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RETHINK DESSERT ART
with Chef Cindy Khoo's symbolic creations on ideas, knowledge and transformation.

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NO MORE CONVENTIONAL MEAT,
urges Josh Tetrick, Co-founder and CEO of Eat Just.

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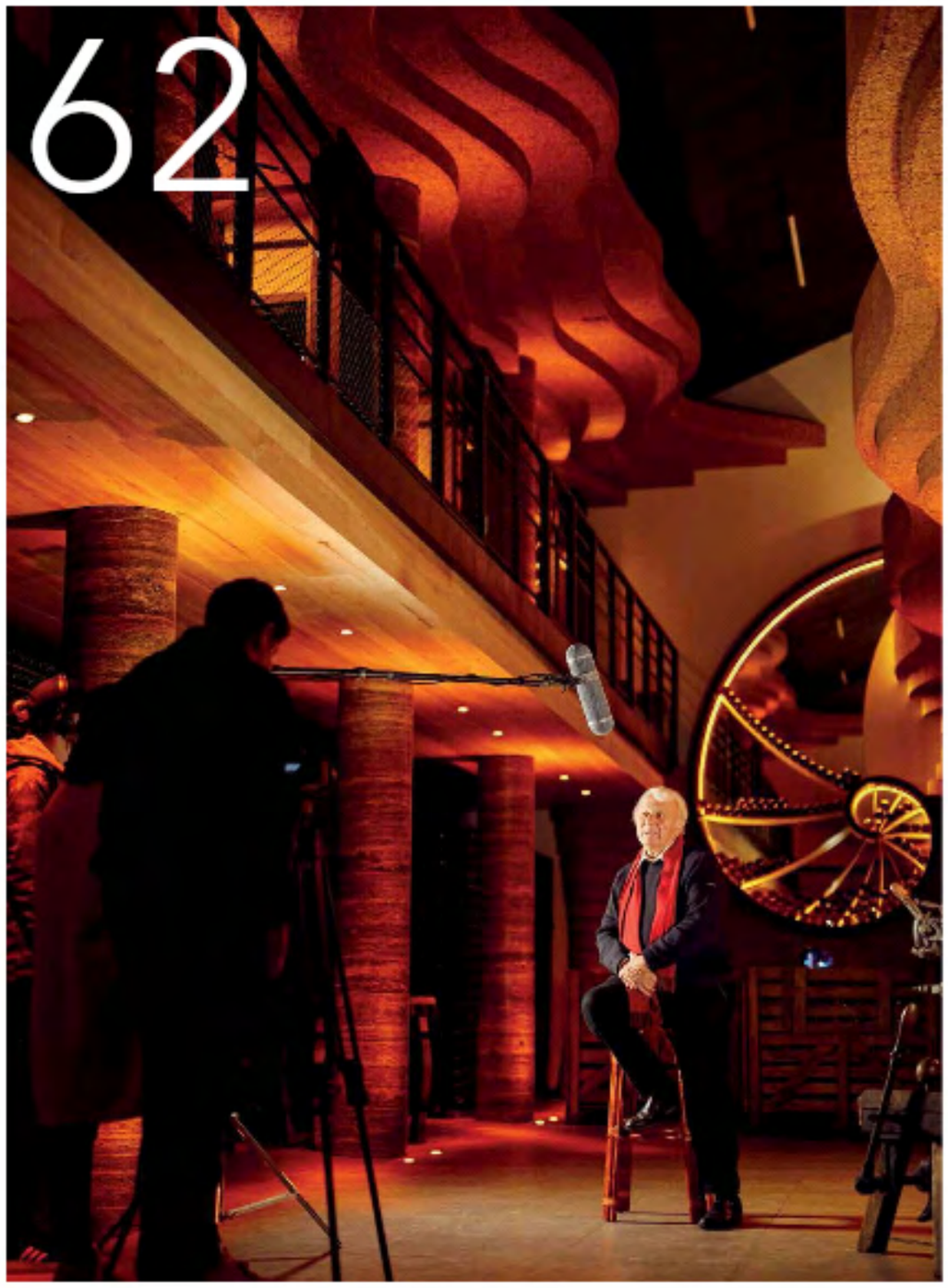
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Esther Faith Lew
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e We love to hear your feedback
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KEEPING UP WITH THE JETSONS – NOT THE SMITHS

The past and the future have collided and become reality. The space-age lifestyle of the characters in The Jetsons cartoon, first aired in 1962, reflected a utopia that is fast in the making. Flying cars are already here. Germany-based Volocopter has marketed its VoloCity craft as the first licensed electrically-powered air taxi; and Japanese start-up Skydrive has partnered Toyota to test its all-electric air taxi; just to name a few.

But perhaps, the technologies that are the most difficult to get our heads around are those that concern our love for fine food. As epicureans, we are so psychologically tuned into the sensory pleasures of enjoying savoury, tantalising food that have come from conventional premium produce that the mind goes blank when we cannot bring up those mental associations. For some, that is the dilemma posed by 3D printed and lab-grown meats. For others, it's more matter of fact, and boils down to the agenda of protecting our planet.

As epicure embarks on its 11th year of publishing, I would like to invite our readers to rethink and relook how they perceive food and its industry players as we highlight stories of invention, reinvention and transformation in this issue. The food technology space serves a bigger purpose in disrupting our existing food supply chain for the better good, and we find out more about the reality of 3D food printing and cultured meats from two of the biggest players on the market – Eat Just and Redefine Meat on **p34**. We also interviewed Josh Tetrick, CEO & Co-founder of Eat Just **(p56)** to find out more about his mission as a social entrepreneur. As he rightly emphasises, the success of his company and others in providing large-scale production and distribution of affordable alternative food products would mean that populations in countries affected by poor agricultural production will be saved; and that zoonotic diseases will be eliminated, among other issues.

We highlight two other enterprising individuals who are making the headlines in their respective fields: Michael Baum, a Silicon Valley technopreneur and Founder of Vivant, who is harnessing tech to change the world of wine **(p60)**; and Kevin Kwee, Co-founder of Kai Suites, who has launched Singapore's first-of-its-kind luxury hotel for postpartum care **(p64)**.

In our Entertain spread, we showcase dessert art that is different from the norm; it is not displayed in its usual glory to tempt your taste buds. Rather, it is 'hidden' as part of the landscape it is in to represent its significance in our lives. Think of it as an intellectual engagement instead of an emotive one. Think about the meanings behind the dessert art represented by the butterfly, the pearl, the honeycomb, the coffee capsule on **p18**. They may not be presented as your usual tempting desserts, but they will not disappoint in taste. Created by Executive Pastry Chef Cindy Khoo from D9 Cakery, these desserts are just several of many versatile creations that continually surprise diners at her patisserie. Read more about Chef Khoo on **p14**.

We also caught up with Chef André Chiang who recently made his film debut in *Andre and his Olive Tree* to find out how he continues to inspire himself and take even further strides in his artistic vision **(p10)**. Other chefs from the region also shared their thoughts on the past year and how they will continue to reinvent themselves in the future **(p28)**.

Last but not least, I would like to welcome Master of Wine Richard Hemming, our contributor for our new Master Notes column. In his debut column, he talks about the necessity of vinovation amidst the traditions of wine making **(p52)**.

Enjoy your read!

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CULINARY

Epicure's Choice

ROYAL DURIAN

Royal Durian, the only five-star Mao Shan Wang specialist in Singapore partners Udders to create the premium **Emperor Mao ice cream**, which is probably the strongest Mao Shan Wang ice cream available. Each scoop weighs more than half its weight in pure Mao Shan Wang flesh, giving durian lovers a satisfying creamy mouthfeel and intense flavour to linger over. Emperor Mao is available at all Udders outlets at $9.90 a scoop, or online at the Udders e-store at $10.90 a scoop. Enjoy it with Udders' signature waffles for double the pleasure, which can be purchased in a convenient frozen pack of 2, available at all Udders outlets at $9.90, or order online from the Udders e-store, GrabFood, Deliveroo and Foodpanda at $10.90.





PHOTO COURTESY OF **LA GRANDE DAME 2012 BY YAYOI KUSAMA**

VEUVE CLICQUOT

The House of Veuve Clicquot and Japanese artist Yayoi Kusama collaborate once again to celebrate the launch of the new vintage **La Grande Dame 2012 by Yayoi Kusama**, which features a uniquely designed bottle retailing at $268. Kusama has also designed a vibrant flower that enwraps 100 limited-edition bottles to symbolise vital energy, love and celebration of life. Named "My Heart that Blossoms in the Darkness of the Night", this original creation is dressed in the artist's signature polka dots, flowers and iconic symbols design. La Grande Dame 2012's blend showcases 90% Pinot Noir, magnified by 10% Chardonnay from the Grands Crus of Avize and Mesnil-Sur-Oger in the Côte des Blancs. Find your store on ***veuveclicquot.com***

CULINARY
Flavours

THE DEEP SOUL OF CATALAN CUISINE

BY PRIYANKA ELHENCE



Restaurant Gaig Bomba de la Barceloneta with brava sauce and all-i-oli

PHOTOS COURTESY OF **RESTAURANT GAIG**

Common misconceptions around Catalan Cuisine and understanding what Catalan gastronomy is really about.

