL

Sugar	110g
Water	20g
Heavy cream	100g
Unsalted butter	20g
Sel de Guerande salt	5g

Heat the sugar and water in a pot over medium-high heat until the mixture turns medium dark brown in colour.

Stir the cream into the sugar mixture. Once the mixture cools down to 40°C, add butter and mix well. Add the salt.

Pass the mixture through a sieve and store in the chiller until ready to use.

CARAMEL BAVAROIS

Sugar	50g
Water	10g
Milk	70g
Cream	70g
Egg yolks	2
Sugar	44g
Gelatine, bloomed in iced water	8g
Whipped cream	130g

In a pot, boil sugar and water until it becomes a dark brown caramel.

Heat the milk and cream in another pot over medium heat. Combine the egg yolks and sugar in a bowl, then pour the milk mixture over and whisk till the ingredients are well blended.

Add the bloomed gelatine and stir till it dissolves completely. Pour in the caramel and stir till well combined. Set the mixture aside to let it cool to 30-40°C.

Fold in the whipped cream, then transfer the mixture into a piping bag and pipe into desired moulds. Place them in the freezer to let them set. Once frozen, unmould the bavarois and store them in the freezer until ready to use.

CHOCOLATE SOIL

Unsalted butter	140g
Sugar	85g
Cocoa powder	200g
Salt	5g
Egg whites	2

Preheat oven to 165°C. Blend all the ingredients in a processor till well combined.

Spread everything out evenly on a silpat baking mat and bake for 8-10 minutes.

Remove from the oven and blend in the food processor for 5 seconds, until you achieve a crumbly texture.

Store the chocolate soil in an airtight container at room temperature until ready to use.

CALAMANSI YUZU SAUCE

Yuzu juice	8g
Glucose	36g
Calamansi juice	30g
Sugar	12g
Agar agar powder	0.4g

Mix all the ingredients except the agar agar powder in a pot, and stir until sugar dissolves completely.

Add in the agar agar powder and bring the mixture to a boil.

Pass the mixture through a sieve and store in the chiller until ready to use.

YUZU CHERRY SORBET

Water	800g
Sugar	80g
Trimoline	96g
Pectin NH	8g
Yuzu juice	96g
Glucose	32g
Cherry puree (optional)	30g

Combine all the ingredients in a pot and bring to a boil.

Churn the mixture in an ice cream machine, until you achieve a soft-serve consistency. Store it in the freezer until ready to serve.

To serve, arrange the chocolate soil on a plate. Place chocolate H2O pieces on the plate and garnish with the caramel bavarois.

Scoop the yuzu cherry sorbet into dollops and stack them up so they resemble rocks. Add a few spoonfuls of the calamansi yuzu sauce around the plate. Drizzle the salted caramel over the chocolate pieces and serve immediately.

Shellfish



Local Producer



WHO | Ah Hua Kelong

PRODUCE | Queensland grouper, hybrid grouper, barramundi, red snapper, mangrove jack, flower crab, Asian rock lobsters, green-lipped mussels and XL clams





Before sustainable fish farming became a buzzword in the local F&B industry, Teh Aik Hua aka Ah Hua was already there, operating two fish farms in Singapore for many years — a fully floating farm off Pulau Ubin and a kelong on stilts in Sembawang. Enter Wong Jing Kai to explore wholesale delivery to local homes, as well as restaurant and retail delivery, and Ah Hua Kelong was born in 2014.

To ensure that the freshest catch gets transported from the farms to the dinner tables in the shortest possible time, Ah Hua Kelong follows a “harvest by sunrise, deliver by sunset” principle. The aim was to bridge the gap between locals and local produce, by educating consumers that local seafood is better because it is fresher, and then to deliver on that promise.

This effort has certainly paid off. Its produce is regularly procured by restaurants and its website receives orders from consumers across the island. Ah Hua Kelong offers two categories of produce. One category consists of seafood that it farms: fish and lobsters such as Queensland grouper, hybrid grouper, barramundi, red snapper, mangrove jack and Asian rock lobsters. The other category includes flower crab and green-lipped mussels, as well as XL clams.

Green-lipped mussels, which are often used to

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cook white wine mussels, are usually imported from France, Italy, New Zealand and Australia. But home cooks and chefs can order live mussels from Ah Hua Kelong and enjoy their freshness, instead of dealing with mushy flesh because of the long distance travelled by the shellfish. Hybrid grouper, a Chinese wedding banquet staple, is increasingly found on restaurant menus and endorsed by chefs like LG Han from Labyrinth.

While the farms run on solar power, Wong acknowledges that it will take more time to introduce further technologies due to cost and its operation size. “For now, garnering support from local businesses and from the public remains our goal, as it has been for the past eight years,” he says. “We hope to achieve this with our fellow Singaporeans.”

Visit www.ahhuakelong.com for more information.



WHO | **Blue Aqua International**

PRODUCE | White shrimp, tiger shrimp, kuruma shrimp, rainbow trout



Whether it is a Cantonese steamed grouper or spicy tilapia masala, there is no doubt that seafood is a delicious staple on the Asian dinner table. While we enthuse over their scrumptious goodness, many consumers are oblivious to the fact that when it comes to seafood, Singapore is dependent on imports. But we often have little to no information about their original source or quality, or if there was chemical input during the farming process. Currently, local farms produce about eight per cent of the total seafood supply in Singapore. To meet future demand as well as the needs of Singapore's food security, emphasis has been placed on the intensive development of local aquaculture.

One of the key producers is Blue Aqua, a one-stop

solutions provider for the aquaculture industry across Asia, the United States and South America. The company brought aquaculture into Singapore in 2017 with a shrimp broodstock production centre, which turned into a zero waste, zero water exchange indoor shrimp farm and hatchery. It has since expanded its farming operations into culturing rainbow trout and kuruma shrimp in indoor smart farms.

Blue Aqua is building and enhancing a sustainable aquaculture ecosystem that is robust and self-sustaining. The group owns and integrates every step of the ecosystem, from feed production to food for consumers. By overseeing each step of the value chain, full transparency and traceability is ensured.

Specialising in shrimp, Blue Aqua farms a variety of shrimp species including tiger shrimp, white shrimp and kuruma shrimp — a premium Japanese tiger shrimp. Their lean, non-oily flesh is an impressive source of protein. Farmed naturally in Blue Aqua’s culture system, these shrimps are free from chemicals, antibiotics and additives.

To produce all these types of seafood, Blue Aqua employs a patented super-intensive farming system, called the Mixotrophic™ System. This sustainable method of culture produces zero waste and is energy-efficient, thereby reducing the carbon footprint within the seafood supply

chain. In a win-win situation, consumers enjoy the benefits of fresh farmed seafood while doing their part to conserve nature.

Says Bahar Shishehchian, CEO of Blue Aqua Food Supply Pte. Ltd, “Being a local farmer, we are able to supply fresh daily seafood within a few hours of harvesting on the same day. This makes our seafood of the highest quality and freshness. Moreover, we farm sustainably and ensure that everything is free of chemicals, additives and antibiotics.”

Visit www.blueaquaint.com for more information.

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Local Producer

WHO | Crab Lovers Farm

PRODUCE | Double shell yellow roe crab, soft shell crab, AA grade crab

Do you like your crab steamed with spices and butter, or wok-fried with zesty chilli sauce, salted egg or black pepper? There is no denying the allure of freshly cooked crab full of juicy, silky-sweet meat. Furthermore, this tasty crustacean contains many of the essential nutrients our body needs — it is rich in protein, vitamin B12, and selenium, a crucial antioxidant. Hence, it is no surprise that crab is one of the most highly sought-after shellfish in the world.

In Singapore, most of the crab we consume are caught and imported from neighbouring countries. To reduce reliance on imports and to tackle the issue of over-catching of crab in the wild, Sam Chua and his partners launched Crab Lovers Farm (CLF) in 2018.

CLF produces soft-shell crabs by harvesting them at their peak. Fun fact: Soft-shell crab is not a particular species. They can be any type of crab that has just gone through moulting (a process in which a crab sheds its hard shell), revealing its new soft skin or newly regenerated legs which are delicate. CLF uses mud crab, allowing them to grow and moult naturally — which only happens when they are at their full meat stage.

The farm prides itself on ethical, sustainable and environmentally-friendly farming methods.

Employing a vertical crab hotel farming system, each crab is housed in its own individual unit, where it receives a constant flow of water and organic feed. This system ensures they are closely monitored and well cared for, to reduce mortality rates and result in higher-grade crab with more meat when it comes time for harvest.

“We believe that a happy crab is a meaty crab, hence we place huge emphasis on our production processes, ensuring that we consistently deliver top quality produce to our customers,” shares Chua.

Starting with a modest capacity of 5,000 crab housing pods, CLF quadrupled its capacity within a year of establishment, and can now house 20,000 of them. It offers double shell crab, yellow roe crab, soft shell crab, and AA grade crab. Home cooks will have a field day creating recipes using this rich variety of crab. Think: soft shell crab salted egg spaghetti or Teochew-style steamed cold crab.

In addition to its signature live crab, CLF also offers a variety of live and frozen shellfish and line-caught seafood like hybrid grouper, red grouper, parrot fish, marble goby, marine prawns, mantis shrimps, lobsters, scallops, giant hairy cockles and flower crab.

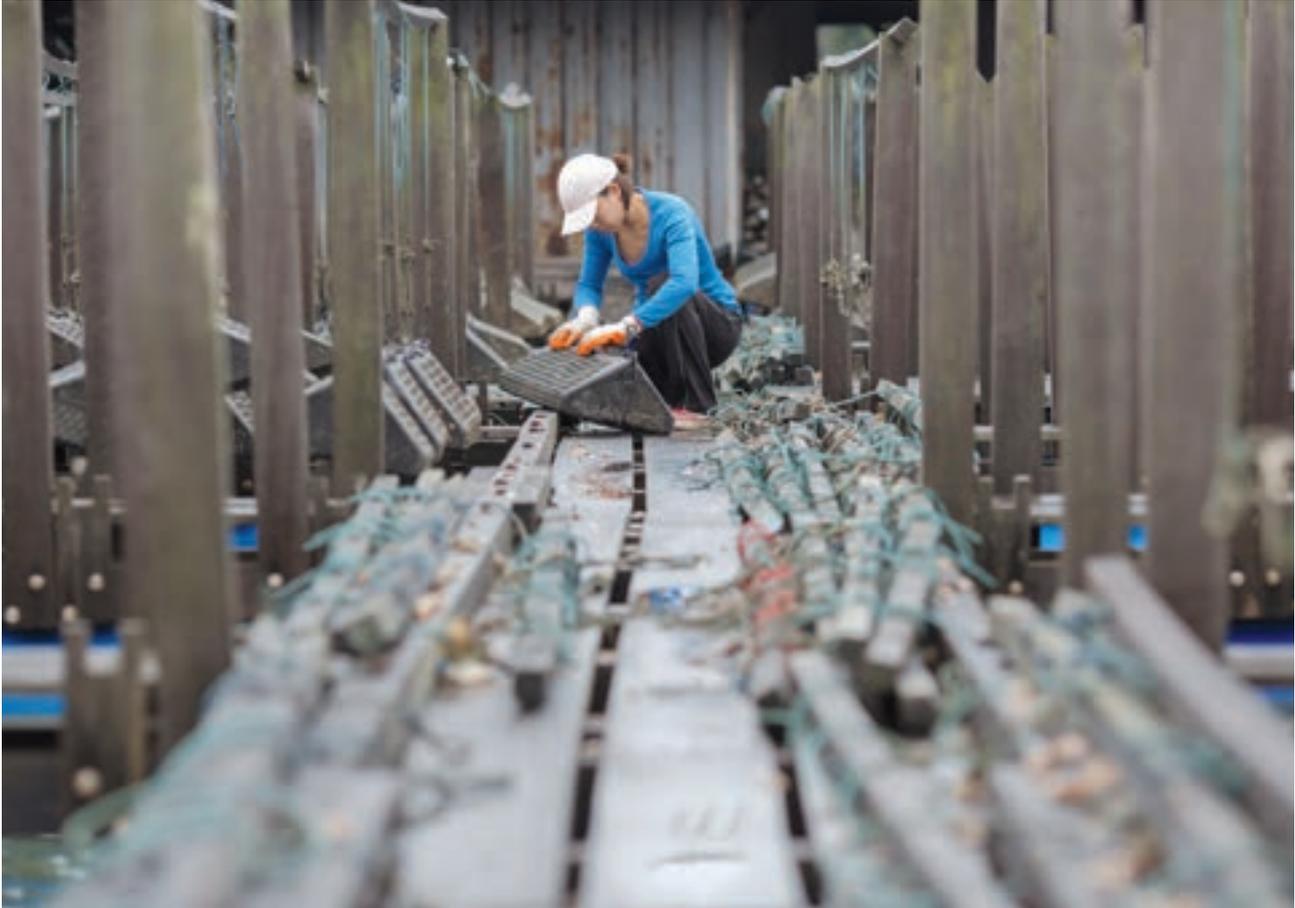
Visit www.crabloversfarm.com for more information.

*Crab Lovers Farm produces soft-shell crabs
by harvesting them at their peak.*





WHO | **Sea Farmers @ Ubin**
PRODUCE | Oysters



One of the best ways to savour oysters is to enjoy them raw and fresh from the shell. When it comes to freshness, it is hard to beat the ones from Sea Farmers @ Ubin, because they are farmed right in our backyard. After depuration, these bi-valves can be delivered from the farm to your table on the same day.

Located on the northern edge of Pulau Ubin, Sea Farmers @ Ubin, which was inceptioned in 2015, offers a variety of Pacific and tropical oysters. One of the attractions of these locally farmed oysters is that they are plump, juicy and boast a higher meat content. This can be attributed to its off-bottom farming method. Unlike oysters in the wild which tend to have thicker shells for better protection against elements and predation, farmed oysters are kept in mesh baskets suspended on planks of wood away from the seabed and predators — this

enables them to divert their energy from growing thick shells towards cultivating more meat.