Catalan cuisine is usually unfortunately regarded as just another type of Spanish food. But in essence, Catalan cuisine has a following of its own, with an emphasis on eating local produce as much as possible from the rich region of Catalunya. One of the biggest misconceptions about Catalan cuisine, in general, is that people think that Catalan food is like typical Spanish food, revolving around tapas, paellas, suckling pig and jamon.

But nothing could be further from the truth, as none of those dishes are actually representative of the Catalan region. Catalunya's strength lies in its location, hence the cuisine is all about seasonality and taking advantage of the region's abundant resources.

One of the most well-known concepts representative of authentic Catalan food is the mix of seafood and fish with meat, called *mar i muntanya* (mountains and ocean). The rich Catalunya region spans from the Mediterranean coastline to the Pyrenees mountains inland, and thus is a treasure trove when it comes to enjoying fresh seafood year-round, along with seasonal vegetables and produce from the land too. Quite

CULINARY

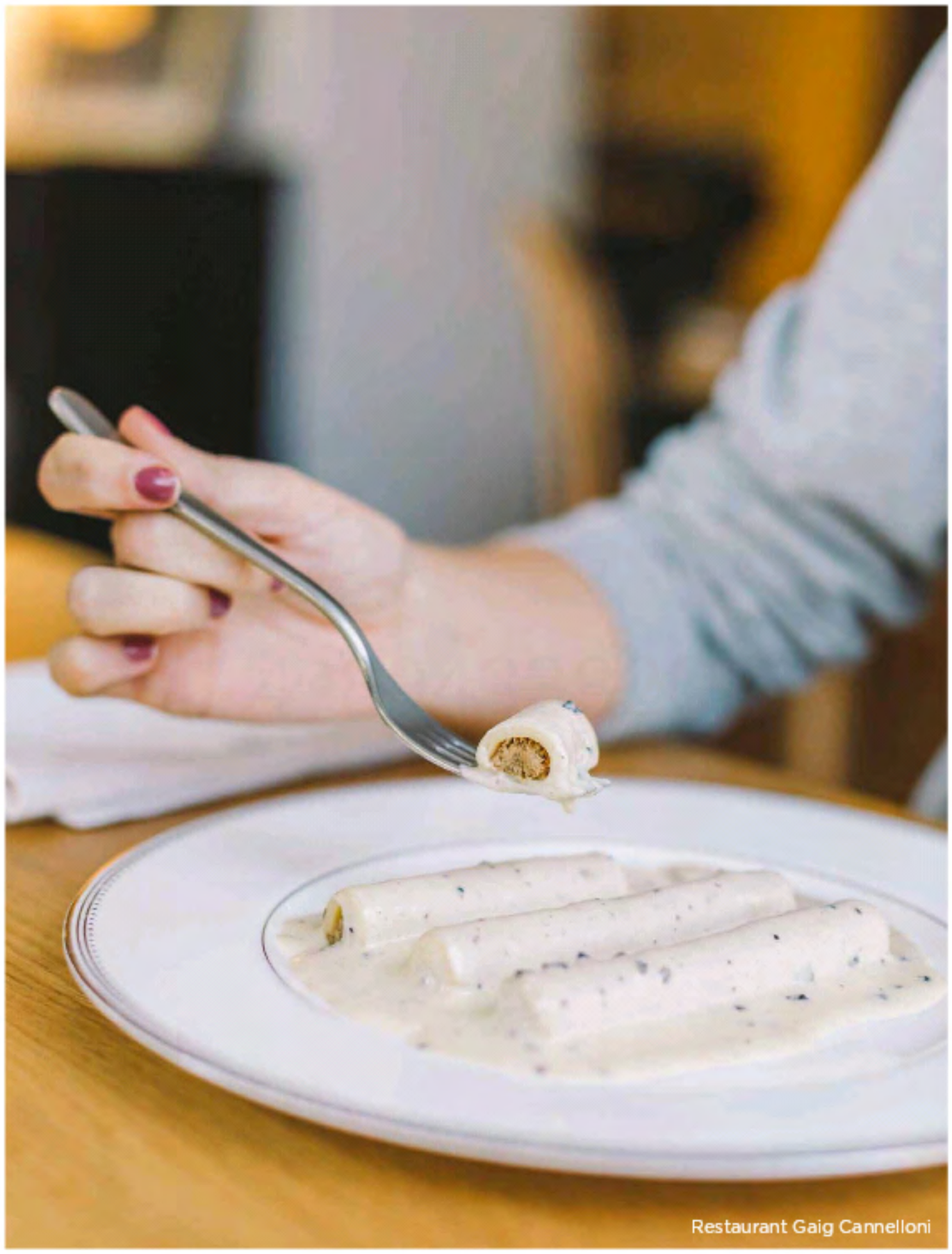
Flavours

a difference when you consider that Madrid is located near the mountainous region, so their dishes tend to be more meat-focused.

Another difference between Catalan cuisine and typical Spanish fare is its heavy use of nuts and garlic. "Due to our location we do have a strong influence from French cuisine, so many of our stews feature *picada*, a mix of garlic, nuts (usually almond and hazelnut), parsley, and olive oil to help to thicken stews and bring a bit of texture," says Martí Carlos Martínez, Executive Chef at Restaurant Gaig on Stanley Street.

Menu highlights at Restaurant Gaig that pay homage to the integral *mar i muntanya* concept include the *Quail escabetx*, a centuries-old recipe in which pheasants and quails are preserved in a marinade of white wine vinegar, with a touch of sherry vinegar to soften its sharpness, before being braised with vegetables in a reduction of the marinade.

Another pillar of Catalan cuisine is the *sofregit*, a base made of onion, capsicums, carrot and usually tomato. Most Catalan dishes start with this base before adding different ingredients to achieve various layers of flavour profiles. "If I have to choose one of the most known dishes in Catalan cuisine, it will be the *Pà amb tomquet*, a simple slice of toast bread with tomato spread on top of olive oil and salt; garlic is optional on it", shares Martínez. "Catalunya is a distinctive region. We have a long history of culture, festivities and linguistic traditions. We are very proud and passionate about our traditions, language and cultural practices, and have preserved and practised them for centuries," he says.



Restaurant Gaig Cannelloni

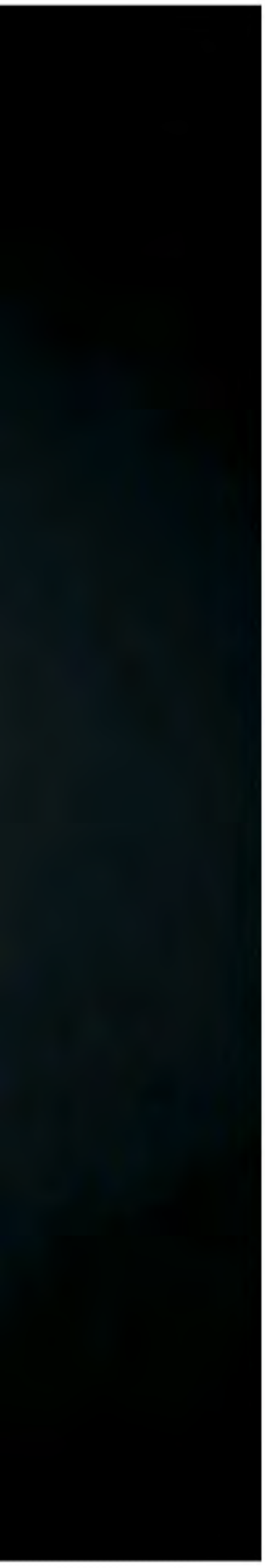
Despite the passion for preserving traditions, Martínez is a whiz at creating new and modern reinventions of Catalan cuisine. For instance, a refined interpretation of popular Spanish fritters emerges in his *tortilla de camarones*, where crisp caridean shrimp flank a delicate film of sakura ebi encrusted over a paper-thin dough base along with lemon mayonnaise.

CULINARY

Top Toque



André Chiang



THE PERFECT JOURNEY

BY
PRIYANKA
ELHENCE

André Chiang. A name that needs no introduction anywhere in the world. Born in Taiwan, 44-year-old Chiang first fell in love with cooking as a result of his mother's influence and started his career when he moved to the south of France at the young age of 15. 15 years later, he returned to Asia as a mighty culinary force and visionary to be reckoned with, a man who refused to be defined even by his own success.

Chiang honed his culinary skills with work experience amassed under the greatest masters of French Nouvelle cuisine such as Alain Ducasse, Pierre Gagnaire, the late Joël Robuchon, Michel Troisgros, Pascal Barbot, and Jacques & Laurent Pourcel. Despite starting at the lowest rung, Chiang quickly rose up the kitchen ranks, proof of his skill and tenacity. Case in point, Chiang was invited to apprentice as a commis at Pourcel's three-Michelin-starred restaurant Le Jardin des Sens in Montpellier, France just three years later when he turned 18 years old. It was there that he created 'Memory' - a whipped foie custard topped with a coulis of wild mushrooms and Perigord black truffles – which eventually became a mainstay on all his degustation menus at Restaurant André, while other elements of his menus changed on a seasonal basis.

Chiang's restaurants constantly graced Asia's 50 Best Restaurants list, with his eponymous two-Michelin-starred Restaurant André at #2, Burnt Ends Singapore at #10, and RAW Taipei at #24 and Best Restaurant in Taiwan, in 2017. And with good reason too. For instance, when he opened Raw in Taipei in 2014, Chiang sparked a new wave of mod contemporary dining in Taiwan as he designed seasonal degustation menus that heroed local ingredients inspired by Taiwanese classics but presented through modern creations. Who else could recreate street food snacks such as tea-braised eggs into molten-centered quail eggs cooked in an earl grey-bay leaf concoction. Mad? Perhaps. Successful? Without a doubt. Unsurprisingly, Chiang's determined approach to RAW also saw the restaurant earn two Michelin stars.

Not one to be afraid of change, culinary prodigy turned perfectionist chef André Chiang's definition of success lies not in the number of stars and accolades he earns. Rather, for him, the measure of success lies in how his legacy of Sichuan cuisine is carried forward

CULINARY

Top Toque

But in a shocking move, Chiang shuttered his 30-seater Restaurant André for good in 2018 shortly after he announced to Singapore (and the world) that he was returning his Michelin stars and was returning home to Taiwan after 30 years.

Singaporean filmmaker Josiah Ng's recently released documentary titled *André and His Olive Tree* shed light on aspects of Chiang's rarely seen personality and attempt to answer "Who is André?" as he "designs his own personal framework, almost DNA-like, based on true self-knowledge and to encourage his own creativity". Even now as he trains other Chinese chefs to keep the Chinese culture flag flying high on the international stage, Ng discovered that Chiang wasn't concerned about the legacy he's leaving behind. Instead, he says, "What I do care about is 'how to carry on the legacy of Chinese cuisine?' If there's one thing I would love to leave behind, is to set a world-class standard of Chinese cuisine (Sichuan cuisine) for everyone to really appreciate the beauty of our culture."

We caught up with Chiang to find out more about his quest for perfection and what his next conquest would be, as he is one to never rest on his laurels. For this natural born leader, leading the charge is second nature to him, as is creating waves of change.

How would you describe your evolution as a chef and as a creator?

A chef manages the kitchen, cuisine and produce, creating a memorable dining experience; however a creator manages the entire experience, from branding, strategy, CRM, to dining and design, including leading a trend or a topic which will eventually influence people's behaviour and thoughts.

Tell us more about octaphilosophy

Octaphilosophy is my principle of cooking; it stays and follows me wherever I go.

In a nutshell, it's my culinary principle, the backbone of my creative process at Restaurant ANDRÉ and a dining experience centered on an eight-pronged philosophy that describes my culinary ethos and the elements that shaped my past and dreams. Each dish on my degustation menus showcase a different interpretation of my philosophy's eight elements: memory, artisan, pure, salt, south, terroir, texture and unique.

Josiah Ng's *André and His Olive Tree* documentary addressed Chiang's obsession with results and perfection in a country like Singapore, and exploring the Asian culture's definition of success.



Octaphilosophy defines Chiang's principle of cooking

How do you define success and what is the significance of the olive tree to you?

Success means that you have the ability to make many more people succeed or to help many more people around you pursue their dreams. To me, the olive tree represents my "original intention" of one part of me in France, one in Singapore, and one in Taiwan. It's about "what I want to be", "who I am", and "where I belong".

What were your reasons for returning the coveted stars and would you do it all again?

Will you try to be in a beauty pageant competition just to prove you are beautiful? There are things in life that we chase, and could live without. I will definitely do it again, anytime.

Why are creativity and reinvention important to a chef?

The importance is the same reason as why we need different artistic eras such as the Victorian age; Art Deco style; the 80s; the 90s; and the Contemporary period to define different styles. I define mine as Modernism, which represents living in the present and appreciating the precious moments of where we are right now, giving a definition of the present to each generation and history. To reinvent is to continually create; it is like re-writing the history of food to reveal new truths.

PHOTOS COURTESY OF **ANDRÉ & HIS OLIVE TREE BY JOSIAH NG**

CULINARY

Top Toque



On a mission to create a new era of Chinese-French cuisine in Asia

How do you want to be best remembered?
I would like to be remembered as "The Chef that created a new era of Chinese cuisine and French cuisine in Asia". It is our mission to create a new era of things; we should all have that mentality and take pride in it. I want to be remembered as the chef that sets a world-class standard and example for all Asian chefs; the first person making Asia proud by using European interpretation and technique to redefine Chinese cuisine.

There are perfectionists... and then there is you. How would you describe perfection?
I like to describe perfection as a painting. Before you start painting, you already have a vision of what you want to paint; how you want to paint it; or sometimes, why you want to paint. So, who sets the standards of perfection? Who should define what "perfect" is? For me, perfection is the original purpose and intention of why I'm doing what I do, and eventually I achieve my own expectation of purpose.

Looking back at your 'simple man' beginnings, how has your personal story evolved and what would you change?
We all got lost somewhere, somehow along our journey, chasing some unnecessary goals that we thought were the real purpose of our life. Some return to their original intention, but some don't. I'm still that "simple man", and I'm glad Restaurant André reminded me to stay true to myself.
I wouldn't want to change anything.

How important is sustainability and how do you apply it?
Sustainability is a necessary and basic practice to our generation – sustainable practices in local produce, local team, local clientele and local inspiration. I apply the same principle to all my nine restaurants around the globe.

You are an incredible visionary. What's next on your horizon?
Being the "Ambassador" of Asia's cuisine. I want to analyse, redefine and globalise Asian cuisine in front of the world, and help each culture and cuisine find its own uniqueness and language. e

SWEET THINGS

With her edible forms of art, young Executive Pastry Chef Cindy Khoo of D9 Cakery at Hilton Singapore is a force to be reckoned with when it comes to innovative flavour pairings and unusual pastry profiles

BY PRIYANKA ELHENCE

It's not often that one hears of an engineering graduate who takes the world of pastry by storm. The young Executive Pastry Chef Cindy Khoo helming D9 Cakery at Hilton Singapore was actually doing a part-time café stint when she fell in love with cakes, and despite the unexpected tangent, started seamlessly on her pastry journey.

Always having been fascinated by architecture and modern art, Khoo was most interested in making her creations edible forms of art, a challenge that she still enjoys till date. Lauded as one of the youngest executive pastry chef in town, this innovative chef is known for her unusual flavour pairings in her wanderlust-inspired edible art confectionary pieces. Indeed, one look at her butterfly creation on our cover tells you the calibre of this talented chef.

We spoke to Khoo in detail about what makes her tick, her inspirations, her journey so far and what we can expect next from her.

What is it about desserts and confectionaries that makes you so passionate about them?
I started my career as a barista in a café during my college days and that was the time when I discovered my passion in creating desserts and confectionaries. Desserts are "happy food" that can be enjoyed at any time of the day and are always presented as a sweet ending to a meal which never fails to bring a smile to customers' faces. It is always a pleasure to see their big smiles and to hear their feedback, whether positive or negative, all of which are insightful for my next creations.

I also enjoy exploring the various types of baking techniques, pairing of different unique ingredients from fruits to floral scents, tea blends, herbs and vegetables as well as styling and designing artisanal cakes that look like edible art pieces.

How do you push boundaries in the highly competitive world of pastry?
I agree that the pastry/baking industry is highly competitive and there are many pastry/cake shops in Singapore. In order to stand out from the crowd, it is essential to keep up with new trends, launch new innovative and seasonal products regularly and stand by your cakery's core values. At D9 Cakery, we believe in producing artisanal, edible art pieces of artfully crafted cakes, pastries and patisseries which are baked daily using the finest imported and seasonal ingredients.

PHOTOS COURTESY OF **HILTON SINGAPORE**

CULINARY

Features

Travelling is an important source of inspiration for me as I am mostly inspired by the visual cues of my surroundings. Each time I travel or even when I'm exploring Singapore as a 'tourist', I enjoy visiting the museums and gardens to look at the architecture, and to get close to the flora and fauna for inspiration on design and flavours. I also like to spend time reading and doing market research to keep abreast of current trends and baking techniques as well as experiment with unique flavour profiles, ingredients, cooking methods and cake designs.

As a chef, how important is it for you to evolve and reinvent your creations?

I advocate continuous learning and development of skills and knowledge across any industry. It is even more important for a pastry chef to constantly challenge themselves and to think out of the box to expand their creativity, especially on visual presentation. Particularly in Singapore, where people are generally well-travelled and with the country being a melting pot of cuisines, people have easy access to a variety of cuisines, flavours, unique ingredients and food trends. Over the years, I think that Singaporeans have set higher expectations for the food scene and for pastries in particular. There is a lot more emphasis on visual presentation and flavours.

Regarding recent trends, there is an increasing demand for fruity flavours, quality and healthier options of cakes and pastries which are less sweet and cater to specific dietary preferences. We're launching D9 Cakery's cake refresh this month, so look out for new menu additions such as the Flourless Double Chocolate Cake, a six-layered gluten-free chocolate cake inspired by D9 Cakery's new signature Double Chocolate Cake with eight layers, a yoghurt cocoa sponge and the combination of two types of the finest Valrhona chocolate.