One of its oyster offerings is the Sweetheart (75g a piece), a smaller, juicy oyster with delicate and sweet flavours. Romeo, on the other hand, is a meaty, and wonderfully briny-sweet oyster that is slightly bigger (100g a piece). Next, Rockstar features a round, flat shell and provides the perfect blend of sweet and creamy notes.

To ensure the oysters stay fresh from the farm to your table, the team at Sea Farmers @ Ubin delivers them un-shucked, as they die seconds after shucking. Upon order confirmation, the oysters are harvested, cleaned and put in a separate tank to perform depuration for several days. This last process is required to ensure food safety.



One of the attractions of these locally farmed oysters is that they are plump, juicy and boast a higher meat content. This can be attributed to its off-bottom farming method.

In their quest to offer the freshest oysters in town, the team at Sea Farmers @ Ubin are making a positive impact on the environment from an agricultural perspective. Touted as sustainable heroes, oysters are natural filter feeders that help purify the water they are growing in. They do so by filtering out nitrite, which is harmful for marine life. Each oyster can filter over 55 litres of water a day, and in doing so, they make the water cleaner and more liveable for marine life.

Apart from being good for the environment, oysters are also incredibly nutritious as they are rich in zinc,

iron, selenium and vitamins B12 and D. Enjoy them fresh with nothing more than a squeeze of lemon or a dash of Tabasco sauce. Order a few dozen oysters, make your own cocktail or horseradish sauce, and you are ready to have a feast. If you prefer them cooked, try grilling the oysters, baking them in butter and herbs or frying them in cornmeal batter. Enjoy the latter with homemade tartar sauce for the ultimate crispy seafood treat. To enjoy succulent oysters in the comfort of your home, do order three days in advance.

Visit seafarmers.sg for more information.

Local Producer

WHO | Singapore Crawfish

PRODUCE | Adult crawfish, juvenile crawfish



Starting out from a small crawfish farm, founder Desmond Chow has since grown the company to become one of the most reputable crawfish companies in the ASEAN region. The local company has since expanded operations into Malaysia, Indonesia, and Cambodia, producing healthy adult crawfish for food, breeding and rearing.

If you enjoy crustaceans like lobsters, prawns and crabs but find them a hassle to deshell, you are bound to fall in love with the humble crawfish, which resembles a small lobster with large claws. This freshwater shellfish is highly coveted around the world for its sweet and succulent flesh, as well as the fact that it is extremely easy to retrieve from its shell. Its affordable price tag makes it accessible to many.

To meet the growing demand for quality crawfish in Singapore and around the region, Desmond Chow founded Singapore Crawfish in 2018. He has since developed a range of crawfish farming technologies and techniques, including specialised crawfish feed and high-tech integrated farming systems, in order to produce the world's gold standard when it comes to crawfish.

Starting out from a small farm, Chow has since expanded his operations into Malaysia, Indonesia and Cambodia, producing adult crawfish for food and breeding (broodstock), and juvenile crawfish for rearing. Chow and his team of experts developed their own crawfish feed with ingredients and vitamins sourced naturally and sustainably, which improves growth rates of the crawfish by 40 per cent compared to standard shrimp feeds.

“We feed our crawfish a blend of our secret proprietary feed and vitamins to ensure they grow strong and healthy. There are farmers overseas who feed their crawfish leftovers (or even rotten food) to reduce cost, which not only results in low nutritional content, but also often causes disease outbreaks. At Singapore Crawfish, we guarantee our customers quality crawfish that is safer, fresher and healthier,” shares Chow.

To ensure they consistently produce high quality crawfish, Chow and his team adhere to sustainable and ethical farming practices, making sure that the farm is not overstocked. The crawfish are provided with the best water and environmental conditions to grow and thrive in. Their efforts have since

earned them the title of “The Wagyu Standard” amongst crawfish farmers in the industry.

Currently the crawfish can be found in supermarkets and restaurants across the island. The adult crawfish for food is available in two sizes: M size (40 to 70g) and L size (80 to 110g). Apart from supplying to consumers, Singapore Crawfish sells adult crawfish to crawfish farms around the region for breeding and growing — these broodstock are able to grow about 60 per cent larger and faster compared to those from other crawfish farms around the world.

Singapore Crawfish also offers a franchise system, where farmers can purchase juvenile crawfish for growing and then sell the fully grown crawfish back to the company, so that they do not have to worry about processing, logistics or sales.

Home cooks can easily attempt their own crawfish dishes — steam or fry with sambal, chilli, black pepper or cereal. Toss them into your pastas, soups and steamboats for a delicious protein boost.

Visit www.singaporecrawfish.com for more information.



Black Pepper Crab Kueh Pie Tee

By Leon Lim

Novice | Prep 30 mins | Cook 30 mins | Serves 4

PICKLED CUCUMBER

Water	235ml
Apple cider vinegar	85ml
Sugar	2 tbsp
Salt	2 tsp
Japanese cucumber, diced	1

Heat water, apple cider vinegar, sugar and salt in a pot over low heat, stirring till sugar is fully dissolved.

Add cucumber to the brining liquid and let it pickle for 20 minutes or overnight.

Strain before serving.

BLACK PEPPER CRAB FILLING

Medium sized flower crabs	2
Unsalted butter	3 tbsp
Black peppercorns, coarsely ground	3 tbsp
Garlic, diced	3 tbsp
Shallots, diced	3 tbsp
Curry leaves	1 handful
Chilli padi, sliced	2 tbsp
Tau cheo (fermented soy bean paste)	1 tsp
Oyster sauce	3 tbsp
Dark soy sauce	1 tbsp
Sugar	3 tbsp

Turn the crab shell side down, lift and remove the flap.

Remove the top shell of the crab and remove the gills on both sides.

Rinse the crab under running water for 2 minutes. Chop crab into half and steam for about 8 minutes.

Allow crabs to cool before picking the flesh from the shells. Set aside.

Melt butter in a frying pan, add black peppercorns, garlic, shallots, curry leaves and chilli padi and fry till fragrant. Add tau cheo, oyster sauce and dark soy sauce to the pan and cook till everything is well mixed. Add the sugar and mix.

Toss the crab meat in the sauce. Set aside.

CRISPY CURRY LEAVES

Cooking oil	200ml
Curry leaves	1 handful

Heat cooking oil in a saucepan over medium-high heat till it begins to smoke.

Toss curry leaves into the hot oil and let it crisp up until slightly translucent, for about 1 minute.

Strain and set aside.

TO SERVE

Kueh pie tee cups, as needed
Lettuce leaves, as needed

Line kueh pie tee cups with lettuce and fill with black pepper crab filling. Garnish with crisp curry leaves and serve immediately.

COOKING TIP | You can use local prawns, clams or even fish as a substitute for crab.





Clam and Saffron Tartelettes

By Derek Cheong

Intermediate | Prep 1 hr | Cook 1 hr | Makes 10 tartelettes

SAFFRON CLAM JUICE (YIELDS ABOUT 500ML OF CLAM JUICE)

Salt	200g
Water	2L
Live clams	2kg
Olive oil	100ml
Shallots, sliced	5
Garlic cloves, sliced	5
White wine	100ml
Water	200ml
Saffron	½g

Mix the salt and water to make a salt brine. Rinse and soak clams in brine for about 30 minutes to remove all sand and dirt.

Heat olive oil in a pot over medium-high heat and sauté the shallots and garlic until they turn translucent.

Increase heat to high, then add clams and white wine, cover with a lid and let it cook. Once the alcohol has evaporated completely, add water and cover it with a lid. Allow the mixture to simmer for 30 minutes.

Strain and heat the clam juice with the saffron for 10 minutes. Strain out the saffron and set aside.

SAFFRON CLAM EMULSION

Clam meat	100g
Egg yolk	1
Canola oil	200ml

Combine the clam meat, saffron clam juice and egg yolk in a blender and blend till smooth.

Slowly drizzle in the canola oil until the mixture emulsifies. Transfer it into a piping bag and set aside.

COOKED CLAMS

Salt	200g
Water	2L
Live clams	1kg
Olive oil	50ml
Shallots, sliced	5
Garlic cloves, sliced	5
Water	100ml

Mix the salt and water to make a salt brine. Rinse and soak clams in brine for about 30 minutes to remove all sand and dirt.

Heat olive oil in a pot over medium-high heat and sauté the shallots and garlic until they turn translucent.

Increase heat to high, then add clams and water, cover with a lid and let them cook.

Once clams open up, turn off the heat and let them cool.

Remove clams from their shells, discard their innards and set them aside for plating.

LIME GEL

Lime juice	200ml
Zest of limes	2
Water	200ml
Sugar	20g
Agar agar powder	4g

Combine 100ml of the lime juice with lime zest, water, sugar and agar agar powder in a saucepan. Allow the agar agar powder to dissolve when the mixture is cold.

Bring the lime mixture to the boil, then add in the remaining half of the lime juice.

Strain and pour the liquid into a metal tray and let it set in the fridge.

Once set, blend with an immersion blender until it is smooth enough to be poured through a fine sieve. Transfer it into a piping bag.

FEUILLE DE BRICK

Feuille de brick (or use filo pastry)	2 sheets
Melted butter, for brushing	

Preheat oven to 170°C. Brush both sheets of feuille de brick with butter, then layer the second sheet on top of the first.

Using a ring cutter, cut circles from the feuille de brick, and mould them using a tart mould.

Bake, with a tray on top to weigh the pastry down, for 12 to 15 minutes, or until golden brown.

TO SERVE

Nasturtium leaves

Pipe a dollop of clam saffron emulsion in the middle of the tartelette. Arrange the clams on the outer perimeter of the tartelette, to form a ring.

Pipe lime gel in the middle and place one nasturtium leaf on top and serve immediately.

Crawfish Bisque

By Trish Yee

Novice | Prep 20 mins | Cook 2 hrs | Serves 2-4

BISQUE

Crawfish heads	1kg
Prawn heads	500g
Olive oil	2 tbsp
Carrots, chopped	2
Shallots, chopped	5
Lemongrass, use the white part only	2
Celery, chopped	½ stick
Red chillies, chopped	4
Flat-leaf parsley sprig, chopped	1
Kaffir lime leaves, chopped	2
Bay leaf	1
Tomato puree	55g
Cayenne pepper	1 tsp
White wine	240ml
Chicken stock	1½L
Sea salt	½ tsp
Double cream	150ml

Using a mallet, crush the crawfish heads and prawn heads until they are well broken up.

Heat olive oil in a large saucepan over medium-high heat. Fry the crawfish heads and prawn heads for about 10 minutes.

Add the carrots, shallots, lemongrass and celery, and let them cook over low heat.

Once the vegetables are lightly browned, add the chillies, parsley, kaffir lime leaves and bay leaf and cook for another 5 minutes.

Add the tomato purée and cayenne pepper and mix well. Cook until aromatic and brown, then add the white wine and flambé to allow the alcohol to evaporate.

Add the chicken stock and bring the mixture to a boil. Season with sea salt. Allow everything to simmer for 40 minutes, stirring occasionally.

Slowly pour the double cream in and blend until smooth. Pour the bisque through a chinoise (conical sieve) into a large container, then set aside.

POACHED CRAWFISH

Water, for boiling	
Crawfish, body only	20

Poach crawfish in a large pot of boiling water for 2 minutes. Deshell for later use.

EGG GEL

Egg yolk	1
Salt	A pinch

Whisk egg yolk lightly in a bowl (do not aerate), then add salt.

Pass the egg yolk mixture through a sieve, then transfer it into a bag and sous vide at 67°C for 1 hour.

Remove the bag from the water bath and massage it for 2 minutes, then place it in a bowl of ice water.

Once cooled, pour the egg yolk mixture into a small mixing bowl and whisk till it becomes a smooth puree. Transfer the puree into a small piping bag. Set aside.

TO SERVE

Bread slices, toasted	
Micro coriander	

To assemble, place the poached crawfish in a deep serving dish and fill the dish with bisque. Place a slice of toasted bread on the side and pipe some egg gel over it. Garnish with micro coriander, if desired, and serve immediately.

COOKING TIPS | When cooking the bisque, use low heat to prevent the dairy ingredients from separating or curdling.





Crawfish Croustade

By Derek Cheong

Intermediate | Prep 2 hrs | Cook 1 hr | Makes 10 pieces

BEER CROUSTADE

Water	175ml
Pilsner beer	175ml
Eggs	2
Sugar	12g
Salt	16g
All-purpose flour	200g
Unsalted butter, softened	24g

Combine water, beer, eggs, sugar, and salt in a mixing bowl and whisk until well blended.

Add flour to the beer mixture and continue whisking to combine. Add butter and mix well.

Cover with cling film and place in the refrigerator to let it rest for at least an hour before use.

After resting, stir the batter again. Fry beer croustade using a kueh pie tee mould at 150°C to 160°C until golden brown.

CRAWFISH BUTTER

Sunflower oil	4 tsp
Crawfish heads	200g
Unsalted butter	400g

Heat oil in a frying pan over medium-high heat. Fry crawfish heads until roasted and caramelised.

Add butter and let it infuse into the crawfish heads at low heat for an hour.

VINEGAR REDUCTION

Shallots, sliced	2
White peppercorns	½ tsp
White wine vinegar	50ml

Combine shallots, pepper and white wine vinegar in a saucepan over medium-high heat and let the liquid reduce by half. Strain and set aside.

CRAWFISH EMULSION

Egg yolks	2
Crawfish butter	100g
Salt	½ tsp
Lemon juice	1 tsp

Using a double boiler, add 2 tsp of the vinegar reduction and egg yolks in a mixing bowl over a pot of simmering water. Whisk to combine.

Slowly add in crawfish butter and whisk to combine, making sure it emulsifies. Season with salt and lemon juice. Pour the sauce into a vacuum flask to keep it warm and prevent a skin from forming on the surface.

GRAPEFRUIT GEL

Grapefruit juice	200ml
Water	50ml
Sugar	2 tsp
Agar agar powder	½ tsp

Heat 100ml of grapefruit juice, water, sugar and agar agar powder in a saucepan over low heat. Whisk to dissolve the sugar and agar agar. Agar agar tends to dissolve better at low temperatures.

Bring to a boil, then add in the remaining grapefruit juice. Set the liquid in a baking tray in the refrigerator.