There will also be a refreshed fruit pastry collection of unique flavour pairings such as Mango Osmanthus Lychee, Orange Blossom with Black Sesame, Ume Hojicha Chocolate as well as Earl Grey with Nectar Peach

If you could go back in time, what would you have done differently?

Besides developing a passion in baking, I enjoy listening to music and playing the saxophone. I was a saxophonist during my school days for close to seven years. If I could go back in time, I would have spent more effort in pursuing both passions in baking and brushing up my skills in music as it is still my creative muse. Sometimes, during my off-days, I would indulge in some of my classic tune picks such as Suite No.3 in D Major, BWV 1068 and the all-time favourite — La Vie En Rose to get inspired.

D9 Flourless Chocolate Cake



How do your French & Japanese educational background and skills hone your own skills?

I enjoy travelling and two of my favourite cities which I visit almost every year are Paris and Tokyo. When you think of pastries and desserts, Paris will be top on the list as it is a city filled with artisanal bakeries in almost every corner. And Tokyo is a city that is brimming with its own energy and culture. The precision and consistency of flavours and techniques showcased by their patisseries are remarkable.

Every culture adopts different baking styles and techniques. I love experiencing new cultures and trying new desserts which help me to expand my creativity and knowledge, especially when experimenting with new creations. Besides being innovative, it is also important to ensure that the creations are relevant to your customers. I adapt the various baking techniques, designs and flavour profiles to best cater to the local Singaporean palate.

Any personal challenges that you've faced as a pastry chef to get to where you are today?

There is no secret to success but with a strong tenacity, passion and diligence, it will take you far. As one of the youngest Executive Pastry Chef in Singapore, I have to put in double the effort and work harder in order to set an example as a role model for my team. It is okay to fail, but you must never quit. I have learnt to keep an open mind to trial and error, experiment and spend time to read up on new trends and ingredients. You must first believe in yourself before convincing others that you can achieve and excel better than others.

As a chef, we spend most of the time in the kitchen and we will have to sacrifice our personal time in order to deliver and complete tasks in time. However, I truly believe that in everything that you do, it is most important to be passionate, to enjoy what you do and make the best of your time. e

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Raffles Bali

The sparkling beauty of Jimbaran Bay is an inseparable part of the experience when you stay at **Raffles Bali**. The bay is home to a long stretch of beach, a vibrant fishing community and photogenic sunsets that make the island as famous as it is. Situated on a vast parcel of land, the resort pays tribute to the locale through its thoughtful design, cuisine and wellness offerings. With just 32 private pools villas and exclusive access to Jimbaran's secluded beach, the resort elevates the luxury of privacy to another scale.

During the holy month of Ramadhan, the resort offers two special stay packages, suitable for couples and families alike. Experience a two-night stay at the Ocean Pool Villa or Two-Bedroom Ocean Front Villa with a myriad of inclusions.

You can expect a flawless experience and restive stay with VIP arrival assistance, return airport transfer and dedicated 24-hour Raffles Wellbeing Butler services. The 470 sqm Ocean Pool Villa is designed with comfort and beauty in mind, from its dark hardwood floor to the rustic rattan furniture. Unwind and spend a leisurely day by the pool or take naps under the gazebo's shaded daybed. If you travel with children, you will find the 900 sqm Two-Bedroom Ocean Front Villa's spacious lounge, dining, pool and garden area perfect for family bonding time.

For guests who fast during Ramadhan, pre-selected Suhoor dawn breakfast and sweet delicacies for Iftar breaking fast is included in both villa packages. Otherwise, enjoy daily a la carte breakfast at Rumari, daily afternoon tea at The Writers Bar and other culinary delights from executive chef Gaetan Biesuz and his team. From a one-time three-course dinner at Loloan Beach Bar and Grill to daily half-board dining for families who stay at the Two-Bedroom Ocean Front Villa, the dining experience inclusions at Raffles Bali is a treat that you must not miss.

Taking care of your physical and emotional well-being is a priority at Raffles Bali. Ask your butler to book one of the Raffles Spa's signature beauty and wellness treatments at The Sanctuary, the resort's hidden hillside treatment suite. Inspired



Loloan Beach Bar & Grill

by Balinese and South East Asian traditional healing tradition, you can also sign up for the spa's holistic practices, be it yoga and meditation or Reiki and sound healing. There is no better time to spend time with your loved ones and mindfully count one's blessings after a challenging year.

The offer is valid for a period of stay from 10 April to 7 May 2021, this Holy Ramadhan package starts from Rp31,000,000 for the Ocean Pool Villa and Rp73,852,800 for the Two-Bedroom Ocean Front Villa. Booking period is until 5 May 2021.
For reservations, please email bali@raffles.com

Raffles Bali
Jalan Karang Mas Sejahtera 1A, Jimbaran, South Kuta 80361 Bali
Tel: +62 361 2015800
raffles.com/bali

ENTERTAINING

Cover Story

What does dessert art symbolise?

In this 11th anniversary issue, we invite readers to take a different perspective in appreciating food intellectually as symbols for transformative journeys, rejuvenative self-development, pollination of ideas and nurturing pearls of wisdom.



Concept
Esther Faith Lew

Art Direction & Styling
Alicia Chow Kirwan

Photography
Ching

Location & Recipes
Hilton Singapore, D9 Cakery

Styling Props
Honey Pot, Europ Felix
Lord wine glass,
Royale de Champagne
Tray with handles,
Europ Felix



MANUKA HONEY CEREALS TART

SERVES 20

PREP TIME 30 mins

COOK TIME 8 HRS

OAT STREUSEL

44.95g Butter
44.95g Brown Sugar
56.2g Ground Oats
44.95g Flour
a pinch Sea salt

Mix ingredients together in a bowl and make a dough.

Roll the dough to 2.5 mm and cut out into a hexagon shape without removing from the cutter.

Place in chiller and prepare for cereals mix.

CEREALS MOELLEUX

60.8g Egg
23.4g Yolk
84.2g Sugar
102.9g Ground Cornflakes
23.4g Flour
51.5g Butter
37g Egg White
20g Sugar

Whisk together the egg, egg yolk and sugar in a mixer until the mixture starts to foam. Add in ground cornflakes flour and melted butter. Mix well and set aside.

Whisk together egg white and sugar to create a meringue

Fold in the first mixture and meringue. Mix well.

Pipe into the hexagon mould prepared earlier, stop when half full. Bake at 170 degree Celsius for about 10 minutes.

HONEY MOUSSE

125g Manuka Honey
250g Whipped Cream
42g Icing Sugar
200g Yoghurt
5.5g Gelatine sheet

Bring Manuka honey, yoghurt and gelatine sheet to melt in a microwave.

Whisk cream and icing sugar together in a mixer.

Once the cream can form soft peaks, add in a little to the gelatine mixture and mix well.

Lastly, fold in both mixtures well.

Pipe the mousse into the baked cereal hexagon till it reaches the top of the mould.

Set in the freezer for 1 hour.

CHOCOLATE COATING

200g Jivara 40% Chocolate
100g Cocoa butter
20g Yellow colorant

At 40 degree Celsius, coat the tart with the mixture and set it aside.

Spray with a spray gun again for texture. Lastly, decorate with honey.

Styling Props
Mer de Corail Small Shell, Daum
Mini Turtle Yellow, Daum
Yellow Turtle, Daum

NECTAR PEACH CHAMPAGNE CHOCOLATE CAKE

SERVES 10

PREP TIME 30 mins

COOK TIME 6 hrs

CHOCOLATE CAKE

60g	Egg
23g	Egg yolk
72g	Sugar
71.4g	Flour
40.1g	Cocoa powder
50g	Melted Butter
30g	Egg White
30g	Sugar

Whisk together the egg, egg yolk, sugar, ground almonds, flour and vanilla powder together in a mixing bowl.

At the same time, whisk together egg white and sugar and form a meringue.

Fold in the first mixture to the meringue. Lastly add in melted butter.

Bake at 160 degree Celsius in a 20cm x 20 cm square ring for 10-15 minutes.

CHAMPAGNE MOUSSE WITH NECTAR PEACH

1no	Nectar Fresh Peach
80g	Yolk
69g	Sugar
7g	Gelatine
300g	Mascarpone
248g	Whipped cream
60g	Champagne
1 no	Vanilla stick

In a mixing bowl, whisk together the egg yolk and sugar until the mixture starts to foam.

Melt gelatine and mascarpone in a microwave and add into the yolk mix. Continuously whisk the mixture until it turns into a semi-solid foam.

Fold whipped cream and vanilla bean into the egg yolk mix.

Lastly, fold in Champagne and pipe into desired mould.

Cut the sponge using a round cutter. Pipe mousse into mould and layer in sponge.

Set in the freezer for 24 hours.

COATING

7g	Gelatine
300g	Water
20g	Elderflower mix
1g	Silver shining powder

Cook water and elder flower till 50 degree Celsius. Add in gelatine. Mix together with hand blender. Add in silver powder.

Temper white chocolate in customised seashell mould.

Bake frozen cake at 50 degree Celsius and place into the chocolate shell.