Once set, scoop the jelly out and blend until smooth, using an immersion blender. Pass it through a fine sieve and into a piping bag.

STEAMED CRAWFISH

Crawfish	20
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Clean crawfish of any dirt. Using hands, remove crawfish tails and devein them.

In a steamer, steam crawfish tails for 2-4 minutes, until cooked. Set aside to let them cool before removing the meat from the shells.

Finely dice the meat and fold it into the crawfish emulsion. The crawfish meat to emulsion weight ratio should be 1:1.

TO SERVE

Wood sorrel

To assemble, spoon the crawfish filling into the croustade.

Place some crawfish meat on top of the filling.

Pipe grapefruit gel on top of the crawfish meat, then layer wood sorrel on top of the gel and serve.

COOKING TIP | Resting the croustade batter in the refrigerator will allow the gluten to relax. The batter must be cold.

Crawfish Tacos with Guacamole and Asian Slaw

By Leon Lim

Novice | Prep 1 hr | Cook 30 mins | Serves 4

DEEP FRIED CRAWFISH BITES

Milk	240ml
Egg	1
Cajun seasoning	3 tbsp
Crawfish tails, deshelled	300g
Plain flour	120g
Garlic powder	1 tbsp
Onion powder	1 tbsp
Salt	2 tsp
Black pepper	2 tsp
Oil, for frying	

Combine milk, egg and Cajun seasoning in a bowl and mix well. Soak crawfish tails in this batter for at least an hour before use.

Combine flour, garlic powder, onion powder, salt and pepper in a large bowl, and stir till ingredients are well mixed.

Remove crawfish tails from the batter and coat them in the flour mixture, ensuring they are all evenly covered. Deep fry crawfish at 150°C for 2 minutes.

Increase temperature of oil to 180°C and deep fry crawfish again until golden brown.

GUACAMOLE

Medium sized avocados (ripened), peeled and deseeded	2
Japanese cucumber, diced	½
Cherry tomatoes, diced	6
Lime juice	1 tbsp
Fresh coriander, roughly chopped	1 handful
Salt and pepper, to taste	

Combine avocados, cucumber, tomatoes, lime juice, and fresh coriander in a bowl and mix well. Season with salt and pepper.

ASIAN SLAW

Bird's eye chilli thinly sliced	1
Calamansi juice	4 tbsp
Extra virgin olive oil	2 tbsp
Salt and pepper, to taste	
Local lettuce, chiffonaded	4 leaves

Combine chilli, calamansi juice, and extra virgin olive oil in a bowl and mix well. Season with salt and pepper. Add lettuce to the dressing and give it a good toss.

TO SERVE

Taco shells, store bought	4 shells
Sour cream, as needed	
Cheese of choice, finely shredded	
Fresh coriander, chopped	

Lay Asian slaw at the base of a taco shell, place a spoonful of guacamole on top and finish off with crawfish bites.

Add sour cream, cheese or coriander to complete the taco.

COOKING TIP | Double fry the crawfish (first time at 150°C and second time at 180°C) to ensure that the crawfish bites are crispy without being overly greasy.



Cucumber Gazpacho

By Derek Cheong

Intermediate | Prep 1 hr | Cook 1 hr | Serves 4

SOUS VIDE PRAWNS

Prawn meat, deshelled and deveined 200g
Salt, to taste
Extra virgin olive oil 1 tbsp

Sous vide prawn meat at 50°C for 45 minutes.

Coarsely chop the prawns until the meat becomes a paste. Avoid chopping too finely as you want some chunks to remain for better texture. Season with salt and olive oil, and mix well. Set aside in the refrigerator.

CUCUMBER BROTH

Japanese cucumbers, chopped 2
Lime juice 50ml
Green apples, chopped 2
Cherry tomatoes, chopped 4
Coriander, chopped 30g
Ice cubes 100g
Salt 1 tsp

Combine all the ingredients in a blender, and blend until smooth.

Pass the broth through a fine sieve lined with a kitchen paper towel or a cheese cloth.

Leave in the refrigerator to continue straining. Set aside.

NASTURTIUM OIL

Water, for boiling
Spinach 100g
Canola oil 200ml
Nasturtium 80g

Blanch spinach in boiling water for 30 seconds, then shock it in a bowl of iced water.

Squeeze all the water out from the spinach, then place it in a blender and blend it with canola oil, until oil turns green.

Pass the oil mixture through a fine sieve lined with kitchen paper towel. Continue straining in the refrigerator (oil must be cold to preserve its colour and flavour). Set aside.

TO SERVE

Nasturtium leaves
Pea tendrils
Extra virgin olive oil

Use a ring cutter to plate the prawns in a circle on a plate.

Cover the prawns with nasturtium leaves and pea tendrils.

Pour the cucumber broth around the prawns and drizzle with nasturtium oil and extra virgin olive oil.

COOKING TIP | When preparing the cucumber broth, make sure all the ingredients are cold to prevent the cucumber's flavour from changing.



Dobinmushi with Mushroom Dashi Jelly

By Trish Yee

Novice | Prep 1 hr | Cook 35 mins | Serves 3-4

DASHI BROTH

Kombu (Japanese kelp)	30g
Water	1L
Shiitake mushrooms	80g
Bonito flakes	60g
Mirin (Japanese sweet rice wine)	15ml
Shoyu (Japanese soy sauce)	10ml

Place kombu in a pot filled with water and allow it to soften for a few minutes, before placing the pot over low heat.

Add mushrooms, then increase to medium-high heat, about 90°C, skimming away any surface residue that appears.

Remove kombu from the pot and add in the bonito flakes. Remove pot from the heat.

Leave the broth to sit for 30 seconds before straining through a muslin cloth into a clean pan.

Allow it to cool to room temperature then mix in the mirin and shoyu.

MUSHROOM DASHI JELLY

Golden spring mushrooms	50g
Shimeiji mushrooms	50g
Konnyaku jelly powder	5g

Blanch mushrooms in the dashi broth over medium heat.

Sieve out the mushrooms and chop them into smaller pieces, then set the dashi broth aside to cool to room temperature.

Dissolve the konnyaku jelly powder in the dashi broth and bring it to a boil.

Add 1-2 tsp of chopped mushrooms to a small round bowl, then fill it with dashi-konnyaku broth.

Leave to set in the refrigerator for 1 hour, or until the jelly firms up.

TO SERVE

Prawns, blanched	4
Chicken breast, blanched	80g
Ginkgo nuts, de-shelled	8
Maitake mushrooms	100g
Mizuna (Japanese mustard greens)	1 bunch
Lime, cut into wedges	1

To assemble, arrange the prawns, chicken, ginkgo nuts, maitake mushrooms and mushroom dashi jelly in a soup bowl or a teapot.

Reheat the dashi stock and then pour it into the bowl. Garnish with mizuna and lime, and serve hot.

COOKING TIPS | When making the mushroom jelly, make sure the dashi stock is at room temperature. Blanch the seafood and chicken separately in boiling water, not the dashi broth, as that would make the broth cloudy when you want it to be light and clear.



Flower Crab Chawanmushi

By Derek Cheong

Intermediate | Prep 1 hr | Cook 1 hr | Serves 4

CRAB DASHI

Water	1L
Kombu (Japanese kelp)	30g
Bonito flakes	60g
Crab legs	200g

In a saucepan, bring water to the boil. Remove from heat, then add in kombu. Let it steep for 20 minutes.

Remove kombu and add bonito flakes, then bring to a boil for 30 seconds, before straining the liquid.

Add the crab legs and bring to a boil and let it simmer for 10 minutes. Strain and set aside.

EGG CUSTARD

Large eggs	2
Sake	2 tsp
Mirin (Japanese sweet rice wine)	2 tsp
Soy sauce	2 tsp
Crab dashi	290ml

Blend eggs, sake, mirin, soy sauce and crab dashi together until well mixed. Be careful not to incorporate too much air during this step.

Strain the egg mixture twice with a strainer before pouring it into four individual cups. Cover each cup with cling film.

Place the cups into a steamer and steam for 6-8 minutes, until the egg custard has set.

YUZU PONZU SAUCE

Sake	80ml
Mirin	80ml
Crab dashi	200ml
Yuzu ponzu (Japanese citrus-based sauce)	20ml
Soy sauce	15ml
Yuzu (Japanese citrus fruit) juice	10ml
Corn starch (mixed with 1 tsp water)	

Combine sake, mirin, crab dashi, yuzu ponzu and soy sauce in a saucepan and bring to a boil. Simmer until the alcohol has evaporated.

Add yuzu juice to the saucepan and mix well. Add corn starch slurry till the sauce thickens.

GINGER OIL

Canola oil	100ml
Ginger, thinly sliced	50g

Heat oil and ginger in a saucepan over medium-high heat, until ginger turns slightly golden. Strain and set the oil aside.

TO SERVE

Ikura (salmon roe)
Fresh wasabi
Marigold

Place a spoonful of flower crab meat on top of the egg custard, and top with ikura.

Drizzle the yuzu ponzu sauce around the crab and finish off with some ginger oil. Garnish with fresh wasabi and marigold.

COOKING TIPS | When preparing the dashi, avoid boiling the kombu as this will make the dashi taste bitter. Make sure to cover the egg custard with cling film when steaming, as this prevents water droplets from dripping onto the egg custard.



Flower Crab Done Two Ways

By Derek Cheong

Intermediate | Prep 2 hrs | Cook 1 hr | Serves 4

HANDMADE EGG NOODLES

All-purpose flour 200g
Eggs 2

Combine flour and eggs in a bowl and mix until a smooth dough forms.

Cling wrap dough and let it rest in the fridge for at least 1 hour.

Using a pasta machine, roll the dough out to make noodles.

FLOWER CRAB BROTH

Water 1L
Kombu (Japanese kelp) 30g
Raw flower crab legs, crushed 400g
Flower crab, body only 200g
Shallots, chopped 50g
Garlic, chopped 50g
Galangal, chopped 25g
Lemongrass 20g
Kaffir lime leaves, cut into thin strips 5g
Egg whites 4
Crab roe 40g
Crab meat 50g
Coriander 5g
Salt 10g
Colatura di alici (Italian fish sauce), or use fish sauce 10ml

In a large pot, bring water to a boil. Remove from heat and add in the kombu. Let it infuse for 20 minutes before removing it from the pot.

Add the crab, shallots, garlic, galangal, and lemongrass to the pot and bring the mixture to the boil. Reduce to low heat and simmer for 1 hour.

Add the kaffir lime leaves to the broth and let them infuse for 10 minutes. Strain the broth and set aside to cool to room temperature.

In a mixing bowl, whip the egg whites with the crab roe, crab meat and coriander.

Pour the egg mixture into the crab broth and slowly bring to a boil. As it comes to the boil, spoon out the coagulated egg white to clarify the stock.

Once the broth is clear, pour it through a filter paper and set aside.

Season with salt and colatura di alici.

STEAMED FLOWER CRAB

Flower crab 4

In a steamer, steam flower crabs for 8 minutes, until fully cooked. Place crab in a bowl of iced water to let them cool. Extract the meat from the shells.

FRIED SOFT SHELL CRAB

Soft shell crab 4
All-purpose flour, for dredging
Salt A pinch

Remove the eyes, mouth and gills of the crab and dredge them through the flour.

Deep fry at 160°C, until crispy. Season with salt.

To serve, arrange the egg noodles in the middle of the bowl, then pour the crab broth onto the noodles.

Place crab meat on top of the noodles and top with a fried soft-shell crab.





Grilled Mussels with Sago and Buttermilk Dashi Vinaigrette

By Derek Cheong

Advanced | Prep 2 hrs | Cook 1 hr | Serves 4

MUSSEL JUICE

Salt	200g
Water	2L
Live mussels, washed and soaked	2kg
Olive oil	100ml
Shallots, sliced	5
Garlic cloves, sliced	5
White wine	100ml
Italian parsley, chopped	20g
Water	200ml

Mix the salt and water to make a salt brine. Rinse and soak mussels in the brine. Remove beards from the mussels.

Heat the oil in a pot over medium heat. Sauté the shallots and garlic until they become translucent.

Increase to high heat and add the mussels, white wine and parsley. Give them a good toss, then cover with a lid.

Once the alcohol has evaporated, add the water, and let everything cook for 30 minutes covered.

Strain the juice and set aside. You should have at least 250ml of mussel juice.

DASHI

Water	500ml
Kombu (Japanese kelp)	15g
Bonito flakes	30g

Heat water in a saucepan until it comes to a boil. Turn off heat and add kombu. Let it steep for 20 minutes before removing.

Bring the liquid to a boil and add the bonito flakes. Let everything boil for 30 seconds before removing it from the heat. Strain and set aside.

SAGO COOKED IN MUSSEL BROTH

Dashi	200ml
Saikyo miso (Japanese soybean paste)	1 tbsp
Sake	4 tsp
Mirin (Japanese sweet rice wine)	4 tsp
Yuzu (Japanese citrus fruit) juice	2 tsp
Sago pearls (small)	42g

Combine dashi, miso, sake, mirin, 200ml of mussel juice and yuzu juice in a pot and bring everything to a boil.

Slowly add the sago pearls to the pot and let the mixture simmer for 25-30 minutes, stirring constantly to prevent them from scorching.

Once the pearls are translucent and cooked, remove them from the heat and set aside.

GRILLED MUSSELS

Salt	200g
Water	2L
Live mussels	1kg
Olive oil	50ml
Shallots, sliced	2
Garlic cloves, sliced	2
Water	100ml

Mix the salt and water to make a salt brine. Rinse and soak mussels in the brine. Remove beards from the mussels.

Heat the oil in a pot over medium heat. Sauté the shallots and garlic until they are translucent.

Increase to high heat, then add the mussels and water, before covering them with a lid.

Once the mussels have opened up, remove them from the heat, and set them aside to let them cool.

Remove the meat from shells and remove the innards.

Grill the mussels over a charcoal grill or on a hot pan over high heat until they caramelize.

MUSSEL EMULSION

Lemon juice	2 tsp
Canola oil	250ml
Salt	½ tsp

Combine 100g of mussel meat, 50ml of mussel juice and lemon juice in a blender and blend till smooth.

Slowly drizzle the canola oil in and give everything a good toss. Season with salt.

DILL OIL

Canola oil	250ml
Baby spinach, blanched	100g
Dill	50g

Combine the canola oil, spinach and dill in a blender and blend till you get a green oil.

Pass the oil through a fine sieve lined with kitchen paper. Strain it in the refrigerator as the oil needs to be cold in order to preserve its colour and flavour. Set aside.

BUTTERMILK SAUCE

Dashi	100ml
Yuzu (Japanese citrus fruit) juice	5ml
Whipping cream	100g
Buttermilk	50ml

Heat the dashi, yuzu juice, whipping cream and buttermilk in a saucepan over medium-high heat until the mixture is warm. Whisk till well combined.

Pipe the mussel emulsion in the centre of the bowl, then scoop 1 tbsp of sago pearls on top of the emulsion. Arrange grilled mussels on top of the sago pearls.

TO SERVE

Oscietra caviar (Optional)

Spoon a generous serving of caviar on top of the mussels.

Mix buttermilk sauce with dill oil, then spoon the sauce around the mussels, making sure the oil ripples through the sauce.



Fluffy Salted Egg Lava Prawn Balls

By Trish Yee

Intermediate | Prep 50 mins | Cook 20 mins | Serves 4-6

PRAWN AND FISH PASTE

Prawns	500g
Local red snapper fish fillet	200g
Egg white	1
Salt	5g
White pepper	3g
Corn flour	3 tbsp
Sesame oil	10ml
Spring onions, chopped	30g

Combine 300g of the prawns with the fish, egg white, salt, white pepper, corn flour and sesame oil in a food processor, and blend till you achieve a smooth paste.

Mince the remaining 200g of prawns, and mix it into the blended fish and prawn paste.

Add the chopped spring onions to the mixture, stir well and set it aside.

SALTED EGG YOLK FILLING

Salted egg yolks	3
Unsalted butter, softened	80g
Corn flour	1 tbsp
Salted egg yolk powder	2 tbsp
Sugar	5g
Tobiko (flying fish roe), as needed	

In a steamer, steam the salted egg yolks until they are cooked, then transfer them to a bowl and mash them with a fork.

Add in the butter, corn flour, salted egg yolk powder and sugar, and mix till well combined.

Mix in the tobiko, then divide the paste and shape into 15g balls. Place them in the freezer to set.

FLUFFY WHEAT DOUGH

Boiling hot water	175ml
Wheat starch	125g
Salted egg yolk, boiled	1
Lard oil	75ml

Combine boiling hot water and wheat starch and mix well using a spatula until it forms a dough.

Add the cooked salted egg yolk to the dough, and mix till it is well combined.

Slowly stir in the lard oil, then knead to form a smooth dough.

Cling wrap the dough and leave it in the refrigerator to rest for 30 minutes.

Portion out the dough into 20g balls using a kitchen scale, then press each ball gently to flatten it into a thin disc.

Wrap one frozen salted egg yolk ball with 40g of the prawn and fish paste, then roll it into a ball. Place each ball into the centre of a wheat dough disc, then wrap it and shape to seal.

Heat enough oil for deep frying. Deep fry the prawn balls for 5-7 minutes, until golden brown.

YUZU MAYONNAISE

Kewpie mayonnaise	50g
Yuzu kosho (Japanese citrus chilli paste)	10g

Combine the mayonnaise and yuzu kosho in a bowl and mix well.

TO SERVE

Pea tendrils

Pipe yuzu mayonnaise on the prawn balls, or serve on the side. Garnish with pea tendrils.

COOKING TIP | Freeze the salted egg filling before wrapping it inside the prawn paste.



Lobster Pao Fan

By Trish Yee

Intermediate | Prep 3 hrs | Cook 2 hrs | Serves 4-6

BROTH

Fish bones	1kg
Oil	2 tbsp
Prawn heads	500g
Lobster head	1
Tomato paste	½ tbsp
Pork bones	1kg
Chicken bones	1kg
Water	2L
Garlic cloves	2
Young ginger (thumb-sized), crushed	½
Dried scallops	50g
Rock sugar cubes	2
Salt	5g
Soy sauce	1 tbsp

Preheat oven to 200°C. Roast fish bones for 15 minutes.

Heat oil in a large pot over medium-high heat. Add in the prawn and lobster heads and fry till fragrant.

Add the tomato paste, then sieve out the red oil from the pot and set aside.

Add the pork, chicken and fish bones and water.

Add the garlic, ginger, dried scallops and rock sugar, and let everything simmer for 1-2 hours over low heat.

Sieve out the bones and shells.

Season with salt and soy sauce. Reserve the broth for serving.

PUFFED RICE

Basmati rice, washed 195g
Oil, for deep frying

Cook basmati rice according to the packet instructions in a rice cooker.

Once the rice is cooked, spread it out thinly and dehydrate it in the oven at 70-80°C for 2-3 hours until it has completely dried out.

Heat oil in a saucepan and deep fry rice until it puffs up. Place puffed rice on a kitchen paper towel to absorb the excess oil. Set aside.

EGG YOLK PUREE

Egg yolks 2
Salt A pinch

Whisk yolks lightly to break them apart, do not aerate. Add salt.

Pass them through a sieve and then sous vide at 67°C for 1 hour. Remove from water bath. Set aside in a bowl of iced water.

Once cooled, place into a small mixing bowl and whisk to form a smooth puree.

Transfer the puree into a piping bag until ready to use.

SAFFRON RICE

Basmati rice 400g
Water 350ml
Saffron threads, soaked in hot water for 5 mins 1 tsp

Cook basmati rice according to the packet instructions in a rice cooker.

Fluff the rice after it is cooked, and set aside.

POACHED LOBSTER

Lobsters (350g-500g each) 4

Remove the lobster heads and reserve for stock.

Poach the lobster tails in the broth for 8-10 minutes.

Remove the meat from the tails and reserve for plating.

EGG FLOSS

Oil, for deep frying
Eggs, beaten 2
Salt A pinch

Heat oil in a pot over high heat, ensuring the temperature reaches 200°C. Beat the eggs with salt and pass it through a sieve and deep fry the egg mixture to golden brown, till it resembles a floss. Set aside.

FRIED SHALLOTS

Oil, for frying
Shallots, thinly sliced 2

Heat oil in a pan over medium-high heat and fry shallots until golden brown. Set aside.

TO SERVE

Celtuce, thinly sliced

Spoon saffron rice into a circular mould or use an egg ring.

Add the crispy puffed rice on top of the saffron rice.

Top with egg floss and shallots.

Pipe the egg yolk puree around the puffed rice.

Cut lobster tail into half, lengthwise.

Place lobster tail at the side along with the celtuce.

Pour the lobster broth over it and serve hot.

COOKING TIP | Keep the crustacean shells, offcuts and bones to make the broth, because they will add rich flavours to the dish.

Mee Siam Shellfish Pot

By Leon Lim

Novice | Prep 30 mins | Cook 10 mins | Serves 4

MEE SIAM PASTE

Oil	60ml
Shallots	20
Garlic cloves	8
Lemongrass (use the white portion)	1 stalk
Belachan, toasted	1 tbsp
Dried shrimps, soaked in water	40g
Dried chillies, soaked in water	20
Fresh red chillies	4

Combine all the ingredients in a blender or food processor and blend until you achieve a smooth paste.

Heat mee siam paste in a frying pan over medium-high heat until oil splits from the paste.

MEE SIAM BROTH

Oil	2 tbsp
Prawn heads and shells	200g
Water	500ml
Tau cheo (fermented soybean paste)	2 tbsp
Assam paste,	50g
Sugar	2 tbsp

Heat the oil in another pan over medium-high heat. Add the prawn heads and shells to the pan and fry until fragrant. Add water and bring to a boil.

Strain the stock then add in mee siam paste, tau cheo, assam paste and sugar, and stir well. Set aside.

MEE SIAM SHELLFISH POT

Prawns	8
Large clams	4
Mussels	8
Flower clams	6
Koo chye stalks (local Chinese chives), diced	2
Tofu puffs, diced	3
Calamansi (optional)	

Bring the mee siam broth to a boil. Add the prawns to the pot and cook for 1 minute. Add the large clams, mussels and flower clams to the pot and cook for around 2 minutes until the clams open.

Remove the shellfish and continue to reduce broth, if necessary.

Place the shellfish in a large bowl, pour the broth over and garnish with koo chye and tofu puffs.

Add a squeeze of calamansi before serving.



Oysters with Mignonette Sauce and Dill

By Derek Cheong

Novice | Prep 30 mins | Cook 30 mins | Serves 5

OYSTERS

Fresh oysters	10	Shuck oysters or get the fishmonger to shuck them for you. For nicer presentation, you can use a knife to dislodge the oyster from the shell so you can turn it over on the other side, which is more rounded and plump.
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MIGNONETTE SAUCE

Shallots	5	Heat shallots, white peppercorns, white wine vinegar and sushi vinegar in a saucepan over medium-high heat. Allow everything to cook till the mixture reduces by 75 per cent.
White peppercorns, toasted	1 tsp	
White wine vinegar	50ml	Add the lemon juice, lemon zest, dashi and water to the saucepan and bring to a boil. Continue to cook till the liquid reduces by another 25 per cent. Pass it through a fine sieve.
Sushi vinegar	1 tbs	
Lemon juice	2 tsp	
Zest from lemon	1	Set the sauce in the refrigerator and keep it cold till ready to use.
Dashi (Japanese soup stock)	50ml	
Water	50ml	

DILL OIL

Canola oil, cold	250ml	Combine the canola oil, spinach and dill in a blender and blend until the oil turns green.
Baby spinach, blanched	100g	Pass it through a fine sieve lined with kitchen paper. Strain it in the refrigerator as the oil needs to be cold in order to preserve its colour and flavour. Set aside.
Dill	50g	

TO SERVE

Nasturtium	Add 1 tsp of the mignonette sauce and a drizzle of dill oil on top of each oyster.
Sea salt flakes	

Garnish with nasturtium and sea salt flakes.

COOKING TIPS | When preparing the dill oil, make sure to squeeze out all the water from the spinach to ensure maximum flavour. When blending the dill oil, use cold canola oil to ensure the oil does not heat up too much as it will affect its flavour and appearance.



Sambal Belachan Prawn Tartelettes

By Leon Lim

Intermediate | Prep 30 mins | Cook 30 mins | Serves 4

SAMBAL BELACHAN

Shallots	10
Garlic cloves	5
Dried shrimp, soaked in water	25g
Dried chilli, soaked in water	50g
Water	50ml
Cooking oil	250ml
Sugar	25g
Belachan, toasted	1 tbsp
Salt	1½ tsp

Combine all the ingredients in a blender or food processor and blend until you achieve a smooth paste.

Fry the sambal belachan in a frying pan over medium-high heat until the oil splits from the paste.

PRAWN BITES

Tiger prawns, deveined with shell on	8
Cooking oil	1 tbsp
Salt and pepper, to taste	

Heat oil in a pan till it starts to smoke, then grill prawns until the shells turn bright orange with a slight char. Deshell the grilled prawns and cut them into 1cm cubes.

Toss the sambal belachan and prawns together in a bowl, making sure the prawns are well coated. Set aside.

FILO TART SHELLS

Filo pastry sheets	3
Butter, melted	3 tbsp

Preheat oven to 180°C. Using a 2-inch ring cutter, cut filo pastry sheets to fit your tartelette mould.

Place one circle of filo pastry on a flat surface, brush with some butter, then stack it with another circle of filo pastry. Repeat till you form three layers in total.

Place the filo pastry stack in a tartelette mould and place another mould on top to keep the shape. You can place a weight on the top mould so it keeps its form better.

Bake for 8 minutes, or until the tartelette shells turn golden brown.

CHINCHALOK RELISH

Chinchalok (fermented shrimp sauce)	3 tbsp
Shallots, thinly sliced	2
Chilli padi, julienned	3
Lime juice	4 tbsp
Sugar	A pinch

Combine all the ingredients in a bowl and mix well. Set aside.

To serve, arrange sambal belachan prawn bites in a bowl and serve with filo tart shells and chinchalok relish on the side.

COOKING TIP | Grill the prawns with their shells on for an extra layer of charred, umami flavour. Remove the shells for plating.



Seabass and Shellfish Cioppino

By Yang Xian Rong

Novice | Prep 10-15 mins | Cook 1-1½ hrs | Serves 2-3

SEABASS STOCK

Seabass	800g-900g	Remove the gills, scales, and gut of the seabass. Fillet the fish and set aside in the refrigerator.
Cooking oil, as needed		
Yellow onions, diced	2	Rinse the fish bones well. Scrub and remove the bloodline if still present.
Celery stalk, diced	1	
Leek stalk, sliced thinly (white part only)	1	Heat oil in a large pot over medium-high heat and sauté the onions, celery and leek. Once the vegetables are softened, add in the cleaned fish bones.
White wine	50ml	
Water	1½L	

Deglaze with white wine, then add in the water and bring to a boil. Allow the stock to boil for an hour, until the fish bones fall apart. Add more water during cooking if needed.

TOMATO BASE

Cooking oil, as needed		Heat oil in a pot over medium-high heat. Brown the garlic and onion, then add in the anchovy fillets and mix well.
Garlic cloves, minced	4	
Yellow onion, sliced	1	Add the tomatoes and tomato paste to the pot and sauté.
Anchovy fillets, mashed	5-6	
Tomatoes, fresh or tinned	400g	Deglaze with white wine, then add in the seabass stock and bay leaf. Simmer for 10 minutes. If you are using fresh tomatoes, simmer for 30 minutes.
Tomato paste	1 tbsp	
White wine	50ml	
Bay leaf	1	

SEAFOOD

Squid	3	Cut the seabass fillets into 1-cm thick slices.
Tiger prawns	6	Separate the squid heads and discard the skin, innards, ink sacs, beaks and quills. Slice the bodies into rings and halve each of the tentacles into two clusters.
		Remove the prawn shells and heads.
		Sear fish, squid, and prawns in a pan over high heat for a minute, turning halfway through. Set aside for later use.