Brush on desired colours.





Styling Prop
Sugi Vase, Haviland

VANILLA MADAGASCAR WITH LYCHEE CONFIT MARBLE CAKE

SERVES 10

PREP TIME 1 hour

COOK TIME 1 hour

LYCHEE CONFIT

124g	Lychee puree
20g	Inverted Sugar
40g	Sugar
2.5g	Pectin Nh

In a pot, cook the lychee puree and inverted sugar until they come to a boil.

Mix sugar and pectin together, and bring to boil for the second time.

Pour onto a container and rest for 12 hours.

VANILLA MADAGASCAR MARBLE CAKE

120g	Sugar
160g	Butter
4g	Trimoline
160g	Eggs
150g	Flour
6g	Baking Powder
12g	Glucose Powder
24g	Milk
12.8g	Vanilla Powder

MARBLING CHOCOLATE

30g	Milk
21g	Cocoa powder
180g	Batter

Mix together sugar, butter and trimoline at medium speed in a blender.

Add in trimoline and eggs on a lower speed and mix for 1-2 minutes.

Add flour, baking powder, glucose powder and vanilla powder.

Add in the milk. Mix well for a smooth batter consistency.

For the marbling effect, combine the chocolate recipe ingredients well together. Pipe onto a 20cm by 20cm tray and make a swirl with the vanilla batter.

Bake at 170 degree Celsius for 30-40 minutes. Cool down in a chiller.

(1st step)

BUTTER CREAM

225g	Milk
125g	Egg yolk
250g	Sugar
1	Vanilla pod

(2nd step)

175g	Sugar
45g	Water

ITALIAN MERINGUE

100g	Egg white
25g	Sugar
925g	Soft butter

Prepare two mixing bowls for this recipe.

Mix all ingredients from the first step in a mixer until the yolk and sugar start to foam. Then slowly pour in the milk and milk well. Set aside.

In a cooking pot, cook the ingredients from the second step until 120 degree Celsius.

Slowly pour the liquid into another mixing bowl with ingredients for Italian meringue. Mix until meringue texture.

Fold in the second mixture into the first mixing bowl's mixture. Using a paddle, slowly mix in the soft butter until a fluffy texture forms.

ASSEMBLY

Cut out your desired design or shape from the vanilla marble cake.

Cut the cake into half sandwich style and spread the lychee confit. Add fresh cut lychees to top if desired.

Cream with butter cream and design based on your preferred style.


THE LOST WORDS
ROBERT MACFARLANE

Styling Props
Palette 03: Gold & Silver Book, Strange and Deranged
The Lost Words Book, Strange and Deranged
Crystal Tribeca Bookend, Strange and Deranged
Crystal Quartz Coaster, Strange and Deranged
Plumes Teacup and Saucer, Haviland
Sand Timer, Europ Felix

WOODY HOJICHA PRALINE

SERVES 50

PREP TIME 15 mins

COOK TIME 3 hrs

HOJICHA GANACHE

30g	Hojicha tea leaves
290g	Cream
20g	Sugar
300g	White chocolate
125g	Butter
3 sticks	Vanilla bean

Colour desired pattern onto the praline mould. Coat on one layer of tempered chocolate and let it set.

Cook hojicha leaves with cream until it comes to a boil. Set aside for 45 minutes.

Remove hojicha leaves from the mixture. Heat the cream with sugar until it is hot. Pour over chocolate. Hand blend in vanilla bean and butter.
Set aside for 2 hours.

Pipe mixture into the shells prepared earlier and coat them with the tempered chocolate.


NAME



Styling Props
Papillon Lucky Butterfly Peony, Baccarat
Noah Davis Book, Strange and Deranged
Rose Passion Raspberry Perfume Bottle, Daum

PINK GARDEN STRAWBERRY ALMOND CAKE

SERVES 10

PREP TIME 30 mins

COOK TIME 6 HRS

STRAWBERRY CONFIT

300g	Frozen Strawberries
6g	Lemon juice
4g	Pectin NH
150g	Sugar

Bring frozen strawberries and lemon juice to a boil.

Add in pectin and sugar and boil again.

Set aside to cool down.

ALMOND MOELLEUX

60g	Egg
23g	Egg yolk
84.2g	Sugar
50.9g	Ground Almond
21.4g	Flour
0.1g	Vanilla Powder
50g	Melted Butter
30g	Egg White
30g	Sugar

Whisk together the egg, egg yolk, sugar, ground almonds, flour and vanilla powder in a mixing bowl.

At the same time, whisk together egg white and sugar and form a meringue.

Fold in the first mixture into the meringue. Lastly add in melted butter.

Bake at 160 degree Celsius in a 20cm x 20 cm square ring for 10-15 minutes.

PINK GARDEN TEA MOUSSE

235g	Milk
8g	Pink Garden Tea
4.8g	Gelatine
223g	Opalys White Chocolate
240g	Whipped Cream

Bring milk and tea to a boil. Set aside for 30 mins to allow the tea to fully infuse.

Sieve out the tea and reboil the milk. Add into gelatine and white chocolate.

Add in whipped cream and fold together.

Spread the strawberry confit onto the almond moelleux and set in the freezer.

Pipe mousse into desired mould and cut the almond moelleux into the shape of the mould.

Place in freezer for half a day.

Spray with colour using a spray gun.



DRIVING CHANGE

Seven chefs share their experiences and tell *epicure* what's in store for the year ahead.

BY EVE TEDJA

BY PRIYANKA ELHENCE

LOUIS PACQUELIN
CLOS PASOH

The French head chef and co-owner of the recently opened Clos Pasoh is no stranger to Singapore's fine dining scene. The former chef de cuisine of BBR by Alain Ducasse at Raffles Hotel Singapore was in charge of the restaurant before the pandemic hit last year.

POWER OF CHANGE

"Change is inevitable. You just have to roll with the punches, and believe that your hard work will pay off. Before COVID-19, I thought that I was in the prime of my career. I was in my 30s, working for Alain Ducasse in one of the most beautiful hotels in the world and then the pandemic happened. It was the first time in my life that I stopped working for two consecutive weeks ever since I started this career at 15 years of age."

KEY TO SUCCESS

"I believe in putting in the work, day in and day out. But at the same time, you also need to work smart. Self-awareness is important. That is the only way you continue to evolve and reinvent yourself. When I opened Clos Pasoh earlier this year as co-owner, it was the first time that I had the full autonomy to define my own cuisine. I am returning to the roots of my training in French brasserie classics from my time at Ducasse's Aux Lyonnais. New school French cuisine is a shift from fine dining. The flavours remain true to the brasserie dishes that inspired me, but I have reinterpreted them to appeal to another generation of diners. The flavours, while familiar, are light and clean. I like to add acidity or a little kick of heat."

NAVIGATING THE FUTURE

"Sometimes, you have to accept that things aren't going to go as planned. I am learning new things from my business partner, JC Cadoret, and from my team. I am excited to welcome this new chapter of my career."

CULINARY

Features



MANJUNATH MURAL
ADDA

Mural is the powerhouse best known as the first Indian executive chef to score a Michelin star for (the now shuttered) Song of India in 2016, a first for an Indian restaurant in Southeast Asia (Singapore). In November 2020, Mural opened his casual, 70-seater Indian restaurant Adda, serving soulful Neo-Indian traditional street food with contemporary twists and infusion of local flavours.

POWER OF CHANGE

"Chefs have to embody new innovative ideas according to the changing times. The only thing chefs have in their control is their menu, their passion and how they motivate their team. The menu can be regularly updated to accommodate new trends and expectations without compromising on the chef's quality and reputation."

KEY TO SUCCESS

"There is no limit to innovation and reinvention when a passionate chef decides to do something different. Having the courage to think out-of-the-box with confidence is the key to new creations. My cooking style has changed so much. I used to be a traditional Indian cuisine chef, but now, I am equally confident in fine dining too. Winning a Michelin star has given me the confidence to venture into different projects such as Gunpowder Kitchen and Bar in Jakarta; and Hirtij in Brisbane, along with what used to be many travelling opportunities to promote Indian cuisine with a touch of local flavours. I'm not afraid to try new things now."

NAVIGATING THE FUTURE

"The future of Indian cuisine is very bright. I will continue to do new things, but at the same time I will create a very fine dining Indian restaurant experience too."

JOEL SI JIN LIM
SI JIN

It doesn't take long for this one-and-a-half-year-old modern steakhouse with Korean flair to take off. Apart from the exceptional premium cuts, dry-aged steaks and curated wine cellar, loyal patrons are flocking in to have chef owner Joel Si Jin Lim taking care of their meat-y requests. The South-Korean chef is no stranger to bovine refinery. Having trained under Wolfgang Puck's Cut and in charge of the openings of Akira Back restaurants in Singapore, Jakarta and Dubai, Lim's obsession with meat and deep reverence for Korean cuisine finds its place at SI JIN, his first venture.