TO SERVE

Mussels, washed	200g	Take note to discard shellfish that do not remain closed before cooking. Shock mussels in ice water for 30 minutes, then drain and remove the beards.
XL mud clams, washed	800g	
Lala clams, washed	150g	Heat the tomato base to a simmer, then add in the XL mud clams, mussels and lala clams, with one minute in between each.
Salt, to taste		
Italian parsley, thinly sliced		
Sliced bread, toasted (use baguette, sourdough or any crusty bread)		Add the prawns, then the squid and seabass last, and let everything cook for 3-5 minutes. Season with salt.
		Ladle into a bowl and garnish with chopped parsley and toasted bread on the side.



Somen with Crawfish Tsuyu and Butter Poached Crawfish

By Leon Lim

Novice | Prep 1 hr | Cook 45 mins | Serves 4

CRAWFISH TSUYU

Vegetable oil	1 tbsp
Leek stalk, sliced	1
Crawfish shells	1kg
Water	500ml
Light soy sauce	60ml
Sugar, to taste	

Heat oil in a large saucepan over medium-high heat. Fry leeks and crawfish shells till fragrant.

Add water and bring to a boil, then reduce to low heat and simmer for 30 minutes.

Strain stock, and add soy sauce and sugar. Set aside.

BUTTER POACHED CRAWFISH

Unsalted butter	225g
Large crawfish, deshelled	8
Garlic cloves, crushed	2

Melt butter in a saucepan over medium heat without browning the butter.

Once butter is fully melted, reduce to low heat then add in the crawfish and garlic. Poach the crawfish for 5-6 minutes.

TO SERVE

Water, for boiling	
Somen	200g
Yuzu kosho (Japanese chilli paste), as needed	
Spring onions, sliced	

In a pot of boiling water, cook the somen. Place the noodles in an ice bath to stop them from cooking.

Portion somen into serving bowls, arrange the crawfish atop the noodles, and place a small dollop of yuzu kosho on the crawfish.

Pour crawfish tsuyu into the bowl or serve on the side as a dip.

Garnish with spring onions, and serve immediately.

COOKING TIP | To maximise the flavours of the dish, use the crawfish shells to create the stock.





Vietnamese Prawn Salad with Basil Lime Granita

By Trish Yee

Novice | Prep 40 mins | Cook 10 mins | Serves 4-5

VIETNAMESE GRILLED PRAWNS

Sriracha	2 tbsp
Garlic powder	1 tsp
Sugar	1 tsp
Fish sauce	2 tbsp
Laksa leaves, chopped	1 tsp
Prawns, peeled and deveined	300g
Oil	1 tbsp

Combine sriracha, garlic powder, sugar, fish sauce and laksa leaves and mix well. Coat prawns with the sriracha mixture, and leave in the refrigerator to marinate for 30 minutes.

Heat oil in a pan over medium-high heat, then sear prawns for 2-3 minutes, till fully cooked.

SALAD MIX

Radishes	5
Green mango	1
Pomelo	100g
Cucumber	1

Cut the radishes into thin slices. Remove the skin of the mango and cut it into ½cm cubes. Do the same for the pomelo.

Slice the cucumber thinly. Set aside all cut fruits and vegetables.

BASIL LIME GRANITA

Sugar	40g
Water	20ml
Gelatine	2g
Lime juice	160ml
Thai basil	1 tsp

Heat sugar and water in a small saucepan over high heat. Stir until the sugar dissolves fully.

Remove from heat, add gelatine and stir until dissolved. Set aside to cool.

Add lime juice to the cooled sugar syrup and mix well. Transfer to a blender, add basil and process until smooth.

Pour the mixture into a shallow tray and place it in the freezer to let it set. Once frozen, use a fork to scrape the surface. Compile the granita into a bowl and set aside in the freezer.

SPICY CITRUS DRESSING

Fish sauce	3 tbsp
Soy sauce	1 tbsp
Sugar	1 tbsp
Lime juice	2 tbsp
Garlic cloves	2
Chilli padi	1
Coriander, chopped	1 stalk

Combine all the ingredients in a blender and blend well.

CRISPY RICE NOODLES

Oil, for deep frying	
Rice noodles, as needed	

Heat oil in a deep saucepan until it starts to smoke. Deep fry rice noodles till the noodles puff up. Drain excess oil and set aside for plating.

To serve, arrange rice noodles at the side of the plate and place radishes, green mangoes and cucumbers around the plate.

Place grilled prawns in the centre and the pomelo around the greens. Spoon granita at the side of the salad and serve immediately with the salad dressing.

COOKING TIP | Make the granita in advance — it can keep in the freezer for up to two weeks.

Meat





Local Company

WHO | Kee Song Food Corporation
PRODUCE | Organically farmed chickens



Chicken, one of the most popular proteins across the world, can be enjoyed in many ways and is used in various cuisines. Need to indulge? Tuck into Southern or Korean fried chicken. Feeling under the weather? Chicken and vegetable soup is always a classic soother. When it comes to Christmas or Chinese New Year, the recipe possibilities with chicken are endless.

The first Singaporean company to start poultry farming in Malaysia, Kee Song Food Corporation was established in Singapore in 1987. Since then, it has been implementing innovative solutions and farming technology to meet the high demand for chickens. Using a fully automated poultry processing system from STORK, the company can produce up to 4,000 chickens per hour.

Fed with all-natural organic lactobacilli-added feed, Kee Song's organically farmed chickens boast strengthened immunity and are lower in cholesterol and saturated fat. Through the adoption of lactobacillus farming technology, stronger strains of lactobacillus are cultured to enhance the chickens' immune system in a natural way. The bacteria strain of lactobacillus in the chicken feed has reduced ammonia and hydrogen

sulphide content, which are harmful residues that can contribute to the eutrophication of waters, and soil erosion. The entirely organic and antibiotic-free droppings are also reintroduced into the soil as a nutrbiotic fertiliser after they have been fermented and supplemented with lactobacillus.

Raised in a temperature-controlled, hygienic, and spacious environment, the chickens are also treated to classical music in their free-roaming space. Traditional chicken farms are known for producing tonnes of noxious fumes as well as being very noisy so Kee Song's approach is to play Mozart's tunes to calm the chickens down when they are in the coop. The lactobacillus-enhanced diet gives the meat more flavour and makes the Lacto Chickens the brand's top seller.

Apart from Lacto Chickens and Sakura Chicken, another Kee Song signature product is the CaroGold Chicken. These chickens' diets are also supplemented with natural carotenoids and lutein that make the meat firmer for a more satisfying bite, and improve eye health as well.

Visit www.keesong.com for more information.

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Chinese Red Wine Chicken Pasta

By Leon Lim

Intermediate | Prep 30 mins | Marinate 4 hrs | Cook 30 mins | Serves 4

CHINESE RED WINE GRILLED CHICKEN

Chinese red wine lees	240ml
Shaoxing wine	3 tbsp
Light soy sauce	1 tbsp
Ginger	4 slices
Honey, or use sugar	1 tbsp
Salt	1 tsp
Boneless chicken thighs	4

Combine Chinese red wine lees, Shaoxing wine, light soy sauce, ginger, honey and salt in a large mixing bowl and stir well.

Place chicken thighs in the bowl and let them marinate for at least 4 hours or overnight in the refrigerator.

When ready to cook, preheat oven to 200°C.

Place chicken on a baking tray and grill, skin side up, for about 20 minutes, or until skin is slightly charred. Set the marinade aside.

Remove from oven and set aside.

HANDMADE PASTA

Plain flour	200g
Medium-sized eggs	2
Olive oil	1 tbsp
Salt	A pinch

Pulse all the ingredients in a food processor until a dough forms.

Remove dough from the food processor and knead on a floured surface until smooth, for about 5 minutes.

Set aside and let it rest for at least 20 minutes.

With a pasta machine, laminate the pasta and then cut them into noodles of your desired thickness. Dry noodles on either a pasta drying rack or scatter them on a sheet pan that has been dusted with cornmeal. Make sure to separate the noodles, if not they will stick together.

COOKED PASTA

Chicken stock, as needed
Water, for boiling
Salt, as needed

Heat leftover marinade in a saucepan and add chicken stock to thin out the marinade. Bring it to a boil and continue to reduce the sauce to desired consistency. It should leave a clean trail when you run your finger over the back of a spoon. Set aside for use later.

Bring a pot of water to the boil, add some salt, then cook the pasta for about 1 minute.

Transfer the cooked pasta to the Chinese red wine sauce and toss evenly.

To serve, portion pasta and grilled chicken on a plate and serve hot.





Double Baked Sweet Potato Shepherd's Pie

By Leon Lim

Novice | Prep 30 mins | Cook 1 hr 20 mins | Serves 4

SWEET POTATO JACKETS

Sweet potatoes	4
Olive oil	4 tbsp

Preheat oven to 200°C.

Pierce small holes into the sweet potato skins and bake for 40 minutes, or until tender. Remove from oven and allow them to cool.

Slice off half of the sweet potato horizontally, then scoop out the flesh using a spoon, leaving around ½ cm of flesh on the insides to give it some structure. Set the flesh aside.

Brush the sweet potato jackets with some olive oil and return to the oven to bake for about 20 minutes, or until the jackets are crisp. Remove from oven and set aside.

PIE FILLING

Olive oil	2 tbsp
Onion, diced	1
Carrots, diced	2
Garlic cloves, minced	4
Chicken, minced	400g
Salt	1½ tsp
Black pepper, freshly ground	1 tsp
Plain flour	1 tbsp
Tomato paste	2 tsp
Chicken broth	250ml
Rosemary leaves, freshly chopped	2 tsp
Thyme leaves, freshly chopped	1 tsp
Corn kernels, fresh or frozen	50g
Peas, fresh or frozen	50g

Heat olive oil in a frying pan over medium-high heat. Add onion and carrots and sauté for about 3-4 minutes.

Add the garlic and stir to combine. Add the chicken, salt and pepper and cook until the meat turns brown.

Sprinkle flour onto the meat and toss to coat, and let it cook for another minute.

Add tomato paste, chicken broth, rosemary and thyme, and stir to combine. Bring to a boil, then reduce to low heat, cover the lid and simmer for 10-12 minutes, or until the sauce thickens slightly.

Add the corn and peas to the meat mixture, give it a good toss and set aside.

SWEET POTATO MASH

Cooking cream	150ml
Unsalted butter	2 tbsp
Salt	¼ tsp
Black pepper, freshly ground	½ tsp

Heat cooking cream, butter, salt and pepper in a pot over medium-high heat until the mixture starts to bubble.

Add the cream mixture to the bowl of sweet potato flesh and mix well until smooth.

TO SERVE

Shredded cheese (mix of sharp Cheddar, Colby and Monterey Jack cheese)

To assemble, scoop desired amount of pie filling into sweet potato jackets. Top with sweet potato mash and place in the oven to bake at 200°C for another 5-10 minutes, or until the top is light golden brown.

Sprinkle shredded cheese on top and serve immediately.

COOKING TIP | Pierce small holes into the skins of the sweet potatoes before baking to help release steam build-up during the baking process.



Hainanese Three-Cut Pork Satay

By LG Han

Intermediate | Prep 30 mins and overnight curing | Cook 20 mins | Serves 8

DRY SATAY MARINADE

Lemongrass, sliced	75g
Garlic, crushed	30g
Coriander seed powder	12g
Cumin powder	12g
Turmeric powder	7g
Fine sugar	150g
Salt	1½ tsp
Water	75ml

Combine all the ingredients in a blender and blend until you achieve a smooth paste.

PORK SATAY GLAZE

Water	50ml
Sugar	2 tsp
Salt	2 tsp
Dark soy sauce	8g

Place 150g of the dry satay marinade, water, sugar, salt and dark soy sauce in a blender and blend until you achieve a paste-like consistency.

PORK SATAY SKEWERS

Pork jowl	100g
Pork collar	100g
Pork armpit	100g
Sugar, for curing	
Local eggplant (round), cubed	150g

Wrap each cut of meat individually with cling film. Roll them each into a cylindrical shape, then freeze till solid.

Thaw them out and slice each one into pieces of about 2-3mm thickness. Then cure them with sugar for at least a day before washing off with water.

Arrange the contents of the skewer in the following order: collar, armpit, jowl, eggplant, collar, armpit, jowl, eggplant. Place skewers in dry satay marinade for at least two days before cooking.

Preheat a grill over high heat and lightly oil the grate. Glaze the skewers with the pork satay glaze. Arrange skewers on the grill and cook for about 2 minutes, until the meat does not stick on the grill. Flip the skewers over and let the other side cook for another 2-3 minutes.

PINEAPPLE SAUCE

Pineapple	100g
Xantham gum (0.5 per cent)	0.3g
Pectin (2 per cent)	2g

Blend pineapple flesh in a blender until smooth, then pass through a sieve at least five times to remove plant fibres.

Heat pineapple puree, xantham gum and pectin in a pot over low heat, stirring until you achieve a thick jam-like consistency. Set aside.

SATAY SAUCE

Lemongrass	500g
Dried chilli	25g
Garlic cloves	5
Galangal	50g
Coriander powder	1 tbsps
Shallots	5
Kecap manis (Indonesian sweet soy sauce)	5 tbsps
Assam water	3 tbsps
Gula melaka (palm sugar)	150g
Salt, to taste	15g

Combine lemongrass, dried chilli, garlic, galangal, coriander powder and shallots in a blender and blend until you achieve a smooth paste.

Fry the paste in a pan over medium heat until aromatic.

Add kecap manis and assam water to the pan, stirring till they are well mixed. Add gula melaka and salt.

To serve, arrange pork satay skewers on a plate and serve the satay sauce and pineapple sauce on the side.



Poached Chicken with Ginger Spring Onion Butter & Chicken Consommé

By Trish Yee

Novice | Prep 30 mins | Cook 2 hrs | Serves 3-4

GINGER SPRING ONION BUTTER

Spring onions	80g
Spinach	40g
Sesame oil	1 tbsp
Ginger, grated	20g
Unsalted butter, softened	50g
Salt	5g

Mince the spring onions and spinach.

Heat sesame oil in a pan over medium-high heat, then sauté ginger for 2-3 minutes. Set aside to cool.

Combine ginger, spring onions, spinach and butter in a bowl and mix well. Season with salt. Set aside.

POACHED CHICKEN

Chicken breasts, skin on	3-4
Coarse salt, as needed	

Rub chicken with coarse salt, then rinse it off immediately with water and pat dry.

Use your fingers to separate the chicken skin from the breast.

Stuff ginger spring onion butter under the skin of the chicken breast, spreading evenly to ensure the meat is well coated.

Place the stuffed chicken breasts in a large Ziploc bag and sous vide for 40 minutes at 60°C.

Allow the chicken to cool completely, then place it in the fridge to let the butter set.

Slice the chicken breasts to a desired size and set aside.

CHICKEN CONSOMMÉ

Water	1L
Chicken bones	2kg
Lemongrass, bruised	1
Egg whites,	4
Carrot, julienned	10g
Celery, julienned	1 stalk
Onion, julienned	½

Bring water to boil in a pot. Add chicken bones and lemongrass to the boiling water.

Beat the egg whites till frothy. Add carrots, celery and onions.

Pour this mixture into the stock. The egg whites will start to coagulate and float to the top, creating a "raft".

Continue to simmer for 1 hour under low heat then pour the liquid through a fine mesh strainer to get the consommé.

SPRING ONION OIL

Spinach, blanched	100g
Spring onions	200g
Sunflower oil	500ml
Salt	5g

Combine the spinach, spring onions, oil and salt in a blender and blend for 3-4 minutes.

Strain the mixture through a cheese cloth. Reserve oil for plating.

TO SERVE

Fresh red chillies, thinly sliced

To assemble, place a chicken breast onto a serving dish. Pour chicken consommé over, then drizzle spring onion oil over it. Garnish with chilli.

COOKING TIPS | The ginger spring onion butter sauce can be served on the side as a dip. Avoid using high heat to poach the chicken as this will cause the protein to contract tightly and squeeze the moisture out. Keeping it at a low and steady simmer is the trick to getting tender and moist poached chicken.

Roasted Chicken

By Derek Cheong

Novice | Prep 4 hrs and brining for three days | Cook 3 hrs | Serves 4-6

ROASTED CHICKEN STOCK

Chicken bones	2kg
Chicken wings	1kg
Chicken feet	1kg
Water	6L
Chicken breast	1kg
Onion, roughly chopped	300g
Carrot, roughly chopped	150g
Celery, roughly chopped	150g
Whole black peppercorns	10g
Thyme	10g

Preheat oven to 200°C. Roast chicken bones, chicken wings, and chicken feet for about 30-40 minutes, until caramelised.

Fill a large stockpot with water, then add the chicken breast, roasted chicken parts, onion, carrot, celery, black peppercorns, and thyme. Bring to a boil and simmer for 3 hours.

Skim off the foam, as necessary.

Strain out the stock, then continue cooking until the stock is reduced by half. Set it aside.

BRINE

Salt	15g
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Dissolve the salt into the stock to make the brine.

ROASTED CHICKEN

Uncooked chicken	1
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Place the chicken into a large bowl and, using a syringe, inject the brine into the chicken breasts, thighs, drumsticks and wings.

Once the brine has been injected, use a kitchen paper towel and pat the chicken skin dry, then coat it with salt.

Place chicken in the refrigerator and let it brine for 72 hours, making sure to wipe the condensation off its skin every 24 hours.

After 72 hours, place the chicken on a baking tray. Preheat oven to 90°C and roast the chicken for 2 hours. Serve immediately.

COOKING TIPS | Brining chicken for 72 hours adds plenty of flavour to the meat.





Chicken with Yam Puree, Caramelised Onion & Chicken Roulade

By Haikal Johari

Advanced | Prep 30 min and drying for three days | Cook 4 hrs | Serves 2-4

CHICKEN

Water	1L
Salt	100g
Whole sakura chicken	1

Combine water and salt in a large pot to make a brine. Place chicken in a pot and refrigerate for at least 12 hours.

Remove chicken and pat dry with kitchen paper towels. Using a knife, separate chicken breast and legs and set aside in the refrigerator.

CHICKEN BREAST

White wine vinegar	1 tbsp
Maltose	1 tbsp
Orange juice	2 tbsp
Smoked paprika	½ tbsp

After separating the breast from the chicken, lay the meat on a tray and let it dry in the chiller for at least three days.

Combine all the ingredients in a bowl to form a glaze, and mix well.

Brush the glaze on the chicken breast, ensuring the entire surface is well coated.

Preheat oven to 69.5°C. Bake the chicken for 1 hour 45 minutes. Transfer to the refrigerator and let it chill for 2 hours.

BONELESS CHICKEN LEG

Minced chicken	100g
Salt, to taste	
Egg white	1
Whipping cream	50g
Cooked chestnuts, chopped	30g
Oil, for frying	

Place the minced chicken into a blender, add in the salt and egg white and let it blend for 3 minutes. Slowly add the cream to the blender and blend till you achieve a mousse-like texture.

Transfer the mixture into a large bowl and pour in the chopped chestnuts. Mix well, and set aside.

Place the meat from the chicken legs, skin side down, on a clean work surface, then spread the mousse on it and roll the whole thing up into a roulade. Using cling film, wrap the roulade so that it stays in shape, tying both ends tightly.

In a steamer, steam the roulade at 70°C for 1½ hours, then place it in a bowl of iced water. Remove it from the cling wrap.

Heat some oil in a pan over medium-high heat, then fry the chicken roulade till the exterior is brown and crispy.

YAM PUREE

Yam	500g
Unsalted butter	80g
Dashi (Japanese soup stock)	100ml
Milk	100ml
Salt	10g
Sugar	27g
White pepper powder	½ g

Dice the yam and steam it in a steamer until soft.

In a deep pan, brown the butter on medium heat. Swirl the butter for about 5 minutes, or till it turns light brown. Be careful not to burn the butter.

Combine the brown butter with dashi, milk, salt, sugar and white pepper. Bring to a boil.

Combine the dashi mixture and yam in a blender and blend till you achieve a smooth paste. Set aside.

CARAMELISED ONION

Yellow onion, peeled	1
Thyme sprig	1
Black peppercorns	3
A pinch of salt	
Canola oil, as needed	

Preheat oven to 200°C. Place the onion, thyme, peppercorns and salt on aluminium foil and bake for 30 minutes.

Once ready, cut the onion into four pieces and caramelize it in a hot pan that has been coated with canola oil.

TO SERVE

Edible flowers

Preheat oven to 220°C. Bake the chicken breast for 10 minutes. Cut the chicken roulade into four slices and place one slice on a plate, along with a slice of chicken breast. Spoon the yam puree on the left and add a dollop of caramelised onion next to it. Garnish with local edible flowers.



Protein Alternatives



Local Company

WHO | Growthwell Foods

PRODUCTS | Plant-based seafood and meat alternatives

In 1989, Mr Chou Shih Hsin founded Growth Well Industry. The eco-conscious food production company is motivated by his love for animals and the planet and guided by his steadfast commitment towards creating a more sustainable world and ideals about life.

His son, Justin Chou, inherited Mr Chou senior's ideals and passions in plant-based alternatives. As a third-generation vegetarian, he believes that eating sustainably and responsibly is possible without compromising on nutrition, taste, and texture. Justin established Growthwell Foods in 2019 with a focus on plant-based nutrition to propel the company to new heights. Based in JTC Food Hub @ Senoko, the facility features Singapore's first fully automated large-scale production line for plant-based products.

It is one of the few companies to use konjac, also known as konnyaku, as one of the ingredients in plant-based products. It has many health benefits such as being a good source of dietary fibre and is

Growthwell Foods is steadfast in its commitment to nourishing 1 billion lives with accessible and affordable plant-based alternatives.

shown to help to lower blood sugar and cholesterol. Konjac is also instrumental in replicating the flaky texture of fish and the firm but chewy texture of prawn or squid.

HAPPIEE!™ is a brand under Growthwell Foods that caters to consumers and food services with its extensive portfolio of seafood and meat alternative products. Loved by many for its soft and flaky texture, the best-selling HAPPIEE!™ Fishiee Sticks is a great example of the power of konjac and its commitment to quality plant-based products. Retail products include the HAPPIEE!™ Fishiee Patties, HAPPIEE!™ Chickiee Popcorn, HAPPIEE!™ Chickiee Nuggets and other plant-based alternatives exclusive to the food services sector.

Embracing innovation and new technology is core to Growthwell Foods. Crafted from its patented and highly functional 90 per cent chickpea protein isolate, the company has developed the world's first plant-based milk made exclusively with chickpeas. Highly nutritious as a complete protein and a sustainable crop that can replenish the topsoil, the chickpea protein isolate represents the next wave of plant-based ingredients.

By leveraging over 30 years of experience from plant-based pioneers in Asia and Europe, Growthwell Foods is steadfast in its commitment to nourishing 1 billion lives with accessible and affordable plant-based alternatives.

Visit growthwellfoods.com for more information.



Local Company

WHO | Hoow Foods

PRODUCTS | Callery's Ice Cream, coffee capsules, Eggless Eggs

Homegrown food tech start-up Hoow Foods has been working with local coffee joint Killiney Kopitiam to bring the much-loved Killiney experience to the comfort of people's homes. They launched the Killiney Kespresso, a modern twist on a traditional beverage (Nanyang Roast Kopi-O) where the aromatic coffee can be brewed in Nespresso-compatible machines. Environmentally-friendly, the Kespresso coffee is stored in biodegradable oxygen barrier capsules, sourced from a Singapore-based capsule provider.

If you like ice cream, Hoow Foods has also turned the classic treat into a guilt-free indulgence with Callery's, a reduced-calorie ice cream. The ice cream features erythritol, a polyol found in plants and fruits that tastes like sugar but does not carry the calories. Erythritol is an additive approved by the Singapore Food Agency.

Started by three National University of Singapore graduates Ow Yau Png, Zhong Hao and Wong Hsien Xiong in 2018, Hoow Foods is a formulation food technology company that owns the proprietary REGENESYS platform. REGENESYS utilises artificial intelligence and machine learning to reformulate foods in order to achieve healthier nutritional outcomes and meet different dietary requirements. By combining the best of food science and data science, the platform is able to disrupt conventional methods of food product development.

Through REGENESYS, companies are able to meet their environmental sustainability goals and the health-conscious needs of their end consumers. "Our technology speeds up how food is reformulated today, for example in converting products, through the use of plant-based



ingredients, or health sustainability, through the use of healthier ingredients, all without compromising taste and texture," says Ow, CEO of Hoow Foods.

Another key product is a versatile egg substitute under the HEGG brand that uses plant-based ingredients. The "eggs" are lower in fat and free from cholesterol, compared to real eggs. Meanwhile, the R&D team is developing plant-based fat substitutes and ingredients that assist in lowering sodium and sugar. The company has plans to make the products widely available through e-commerce or supermarkets. It is also partnering with large food service institutions so that the products can reach the consumer in restaurants or other food service formats.

Visit www.hoowfoods.com for more information.

The platform (REGENESYS) marries the best of food science and data science to disrupt conventional methods of food product development.

Local Company

WHO | **KARANA™**

PRODUCT | A plant-based meat alternative made with jackfruit



Of all the fruits in the world, the versatile jackfruit ranks up there with the best. This ingredient lends itself well to a variety of dishes, across a myriad of cuisines. It is also known as the king of meaty plants, thanks to its naturally meat-like texture, that cooks like pork. With its high sustainability profile, the vegan sensation has been thrust into the spotlight in recent years. Now, it has become the main ingredient in a plant-based meat alternative.

Founded by Blair Crichton and Dan Riegler, Singapore-based KARANA™ makes meat from sustainably sourced whole plants. It carefully selects whole plant ingredients that are naturally meat-like so that it can process them as little as possible and only add a handful of other simple

ingredients which do not include soy. In this way, KARANA™ has created a delicious mince meat made from jackfruit, a superhero ingredient that allows chefs to create an array of global culinary experiences substituting ground or minced meats.

KARANA™'s latest formulation boasts a meat-like texture that is flavourful and toothsome. The mince comprises mainly jackfruit, oil, salt, and natural flavourings. The result: a tasty meat substitute that is high in fibre; has a low glycaemic response and is free from artificial preservatives, and colours. It is low in calories and fat, and contains zero cholesterol and saturated fat.

Home chefs will find KARANA™ mince jackfruit easy to use and apply across a wide variety of



cuisines. No advance preparation work or cooking is required. Pan frying is recommended to retain its meaty bite. Quick searing of the mince is another cooking technique that works to prevent the plant-based meat from absorbing too much moisture. Make meatballs, dumpling fillings, hamburger patties, and sausages out of KARANA™ and enjoy a meal that does not compromise on taste and nutrition, any time of the day.

As a sustainable plant-based protein alternative, KARANA™ products are touted as “food you can feel good about eating more of”. From the environmental perspective, there is a strong case for conscious consumers to support the cultivation of jackfruit. It is an under-utilised, high-yielding, low-maintenance, pest- insect- and drought-resistant crop. Moreover, as much as 60 to 70 per

cent of the global crop now goes to waste. An increase in demand would reduce food waste and serve as an additional income stream for farmers who have previously struggled to commercialise their yields.

Visit www.eatkarana.com for more information.

KARANA™ 's latest formulation boasts a meat-like texture that is flavourful and toothsome. The mince comprises mainly jackfruit, oil, salt, and natural flavourings.



Local Company

WHO | Next Gen Foods PRODUCTS | TiNDLE, plant-based chicken

Travel the world and you will find that on nearly every continent, people have long enjoyed the experience of eating chicken for thousands of years. Chicken is one of the world's most popular animal protein, widely consumed today – due to its ease of preparation, versatility and nutritional profile.

The food startup, Next Gen Foods, was founded in Singapore in 2020 by co-founders Timo Recker and Andre Menezes – with the mission to make saving the planet easy, enjoyable and delicious. Menezes, a former poultry exporter and food industry veteran, and Recker, who comes from three generations of schnitzel producers in Germany, saw firsthand that the existing systems for producing and processing animal meat was not efficient. More importantly, the systems were not a viable solution for producing meat for future generations to come.