POWER OF CHANGE

"I've realised that as part of the F&B community, we are all in this together. Since day one of the pandemic, SI JIN has decided to fight back, remain positive and creative. We had to adapt while taking care of our families, guests and supporting our local suppliers, producers and farmers. We went the extra miles – upgrading to HEPA air filters, using a thermal scanner, installed a touch-free and motion detection door, provided sealed cutlery and napkin pouch, daily sanitation, and even regular PCR tests. Despite the limitation and restriction, we are fortunate to have full support from our guests. I am grateful because their support enables us to keep moving forward."



KEY TO SUCCESS

"Guests come for our curated selection of meats from across the continents. From conventional to the rarest cuts, we grill and serve it to the guests' liking on their tables. Our latest gem is A5 Kuroge Washu Wagyu Beef from Hokkaido. At the moment, we have Sumatran Wagyu on the menu, highlighting the quality of local produce. We also work closely with local farmers to get the freshest produce, be it vegetable or sea salt."

NAVIGATING THE FUTURE

"This pandemic undeniably changes the way food is prepared and consumed. I've learned that people are rooting for their local businesses. Our guests are willing to go out of their way to support such as ordering beef from us. Eventually, we will find a solution to end this pandemic. Until then, we must keep our heads up high, provide top-quality food and dining experience for our guests and support each other in the F&B community."

CULINARY
Features



IVAN BREHM
NOURI AND APPETITE

This hugely talented chef and visionary behind one-Michelin-starred Nouri, Brehm opened Appetite one year ago on a mission to create a unique culinary experience in Asia. This multi-concept space located directly above Nouri focuses on transcending its restaurant roots by bringing together scientists, artists, musicians, and designers, and Brehm's out-of-the-box vision with Appetite is to show how food, arts, music, and education are all interconnected. Appetite is home to a development kitchen for both restaurants, taking a creativity-as-science approach to food in tandem with Nouri's research and development arm, resulting in new dishes that contextualise their collective research.

POWER OF CHANGE

"I guess embodying change literally means incarnating the dynamic spirit of seeking the new, despite the risks driving change. What things do chefs have in their control, and what elements do they have to adapt to? This interesting moment we live in has shown me nothing is in our control apart from the ownership of our own actions."

KEY TO SUCCESS

"The star was a nice pat on the back, but also conditional to a certain set of things that could easily get in the way of progress. There is surety in a concept of sound techniques, pristine product, and heavy investments in décor. Smoke and mirror presentation, pomp and circumstance, but at some point in time, an individual needs to ask 'what is it all for?' Because if it is just money and fame, I'm sure there are easier ways to get there that don't involve 16-hour days and crazy levels of stress. What we cook ends up inside people's bellies and minds. To treat this as an afterthought, and not a main driver of one's intent is borderline irresponsible."

NAVIGATING THE FUTURE

"People forget, but the root word for innovation means to breathe new life into something that already exists, hence it is a reinvent. In the context of cooking, that is translated to cooking that is grounded by tradition, but that looks upwards to the new. Sitting on the shoulder of giants, we can choose to do the same, and be the same, but we can also choose to stand up and see new horizons."

EELKE PLASMEIJER & RAY ADRIANSYAH
LOCAVORE

Ranked 37 in Asia's 50 Best Restaurants 2020 and Indonesia's only entry to the prestigious list, Locavore was founded in 2013 by chef Eelke Plasmeijer and Ray Adriansyah in Ubud, Bali. Changing the game and pushing the boundary with sustainably sourced local ingredients has always been the soul of Locavore. Over the years, the enterprise has expanded to include the butchery Local Parts, casual bistro Locavore To Go, Indonesian restaurant Nusantara, cocktail bar Night Rooster, and the backbone of its progressive cuisine, LocaLAB.

POWER OF CHANGE

"When international borders were being closed, we received cancellation after cancellation until we had no choice but to close Locavore. From the beginning, we've done everything we could to stay afloat. We created ready-to-eat hampers, vegetable basket, Indonesian food tiffin delivery, many things. We simply refuse to give up. We managed to keep our entire team until today. Having different business models also helped us to create various dining offers. As soon as the situation allowed us to travel, we went to Jakarta, Surabaya and Semarang with our team, doing pop-ups and restaurant takeovers. Bali is home but we also actively seek opportunities beyond the island".

KEY TO SUCCESS

"Sustainability and showcasing local ingredients remain our priority. Our colleague at LocaLAB, Felix Schoener continues to experiment, producing marvels that we use on our menus. The bright side of this pandemic gave us the opportunity to go to different cities in Indonesia, sharing our explorations of local ingredients to many Indonesians who have never been to Locavore. We also managed to launch two tasting menus, Pancaroba and Rintik Rintik."

NAVIGATING THE FUTURE

"We are done looking back and now we have set our gaze to the future. Locavore 2.0 is set to open next year in a new location in Lodtunduh, Ubud. We will move the lab, build a dedicated fermentation facility, koji room and garden there."





KEVIN CHERKAS
CUCA

Founded in 2013, Cuca's playful tapas, inventive dishes and cocktails have made the restaurant a must-visit culinary destination in Bali. Led by Kevin Cherkas, an El Bulli and Arzak alumni, Cuca's appeal lies in its eclectic global flavours, dedication towards using local produce and a casual approach to the dining experience. Those who have tried dishes such as Bali Breakfast, Cotton Betutu or BBQ Octopus would recognise Cherkas's flair in evoking memorable moments through flavour.

POWER OF CHANGE

"Being on a tourist island without tourists has not been easy. We were closed for eight months and have only reopened lately on weekends. We have been very lucky that we've had so many good years to weather this crisis and take care of our team. So, the plan for now is to take the time to look at everything we do and simply become better."

KEY TO SUCCESS

"We found that doing the same thing as we've done before simply doesn't work. So, we reevaluated the landscape and tried to understand why people came to Cuca. We went through the painstaking process to make something new, something that you can't find anywhere else. Since we can't travel at the moment, the new menu is inspired by trips and memories of flavours from places like Japan, Greece, France, and Mexico. One of our new dishes, Beef Bone & Marrow is inspired by Taipei's famous night market snack."

NAVIGATING THE FUTURE

"We must get better every day, so when things slowly go back to normal, guests will find Cuca at its best. We have a new signature Hot Sauce. Cuca will also travel to other cities in Indonesia. There are exciting brunches to be had at our restaurant. This whole situation is like the monsoon season. When it starts to rain, at first you wait it out. But, the rain goes on and you must get on with it. We've accepted the rain, and are ready to work and get a little wet!"



PHOTOS COURTESY OF **MILLION YEARS PICTURE**

TIME FOR THE NEW

When it comes to throwing an anniversary party, there are new rules and etiquettes in this era of new normal.

BY EVE TEDJA

After a year of limited social interaction, we have come to realise the value of good ol' fashioned, face-to-face gatherings. Weddings, birthdays and other milestones had to be celebrated virtually as we learned how to navigate this pandemic. Fortunately, by now we have learned enough about the new normal social etiquette and how to send out invitations to our nearest and dearest. Whether it is the first or the 25th anniversary, here are some tips to throw a memorable bash with your better half and favourite people.

MAKE IT ALFRESCO

Be it a semi-formal sit-down dinner or casual family-style shared meal, moving the party outside is not only safe for everyone involved but it also creates a socially interactive setting. Verdant gardens and poolside or beachfront locations will undoubtedly delight the guests. If outdoor dining is not an option, throw the feast indoors but make sure the space is well-ventilated, for instance, have the windows open to allow fresh air circulation.

KEEP IT SMALL

Always check the regulations on the limit of guests you are allowed to have. Create your guest list based on that information. Although it is tempting to have everyone seated at one long table, it is also recommended to split the seating into several small round tables. It does not disturb social interaction and makes the guests feel more comfortable in taking off their face masks while they eat or drink. Bear in mind that despite the RSVPs, there may be last-minute cancellations from your guests, so always expect changes.

EVERYTHING IS CLEAN

Apart from making sure hand sanitisers are accessible to all the guests, it is also advisable to hire the professionals to make sure that health and hygiene protocols are strictly observed. Work with the best caterer, restaurant or hotel because they would be more likely to apply food safety standards and services. If you decide to serve the food buffet-style, make sure there are catering staff in charge of handling the food. Provide wipes and extra disposable face masks, just in case your guests require one.

LIMIT ALCOHOL SERVICE

As much as we love a free-flow bar or generously poured Champagne, make sure that no guests gets too loud or too tipsy with enthusiastic consumption. Try to keep your guests on their best behaviour – at least for the time being. Save the alcohol for, hopefully, next year.

RENT IT TO MAKE IT

Find a local party rental company to lend everything that you need on the day. Be it the tableware, napkins, tables, or chairs, renting will make your life easier. You don't have to deal with the cleaning and disinfection when the party is over.



PRO TIPS

Gladdy Dongalemba
Founder of SEMEJA, luxury tableware rental

"Hire a professional florist who works with high-quality fresh-cut flowers. Having beautiful flowers will elevate the experience and leave a good impression on your guests. Pay more attention to the table décor by using fine china or crystal wares and personalised stationery. These small details will make the event look and feel special.

Always manage your expectations on how the party will turn out. Under our current situation, some guests might not make it due to unforeseen circumstances or there might be a sudden governmental restriction. Make sure to check with your vendors on how flexible they are with postponements or cancellations."