Enter the company's first 'ridiculously good' product, TiNDLE, which is a plant-based chicken that delivers on the same taste, texture and versatility as chicken produced from animals. TiNDLE debuted in 2021 across some of

Singapore's top eateries, designed by the company's world-class R&D team, who sought direct input from local chefs.

Made with chefs for chefs, TiNDLE takes into consideration what makes diners crave chicken, starting first with the fibrous texture of chicken meat, followed by the savoury flavour that comes from the dark meat in chicken fat. Thanks to Lipi™ – the company's proprietary blend of natural flavourings and sunflower oil – TiNDLE offers the distinct aroma, taste and cookability of chicken. Plus, it is made with only nine GMO-free ingredients and contains no animal hormones, no antibiotics and no cholesterol.

Because TiNDLE is made from plants, it uses less land, less water and produces less greenhouse gas emissions than real chicken. In fact, the name TiNDLE is a modern nod to the 19th century Irish physicist, John Tyndall, who was the first person to recognise that carbon dioxide contributed to the atmospheric warming of the planet (or what is known today as the greenhouse gas effect).

Today, TiNDLE is a favourite among chefs and culinary personalities across Asia, Europe, the Middle East and the United States. Designed for food lovers in mind – particularly meat lovers – TiNDLE is able to take centre stage in almost any dish, from butter chicken and satay to chicken parmesan and dumplings. As part of its rapid global expansion, TiNDLE plans to bring its plant-based chicken to more eateries and grocery stores .

Visit www.tindle.com for more information.



Because TiNDLE is made from plants, it uses less land, less water and produces less greenhouse gas emissions than real chicken.



Company

WHO | OmniFoods

PRODUCTS | Plant-based alternatives to meat, fish and seafood



If plant-based foodies had their way, an ideal meal would feature tasty, meatless alternatives to red and white meat, and seafood, filled with the same or even more proteins and other nutrients for a healthy and sustainable lifestyle. With a huge dose of passion and innovation, one company has been on a mission to turn this wish into a reality.

OmniFoods, a food innovation arm under Green Monday Holdings, a Hong Kong-based social enterprise, is a global leading plant-based food company with an office based in Singapore that handles ASEAN markets. Its range of alternative protein products includes the OmniMeat series, the OmniSeafood series, and the OmniEat series. OmniMeat Mince, which is made of a proprietary blend of pea, non-GMO soy, shiitake mushroom and rice, is an innovation that took the R&D team in Canada two years to create. The versatile meat alternative works well as a filling in dumplings or

cottage and meat pies, and complements dishes like ma po tofu, and stands on its own in recipes like Cantonese steamed meat patties.

With an ingredient list of non-GMO soy and wheat, and beetroot as the natural colouring, OmniMeat Luncheon offers a healthy alternative for luncheon meat fans without losing the firm yet tender meaty texture. The OmniMeat Strip, which is made of soy protein and sunflower oil, is a good replacement for chicken or pork in stir fried dishes.

To mitigate the pressure on the oceans from overfishing, OmniFoods has also ramped up on its R&D efforts to offer consumers another game-changing line of products — the plant-based OmniSeafood. Available in six variants (Omni Classic Fillet, Omni Golden Fillet, Omni Ocean Burger, Omni Ocean Fingers, OmniCrab cake and OmniTuna), these products offer loads of inspiration for the health-conscious home cook.

The Omni Ocean Burger looks and tastes like a regular deep-fried fish burger while the Omni Classic and Omni Golden Fillet retain the sweet taste of mild white fish. Compared to real tuna, OmniTuna, the first ambient product of OmniFoods, is mercury-free and mimics the taste and texture of the fish. It is soaked in oil to recreate the “chunky texture of real canned tuna”. All the plant-based fish products are cruelty-free, cholesterol-free, antibiotic-free and hormone-free. OmniSeafood is an innovative product that contains omega-3 ALA derived from non-GMO expeller-pressed canola oil.

Visit omnifoods.co for more information.

With an ingredient list of non-GMO soy and wheat, and beetroot as the natural colouring, OmniMeat Luncheon offers a healthier alternative for luncheon meat fans without losing the firm yet tender meaty texture.

Local Company

WHO | **WhatIF Foods**
PRODUCT | BamNut Milk



Fuelled by the infinite possibilities of the Bambara groundnut, WhatIF Foods has created a line-up of products, including milk, instant noodles, shakes and soups.

is closely related to peanuts, you can expect a balanced nutty taste and creamy texture when you take a sip of BamNut Milk.

A common misconception about dairy alternatives is that they cannot match dairy milk in protein content. The Bambara groundnut is, however, naturally high in protein. One serving (250ml) of BamNut Milk is packed with 5.5g of plant protein, 500mg of calcium, 2.5mcg of vitamin D2 and 1.3mcg of vitamin B12 and is a great source of fibre as well. This plant-based milk is free of added sugar, so it is gentle on your digestive system.

With a smooth texture and impressive frothing properties, you can drink it on its own or incorporate it into your bakes, desserts and sauces. Fuelled by the infinite possibilities of the Bambara groundnut, WhatIF Foods has also created a line-up of products, including instant noodles, shakes and soups.

In particular, the creation of Bambara groundnut instant noodles is sweet news to a noodle-loving nation like Singapore. Instead of deep frying, the noodles are dehydrated through steaming and high-velocity air, resulting in up to 55 per cent less fat, more dietary fibre and more protein than the typical instant noodles found in the market.

Visit www.whatif-foods.com for more information.

While cow's milk is a staple in most Singapore households, the rise in veganism and lactose intolerance are key reasons why some consumers are shying from it. Fortunately, more plant-based milk substitutes are readily available online and in supermarkets. You can now find the same sweet and rich goodness of real milk in a plant-based alternative called BamNut Milk.

BamNut Milk is the brainchild of WhatIF Foods, a company started in 2014 by CEO Chris Langwallner and experienced scientists and executives in the food industry. It is the world's first plant-based milk made from the Bambara groundnut, a regenerative crop. An extremely hardy legume, this nutrient-rich crop requires minimal water and resources to survive and thrives in the toughest of conditions. Since it

Local Company

WHO | Sophie's Bionutrients

PRODUCTS | Plant-based and sustainable alternative proteins made from microalgae

The story of Sophie's Bionutrients is a story of drive, determination and passion. For over 50 years, Eugene Wang's family has been manufacturing and distributing vegetarian food throughout Asia and North America. When he realised his daughter Sophie had an allergy to shellfish, Wang decided to tap on his family's technologies to produce plant-based seafood, using potato starch and pea protein. Sophie's Kitchen, a plant-based seafood company, was born in 2010 in California.

Driven further by microalgae research, Wang's research project took him to Singapore where he won the \$1 million grand prize at The Liveability Challenge with Temasek Foundation. He started his first protein fermentation facility, Sophie's Bionutrients, the world's first food tech company to use microalgae and patent-pending technologies to develop 100 per cent plant-based and sustainable alternative proteins.

Conventional methods of growing microalgae rely on the use of sunlight and outdoor ponds. Sophie's Bionutrients is able to produce the alternative proteins at a faster rate and lower cost through its fermentation technology. The benefits are sustainable and multi-fold: a short time frame to harvest (three days), a reduced space footprint, a reduced need for energy and water, a zero need for herbicides, fertilisers, antibiotics or hormones, and lots of essential amino acids in the final product. In land scarce Singapore, this way of growing protein is a viable way to meet our

country's "30 by 30" target.

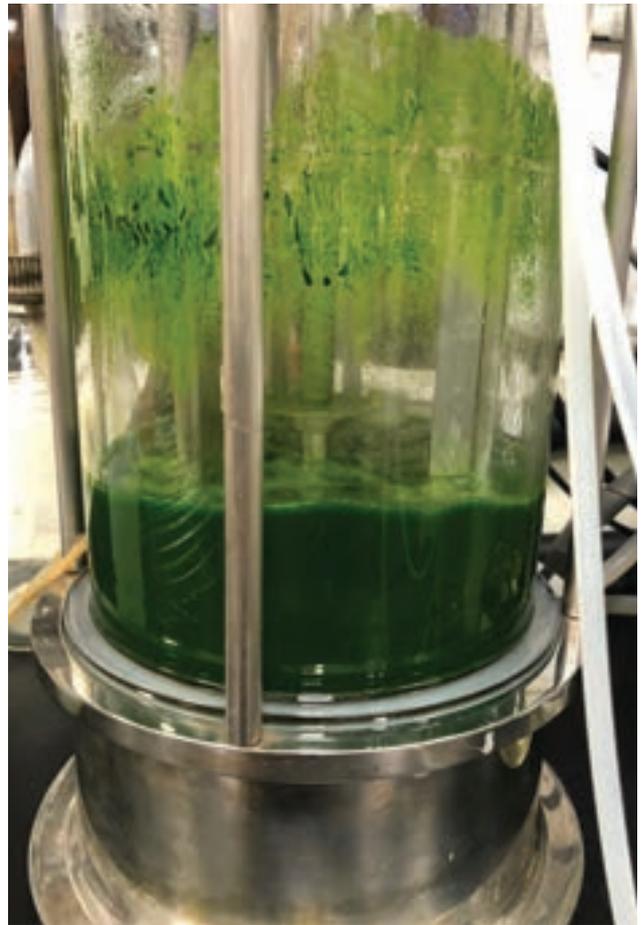
"We are developing different kinds of protein flours which can be used to make various types of plant-based meat, seafood and dairy products. This sector is growing really fast," says Wang. "There is a huge demand for new types of proteins to satisfy consumers' demands for more varieties,"

Based on its protein-rich flours, it has produced burger patties that have twice the amount of protein as beef or fish. To enhance its flavour, a mixture of 10 spices, such as paprika, nutmeg and cloves, is used to season the patty. The low-sodium burgers are also rich in vitamin B, including B12. The alternative meat can be minced or cubed and cooked in various ways - from grilling and deep frying to boiling.

The company has added dairy to their inventory with the introduction of its first microalgae-based cheese - a collaboration with Ingredion Idea Labs innovation centre in Singapore. This dairy-free cheese promises a tangy and umami taste profile, much like a cheddar, and is available as a semi-hard cheese or a spread. A one ounce serving of the semi-hard microalgae cheese provides double the daily allowance of B12. The best part is that it is sustainably harvested and has a low carbon footprint.

Visit www.sophiesbionutrients.com for more information.

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Flatbread with Karana Keema and Goat Cheese Dip

By Trish Yee

Novice | Prep 2 hrs | Cook 50 mins | Serves 4-5

KARANA KEEMA

Oil	2 tbsps
Bay leaf	1
Cardamom pod	1
Yellow onion, minced	1
Ginger garlic paste	2 tbsps
Minced Karana	400g
Ground black pepper	¼ tsp
Cumin powder	¼ tsp
Coriander powder	1 tsp
Turmeric powder	¼ tsp
Chilli powder	1 tsp
Garam masala powder	½ tsp
Tomato puree	200g
Water	120ml
Sugar	½ tbsps
Pepper	1 tsp
Salt	1 tsp

Heat oil in a pan over medium-high heat. Add bay leaf and cardamom and toss till fragrant.

Add in the minced onions and ginger garlic paste, and fry until aromatic and the onions are translucent.

Add Karana minced meat to the pan and sauté for 2-3 minutes.

Add the black pepper, cumin, coriander, turmeric, chilli powder and garam masala powder to the pan and give it a good stir.

Stir in the tomato puree and water, then let it simmer over low heat for 10-15 minutes.

Season with sugar, pepper and salt.

GOAT'S CHEESE

Goat's milk	1L
Vinegar	50ml
Salt	1 tsp

Heat the goat's milk until it reaches 85°C.

Add vinegar, then set the milk aside to rest for 10 minutes. Leave the milk to curdle.

Pour the milk mixture through a sieve that is lined with a cheese cloth and allow it to drain for around 1 hour. Add salt to the drained cheese and mix well.

Place the cheese into a mould or roll into a log. Leave it in the fridge to set until ready to serve.

FLATBREAD

Plain flour	270g
Baking powder	1 tsp
Salt	1 tsp
Garlic powder	1 tsp
Water	120ml
Olive oil	50ml
Melted butter, or use olive oil (for brushing)	1 tbsps

Combine the flour, baking powder, salt and garlic powder in a bowl and mix well. Create a well in the centre of the flour mixture, then pour the water in and knead for 5 minutes till you form a smooth dough.

Cling wrap the dough and let it rest at room temperature for 1 hour.

Dust some flour on a clean countertop. Roll out the dough to 0.3cm thickness, then use a 2-inch cookie cutter to cut dough into small circles.

Heat a non-stick pan over medium-high heat, and cook one side of the flatbread for about 1 minute, till it bubbles. Then flip it to cook the other side. There should be small golden-brown spots on both sides.

Brush the cooked flatbreads with some melted butter or olive oil.

To serve, portion out the goat's cheese and keema into separate dipping bowls, then arrange the flatbread on a board or serving dish. Serve hot.

COOKING TIP | Stack the flatbreads and wrap them in a damp tea towel as the moisture helps keep the bread moist.

Karana Rendang Salad

By Leon Lim

Novice | Prep 30 mins | Cook 1 hr | Serves 4

RENDANG PASTE

Shallots	5
Thumb-sized galangal	½
Lemongrass	3
Garlic cloves	5
Thumb-sized ginger	½
Dried chillies, deseeded and soaked in warm water	10
Cooking oil	60ml

Place all the ingredients in a blender or food processor and blend till you achieve a smooth rendang paste.

Stir fry rendang paste in a frying pan over medium-high heat until oil splits from the paste.

KARANA RENDANG

Cinnamon	1 stick
Cloves	3
Star anise	3
Cardamom pods	3
Lemongrass, pounded	1
Karana shreds	500g
Coconut cream	235ml
Water	235ml
Seedless tamarind paste	2 tsp
Kaffir lime leaves, thinly chiffonaded	6
Kerisik (toasted coconut)	6 tbsp
Sugar	1 tbsp
Salt, to taste	

Add cinnamon, cloves, star anise, cardamom and lemongrass to the pan and continue frying till fragrant.

Add Karana shreds to the pan and mix well. Transfer to a pressure cooker.

Add coconut cream, water, tamarind paste, kaffir lime leaves, kerisik, sugar and salt and allow it to cook for 30 minutes.

TO SERVE

Mixed greens (you can use kale and mesclun), as needed
Feta cheese, as needed

To assemble, arrange a base of mixed greens on a plate and top with Karana rendang. Sprinkle with some feta cheese, and serve immediately.



Matcha Panna Cotta with Salted Gula Melaka Caramel and Sweetened Red Kidney Beans

By Leon Lim

Novice | Prep 3 hrs | Cook 30 mins | Serves 4

MATCHA PANNA COTTA

BamNut milk	200ml
Coconut cream	100ml
Granulated sugar	30g
Matcha powder	2 tbsp
Gelatine sheets, bloomed in iced water	2½

Heat BamNut milk, coconut cream, sugar and matcha in a pot over medium heat, stirring until well mixed. Add gelatine sheets to the mixture and let it dissolve completely.

Pour panna cotta into ramekins or your preferred serving containers. Refrigerate for at least 2 hours.

SALTED GULA MELAKA CARAMEL

Gula melaka	100g
Water	50ml
Coconut cream	60g
Salt	A pinch

Heat the gula melaka and water in a small pot over medium-high heat.

Once the gula melaka starts to bubble vigorously, remove it from heat. After the bubbling slows down, add the coconut cream and mix well. Add salt and mix well.

SWEETENED RED KIDNEY BEANS

Red kidney beans, soaked overnight	90g
Water	300ml
Sugar	100ml

Combine all the ingredients in a pot and bring to a boil. Reduce to low heat and allow the mixture to simmer until the beans are tender.

To assemble, drizzle gula melaka caramel onto the matcha panna cotta and top it off with the sweetened red kidney beans.

COOKING TIP | Using salt in the gula melaka not only cuts through the sweetness of the caramel but adds a pleasant savoury note to the dish.



WhatIF Foods High-Protein Noodles tossed with Omni strips

By Ming Tan

Novice | Prep 10 mins | Cook 15 mins | Serves 2-4

SAUTÉED OMNI STRIPS

Mala chilli sauce	2 tbsp
Vegetable oil	2 tbsp
Garlic cloves, minced	2
Shallots, sliced	5
OmniMeat Strips	300g
Garlic chives, chopped	20g

Heat mala chilli sauce and oil in a large saucepan over medium heat. Sauté minced garlic and shallots for 2-3 minutes till fragrant.

Add OmniMeat Strips to the pan and sauté over high heat for 2 minutes. Add garlic chives and cook for another minute.

WHATIF NOODLES

Salt, as needed	
Water, for boiling	
High-protein noodles	3 portions
Cooking oil	2 tbsp
Superior soy sauce	1½ tbsp
Dark soy sauce	1 tsp
Toasted sesame oil	1 tsp

Bring a medium pot of salted water to the boil, and cook high-protein noodles for about 2½ minutes, until al dente. Place cooking oil, superior soy sauce, dark soy sauce and sesame oil into a large bowl. Drain the noodles and immediately toss in the bowl to coat them, adding one or two tablespoons of the noodle cooking water if needed.

TO SERVE

White leek, finely sliced	1
“Bai ye” beancurd sheets, finely julienned	50g
Seasoned Chinese kelp seaweed, finely sliced	70g
Toasted sesame oil	1 tsp
Superior soy sauce, to taste	
White sesame seeds, toasted	2 tbsp
Fresh coriander leaf, chopped	
Spring onion, chopped	

Clean and remove the root end of the leek. Finely slice and soak the leek in a bowl of iced water.

To assemble, plate noodles on a serving dish, then top with the OmniMeat Strips. Arrange beancurd strips and kelp seaweed on the side, then cover the entire dish with the leeks.

Drizzle toasted sesame oil and superior soy sauce over, and sprinkle with toasted sesame seeds.

Garnish with fresh coriander leaf and spring onions, and serve immediately.



Plant-Based Croquettes with Herb Mayonnaise

By Trish Yee

Novice | Prep 30 mins | Cook 20 mins | Serves 4-6

CROQUETTES

Olive oil	1 tbsp
Shallot, chopped	1
Portobello mushroom, chopped	100g
OmniMeat mince	230g
Chives, chopped	10g
Red bell peppers, chopped	20g
Salt	¼ tsp

Heat oil in a frying pan over medium-high heat. Add shallot and fry till fragrant. Add mushroom and cook for about 5-8 minutes until soft.

In a bowl, combine shallot, mushroom and OmniMeat. Mix in the chives and bell peppers. Season with salt.

Divide and roll OmniMeat mixture into eight equal-sized balls.

BREADCRUMB COATING

Flour	100g
Egg	1
Breadcrumbs	100g

Coat each ball with flour, egg and breadcrumbs. Repeat this step twice before frying in a pan, until golden brown.

HERB MAYONNAISE

Dill	25g
Chives	25g
Cilantro	25g
Olive oil	240ml
Egg yolk	1
Dijon mustard	2 tbsp
Lemon juice	1 tbsp

Blend the dill, chives and cilantro with olive oil in a blender until smooth.

Strain the mixture through a fine sieve or a cheese cloth. You should retrieve about ½ cup or 125ml of oil.

Place the egg yolk, mustard and lemon juice in a small bowl. Slowly whisk in the herb oil until emulsified.

Cover and refrigerate until ready to use.

To serve, pipe mayonnaise around the plate and arrange croquettes in the centre.

COOKING TIP | Instead of making the sauce from scratch, you can just add chopped herbs to store-bought mayonnaise.





Salted Caramel Pudding Cake

By Trish Yee

Intermediate | Prep 20 mins | Cook 50 mins | Serves 8-10

SALTED CARAMEL

Sugar	67g
Water	1¼ tbsp
Salt	½ tsp
Hot water	3 tbsp
Unsalted butter	2 tbsp

Melt sugar and water in a saucepan. Add in the salt, then let the mixture boil over medium heat. Do not stir during this process.

When the sugar mixture turns slightly brown, add in the hot water and butter. Remove from heat and spread the mixture evenly in an 8-inch baking tin.

Place baking tin in the freezer to let it set. Once done, remove from freezer and set salted caramel aside.

EGG CUSTARD

BamNut milk	300ml
Sugar	50g
Large eggs, beaten	3

Preheat oven to 140°C. Heat the BamNut milk in a pot over medium-high heat till it comes to a soft boil. Add sugar and stir till it dissolves completely.

Drizzle eggs into the milk off-heat, whisking to incorporate both together. Pour the egg custard mixture into the baking tin, over the caramel, and place in the oven.

Bake in a water bath for 20 minutes. Place the tin in the refrigerator to set completely.

CAKE SPONGE

Egg yolks	3
Caster sugar	15g
Sunflower oil	32ml
BamNut milk	36ml
Vanilla paste	1 tsp
Cake flour	40g
Egg whites	3
Caster sugar	36g

Preheat oven to 155°C. Whisk the egg yolks and sugar together until fluffy and white. Slowly pour in the sunflower oil, BamNut milk and vanilla paste, then mix well. Sift in the cake flour and fold till well combined.

In a separate bowl, whisk the egg white and sugar together until stiff peaks form.

Add ½ of the meringue into the cake batter, mixing gently until well combined. Repeat until the meringue is used up.

In the same baking tin with the salted caramel and egg custard, gently add the cake batter, then bake for 35 minutes, or until the surface turns golden brown.

Once the cake is baked, turn off the oven and leave the oven door ajar. Let the cake sit for 5 minutes before removing it from the oven.

WHITE CHOCOLATE CREMEUX

White chocolate	110g
Whipping/double cream	25g
Egg yolks	4
Caster sugar	38g
Gelatine sheet, bloomed in cold water	1
Vanilla pod	1
Whipping/double cream	200g

Combine white chocolate with whipping cream and melt using the double boiler method.

Whisk the egg yolks with sugar until they are fluffy and white.

Remove the white chocolate mixture from the pot. Slowly drizzle the egg yolk mixture into the white chocolate mixture, whisking till well blended.

Once the egg yolk mixture is fully incorporated into the white chocolate, return it to the pot to temper the yolk mixture. Stir the mixture at low heat till it reaches 81°C.

Squeeze the gelatine to drain excess liquid before adding it to the white chocolate mixture. Mix well until the gelatine dissolves completely. Slice the vanilla pod lengthwise and scrape out the vanilla from the pod. Add the vanilla to the mixture.

Remove the chocolate cremeux from the pot and transfer it to a bowl. Cling wrap the bowl, making sure the cling film touches the surface of the cremeux.

Once the white chocolate mixture has cooled down, whip the double cream till stiff peaks form. Fold the cream into the white chocolate mixture and transfer into a piping bag for plating.

CRUSHED PISTACHIOS

Pistachios	40g
Salt	A pinch

Preheat oven to 180°C. Toast pistachios in the oven for 5 minutes. Crush the pistachios using a mortar and pestle, then toss with salt.

TO SERVE

Edible rose petals

To serve, turn over the cake tin. The caramel should be the top layer. Cut the cake into rectangular slices (8x4cm), or into a size and shape of your choice.

Arrange the pieces of cake on one side of the plate and the crushed pistachios and edible rose petals on the other side. Squeeze dollops of white chocolate cremeux on top of the crushed pistachios and rose petals. Sprinkle more crushed pistachios and rose petals over the cake.

COOKING TIPS | Start on the cake only after you have finished making the custard. Leave the cake in the refrigerator overnight to allow the custard to set completely.

Vegan Banana Cake with Vegan Buttercream Frosting

By Leon Lim

Intermediate | Prep 30 mins | Cook 45 mins | Serves 4

VEGAN BUTTERMILK

BamNut milk 120ml
Lemon juice ½ tbsp

Preheat oven to 180°C.

Combine BamNut milk and lemon juice in a bowl and mix well. Set aside to let it curdle.

VEGAN BANANA CAKE

Vegan butter or margarine, softened 76g
Granulated sugar 100g
Brown sugar, packed 55g
Pure vanilla extract 1 tsp
Cake flour 195g
Baking powder 1 tsp
Baking soda ½ tsp
Ground cinnamon ½ tsp
Salt ½ tsp
Large ripe bananas, mashed 2

In a stand mixer, cream butter, granulated sugar, brown sugar and vanilla extract in a bowl until well blended and fluffy.

Add cake flour, baking powder, baking soda, cinnamon, salt and the buttermilk mixture in, alternating, until all the ingredients are fully blended.

Mix the bananas into the cake batter.

Pour cake batter into a 7-inch cake tin and bake for 45 minutes or until a skewer inserted into the cake comes out clean.

VEGAN VANILLA BUTTERCREAM

Vegan butter or margarine, softened to room temperature 215g
Icing sugar 190g
Pure vanilla extract 1 tsp
BamNut milk 1 tbsp

In a stand mixer, cream the butter and icing sugar together until the sugar is fully mixed in and the buttercream is smooth.

Add the vanilla extract.

Add BamNut Milk, to thin out the buttercream.

TO SERVE

Walnuts, chopped

To assemble, place banana cake on a cake stand and smear buttercream over the top of the cake with an offset spatula.

Sprinkle walnuts and serve.

COOKING TIP | : Adding a tablespoon of lemon juice or apple cider vinegar to a cup of plant-based milk will make it curdle, forming a vegan buttermilk that will help to keep the cake moist.





Yong Tau Foo Portobello Burger with Thick Cut Fries

By Leon Lim

Novice | Prep 1 hr | Cook 30 mins | Serves 4

KARANA PORTOBELLO MUSHROOM PATTIES

Portobello mushrooms	4
Karana mince	480g
Olive oil	2 tbsp
Salt and pepper, to taste	

Preheat oven to 80°C. Clean mushroom caps with a damp cloth or kitchen towel, then scrape the gills out with a spoon.

Measure out 120g of the Karana mince, and spread it over the underside of the mushroom caps. Season mushrooms with salt and pepper on both sides.

Heat oil in a frying pan or grill pan over medium-high heat. Place the mushrooms, Karana mince side down, on the pan and let it brown for about 3 minutes.

Flip the patty over and let the portobello caps brown on high heat, for another 5 minutes.

Once ready, transfer the patties to a baking tray and cook in the oven for about 10 minutes, until the patties are cooked through.

THICK CUT FRIES

Large russet potatoes, 4
peeled
Oil, for frying
Salt, to taste

Slice potatoes into ¼-inch strips. Place potato strips in a bowl of cold water.

Once all the potatoes are cut, rinse them under cold water in the bowl until you see that the water is clear. This is to rinse off any excess starch from the potatoes.

Place potato strips in a container and fill with cold water, and place in the refrigerator to chill for about 30 minutes.

Drain the fries from the cold water bath and pat dry with a clean kitchen towel.

Heat the oil in a deep saucepan over medium-low heat, at about 150°C. Cook the potato strips in hot oil for about 6-8 minutes, or until they are soft and slightly golden.

Using a wire mesh skimmer, remove the fries from the oil and transfer them to a paper-lined pan to drain.

To get crispier fries, double fry them. Return the fries to the oil and let them cook for 2-3 minutes or until they are golden brown and crispy. Drain them on a kitchen paper towel, then salt them generously and serve immediately.

YONG TAU FOO SAUCE

Oil 2 tbsp
Garlic, minced 1 tbsp
Light soy sauce 120ml
Water 120ml
Oyster sauce 2 tbsp
Tau cheo 1 tbsp
(fermented soybean paste)
Sugar 1 tbsp
White pepper ½ tsp
Corn starch, mixed with 4 tbsp
Water 2 tbsp

Heat oil in a frying pan over medium-high heat. Add minced garlic and fry till fragrant.

Add light soy sauce, water, oyster sauce, tau cheo, sugar and white pepper and mix well.

Thicken sauce with the corn starch mixture and set aside.

TO SERVE

Brioche buns 4
Butter, as needed
Lettuce, as needed

To assemble, slice brioche buns into half, then butter and toast them on a skillet till they are slightly crusty.

Place lettuce on the base of the burger, then top with the Karana portobello mushroom patty. Drizzle yong tau foo sauce over it, and serve with thick cut fries on the side.

COOKING TIP | Cook the patty over high heat, preferably on a grill pan to get the distinctive grill marks, before finishing the patty in the oven so that it is cooked through.



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