WOULD YOU LIKE YOUR STEAK PRINTED MEDIUM-RARE?



Cultured meat refers to meat produced by in vitro cell culture of animal cells
Photo istock

BY ESTHER FAITH LEW

Food technology companies reinvent the food supply chain with plant-based proteins, cultured meats and 3D-printed meats. We take a look at how these industry disruptors give much food for thought beyond the whims of the palate.

PHOTOS COURTESY OF **THE GOOD FOOD INSTITUTE ASIA PACIFIC; EAT JUST AND REDEFINE MEAT.**

CULINARY

Features



R&D on cultured meat gets a boost from investments by government agencies
Photo istock

Food technology companies are seeing the light of day and growing faster than the magic beans in *Jack and the Beanstalk*, with a significant number that have already either entered or made an impact on the market, with more to come that are still going through their Seed Rounds or Series As. Both international and local start-ups and companies are stirring up the pot with a staggering mix of offerings for consumers.

Whether it's beef, pork, chicken, shrimp, lobster, milk or eggs, companies are offering alternative proteins for advocates of a plant-based diet and cultured meats grown in a lab. In our last issue, we covered many – though not exhaustive – brands that are now available. Since then, the developments have kept their momentum. The big boys are jumping in to either partner or fund the creative boys with their innovations. Singapore's Float Foods has just received a grant from Temasek Foundation to commercialise OnlyEg, a plant-based whole egg substitute. Another local player, Shiok Meats, has reportedly raised US$12.6 million in Series A funding for its lab-grown shrimp, and one of its major shareholders is Seeds Capital, the investment arm of Enterprise Singapore. These examples show that this industry is a blue-eyed boy right now with the government paying close attention to nurturing these start-ups to unicorns and more. But more importantly, it begs the question "How will consumers react to these new product offerings and what is the potential demand that will arise from it?"

DRIVEN BY PALATE OR PURPOSE?

Food technology companies are visionary, yet they are also disruptors because of their aim to displace – and eventually replace – the traditional food supply chain. But the reason for their rapid growth and strong government support show that there is no smoke without a fire. The demand is there, and Asia is a market with much upward potential to be tapped into. A vast number of consumers on vegetarian diets are hungry for more options, and the generations of millennials and 20-somethings are also a voice to be heard as they are the ones who have thrown conventional brand loyalty out the window in favour of consumer behaviour that questions and distrusts. They resonate with brands that align with their beliefs and have a socio-environmental agenda for the better good of the planet.

So, plant-based proteins are on the highway to acceptance, especially those that are sustainably sourced. It may not win over all meat lovers, but new brands are gaining traction. What about meats that are grown in a science lab or printed by a 3D printer?



Alt-Steak



Good Meat chicken at 1880

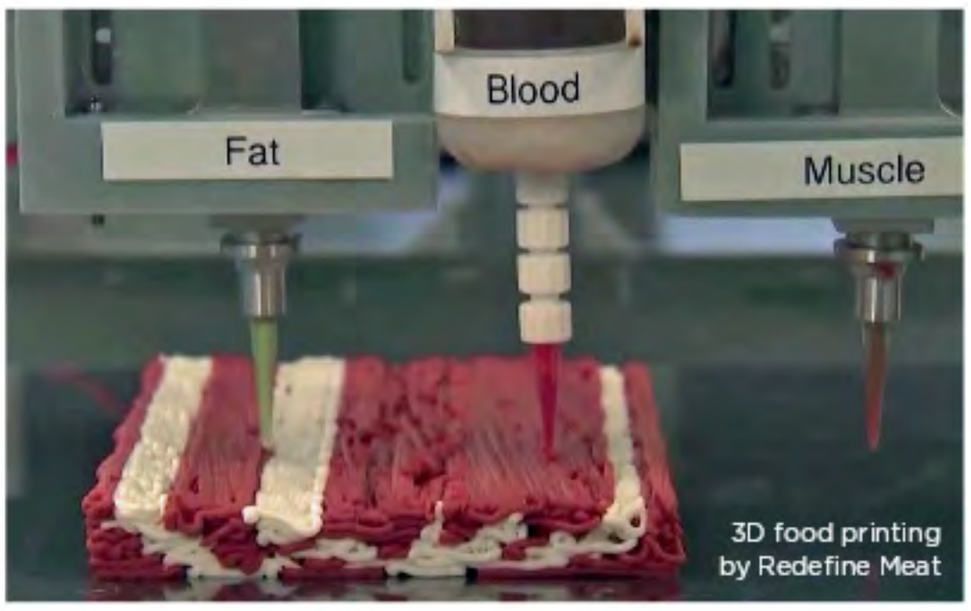
> **Now that high-quality plant-based meats are increasingly available through mainstream restaurant chains, and cultivated meat is beginning to appear on the menu in Singapore, the race is on to scale-up operations and invest in equipment to make larger volumes of product, which will deliver further cost savings to consumers.**
>
> *MIRTE GOSKER, ACTING MANAGING DIRECTOR OF THE GOOD FOOD INSTITUTE ASIA PACIFIC*

Will they be well received? Before you let your connoisseur side decide and dismiss them with disapproval, perhaps it is time to think long and hard about how we enjoy our food and the price we have to pay for that enjoyment. These innovations, whether we like it or not, serve a purpose by aiming to solve urgent social and environmental problems being faced today. What are they? Shall we begin with global deforestation caused by agriculture; greenhouse gas emissions caused by animal agriculture; or inhumane slaughtering of animals in commercial food manufacturing facilities?

However, it doesn't mean that appreciation of a juicy A4 Miyazaki Wagyu ribeye, an umami blufin tuna sushi or a flavourful Poulet de Bresse is wrong. And there is no need to find plant-based substitutes for these cravings if you don't want to. There is always the option of having real meat that has been sustainably sourced, cultivated and grown in a lab. The call to action for us is not as extreme as we think. Meat lovers can begin with

mindful eating that moderates cravings with a flexitarian diet. Just by decreasing our intake of conventional meats, we can make a collective difference. This shift in mindset will trigger the behaviourial changes that will pave the way to acceptance, and all while the industry continues to refine their products and improve their taste and texture to please palates.

If current reviews are anything to go by, it would seem that Redefine Meat's 3D-printed Alt-Steak and Eat Just's Good Meat cultured chicken are gaining the acceptance of chefs. Even enjoying endangered bluefin tuna may no longer be an issue as California-based start-up Finless Foods is growing them in the lab. Of course, we would have to wait for the economies of scale to kick in before these companies cast a wider net of global distribution. Singapore is getting a head-start with the presence of Eat Just which is setting up a manufacturing facility here for its Just Egg, with plans to scale up for its Good Meat range of cultured meats. Its chicken range is already available at private club 1880 (find out what the chef has to say in our side story on p39), whose members represent the thinkers and innovators of our progressive society. Seafood lovers who are only all too aware of the ocean's depleting resources will be happy to know that local start-up Shiok Meats has already moved on to cultured lobster after the success of its cultured shrimps.



3D food printing by Redefine Meat

WHAT'S STIRRING THE POT?

"The Singapore story is just beginning. Now that Eat Just Inc. has been approved to sell their cultivated chicken bites, other companies are lining up to access the world's first cultivated meat market. The Singapore Food Agency has already said that Shiok Meats' cultivated shrimp is in the pipeline, and so is cultivated meat from another local start-up Ants Innovate. Hong Kong-based Avant Meats is also in talks with Singapore's food regulator about obtaining approval to sell their cultivated fish maw—a high-value seafood ingredient used in traditional Chinese cuisine," says Mirte Gosker, Acting Managing Director of The Good Food Institute Asia Pacific.

Gosker added that Singapore's welcoming ecosystem for innovation is a boon for investments in cultured meats and alternative proteins. "Now that consumers are able to walk into a restaurant in Singapore and actually eat real chicken meat that doesn't harm a single bird, the industry is real in a way that, for many observers, it hasn't been until now. Even though the volume of cultivated meat being sold is still the tiniest of drops in the bucket, we believe that it serves as a useful proof of concept that will accelerate growth of the space globally."

The outlook for food technology innovation looks bright in Asia, but there are top three decisive factors that will impact its development. It's taste, convenience and cost, said Gosker. "Now that high-quality plant-based meats are increasingly available through mainstream restaurant chains, and cultivated meat is beginning to appear on the menu in Singapore, the race is on to scale-up operations and invest in equipment to make larger volumes of product, which will deliver further cost savings to consumers. It will also be crucial for brands rolling out new plant-based products to take into account the local culinary culture and mindset.



Animal stem cells are ethically harvested without animal killing
Photo Istock

"Meat analogues have been widely distributed across Asia for many decades, mainly serving the large Buddhist community. In China, for example, these products fall into the well-established industry category of soy products. Forty-one percent of Chinese consumers surveyed by IPSOS in 2020 said that they think plant-based meat can be used to replace what they've known as soy products. The use of new and innovative ingredients may play a key role in differentiating a plant-based meat product from that association with traditional 'mock meats', which is expected to be sold at a low price point, comes with historical image baggage, and has not succeeded in attracting a broader audience over the years," shares Gosker.

To add to Gosker's point, the international market appeal of new products that are backed by strong lifestyle branding and packaging will appeal to a new generation of consumers who are drawn to their secular and holistic associations. Whether it's organic, allergen-free, free-range, plant-based or cultured, these products will take pride of place on the shelves of organic supermarkets that champion holistic living and mindful eating.

BIOTECHNOLOGY SCORES WINS

San Francisco-based Eat Just made the headlines late last year for securing the world's first regulatory approval from Singapore Food Agency (SFA) to sell its cultured chicken commercially under its Good Meat brand. CEO & Co-founder Josh Tetrick shared that it took about two years to develop the infrastructure and safety protocol of its cultured chicken. Currently, it has achieved a 14-day production time as compared to the time line of about 45 days for conventional chicken to go from birth to slaughter. The process of growing cultured meats begins with stem cells, the building blocks of muscle and other organs, which are placed in petri dishes with amino acids and carbohydrates to activate the rapid multiplication of cells.

Eat Just's cultured chicken has not just passed the test for the quality and consistency of its manufacturing process; it has also proven to have a high protein content, a diversified amino acid composition, high relative content in healthy monounsaturated fats and is a rich source of minerals. Also, no antibiotics are used in its proprietary process, while safety validations prove that it has an extremely low and significantly cleaner microbiological content as compared to conventional chicken.

These factors make a compelling statement for Good Meat amidst Covid-19 pandemic fears as well as that of zoonotic diseases in general. In this scenario, Tetrick's vision of having conventional meats off the menus in restaurants makes a lot of sense, with the caveat that its replacement is priced competitively and meets culinary expectations (read more about Tetrick's vision for Eat Just on pg 56).

Tetrick shared that the roll-out of Good Meat products would be to restaurants for now, while plans for retail distribution would likely be implemented before the end of 2022. "Eventually, we do want Good Meat to be available in butcheries and grocery stores and at a good price point. Right now, it is priced like that of premium chicken, but within the next five to 10 years, a gradual process

of cost reduction will kick in. We are also expanding our product line, with chicken breast meat following up on our launch of chicken bites. Cultured beef and pork are also in the pipeline," adds Tetrick.

Cultured meat will either have its ardent fans or die-hard traditionalists who reject it, but ultimately, it's real meat derived from stem cells ethically harvested from its source, and this meat is hormone- and chemical-free. That makes a lot of difference, and Tetrick has this to say to epicureans, "You can still choose your favourite meats from the menu, whether it's an umami-rich wagyu cow from Japan or the fattiest bluefin tuna. And you can enjoy it without sacrificing anything, and in a way that aligns with your values."

> **"We are also expanding our product line, with chicken breast meat following up on our launch of chicken bites. Cultured beef and pork are also in the pipeline"**
>
> *EAT JUST CEO & CO-FOUNDER JOSH TETRICK*



Josh Tetrick spreads the word for ethical eating



1880'S EXECUTIVE CHEF COLIN BUCHAN SHARES HIS PERSPECTIVE ON CULTURED CHICKEN.

Why are you open to cultured chicken and how would it benefit your diners?
"At 1880, I have noticed that while diners still love their meat, there is an openness to plant-based alternatives, and curiosity about cultured meat. Lately, we have had more vegan and vegetarian menu requests – trends such as flexitarianism, and reducetarianism are definitely on the rise. Being able to make history with our diners by offering a new and more sustainable alternative is hugely exciting.

We collaborated with Good Meat on a dining experience comprising a 4-course menu starting with three unique vegan dishes that reflect the evolution of the chicken and its environmental impact as it became a key food source for humans. Following that, we served two Good Meat dishes: the Chinese bao and an American fried chicken and waffle, as these are the two nations that are the largest consumers of chicken. We want to inspire important conversations around our food sources while having a delicious and thought-provoking dinner. "

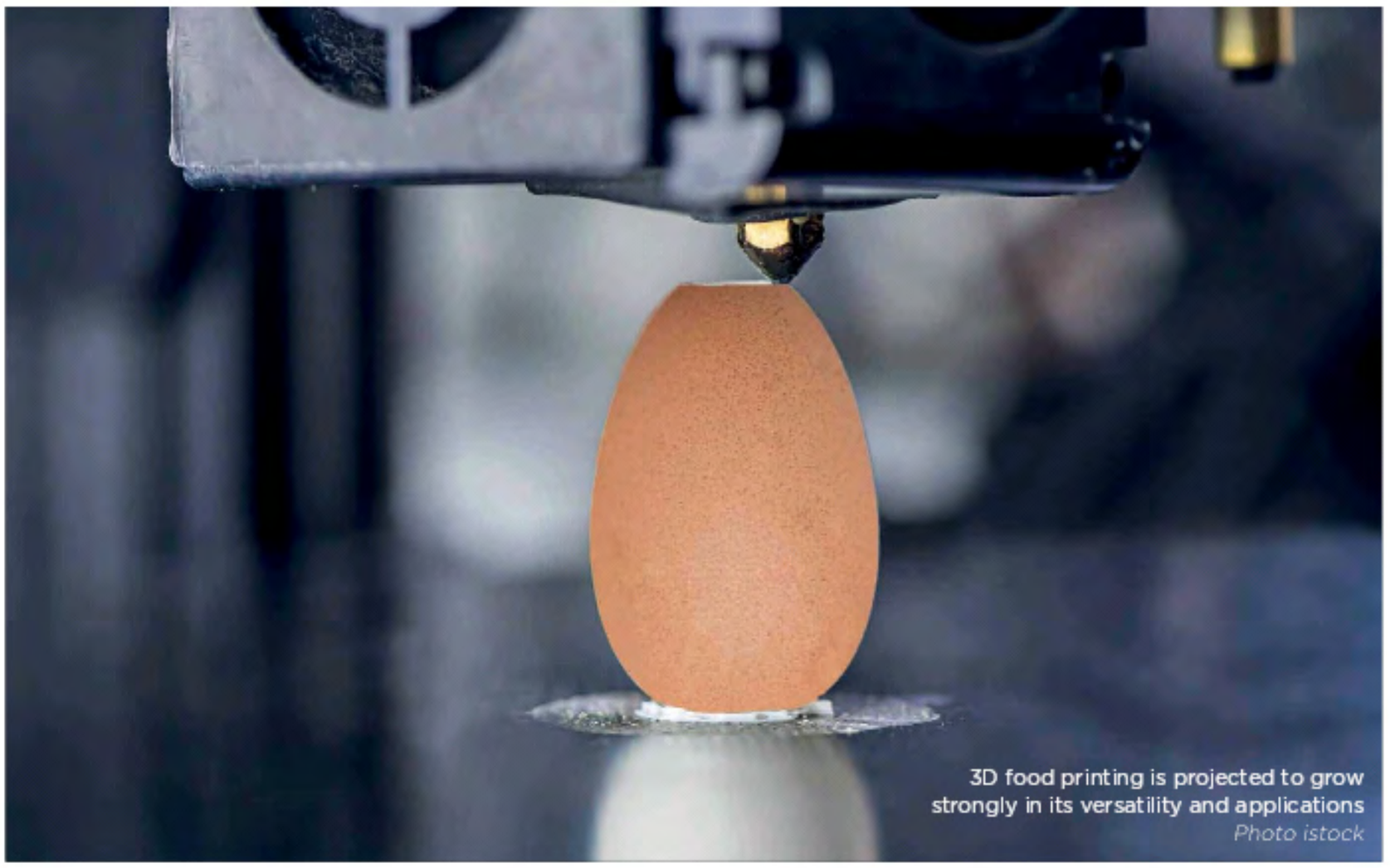
Did you have to change the way you cut, season and cook the cultured chicken?
"The cultured chicken by Good Meat comes in a bite-sized, breaded form which influences how the dish is prepared and presented. The texture and taste of cultured chicken is just like traditional chicken – because it is chicken. We work with it as we would with conventional chicken, just in the form of a nugget."

How do you plan to develop your menu offerings of cultured chicken?
"The opportunity to work with an entirely new category of food and conceptualise an interactive meal to introduce the cultured chicken has been an incredible experience. Once Good Meat cultured chicken production ramps up, it will open many possibilities to create unique and traditional dishes for diners. We are looking at hosting tasting sessions in the coming months with new dishes to show the versatility of cultured chicken."

THE FUTURE OF 3D FOOD PRINTING

The other technology that pushes the boundary of acceptance is 3D food printing. One company that is creating a tidal wave with its Alt-Steak product is Israeli start-up Redefine Meat, which recently organised a blind tasting in partnership with Best Meister, a meat distributor, in Tel-Aviv. The event was carried out in a meat-branded food truck concept that attracted over 600 visitors and served almost 1,000 orders. According to reports, Alt-Steak secured an acceptance rate of over 90% based on metrics such as taste, texture and mouthfeel.

"We can iterate a steak to be softer, harder, juicier with less fat, and much more – all with a simple click of a button," says Eshchar Ben-Shitrit, CEO & Co-Founder of Redefine Meat. He explained further on why his 3D printing process customises meats with a high level of flexibility. "We use a special kind of 3D printing process where three ingredients are printed simultaneously to form the product – our Alt-Muscle (plant-Protein), Alt-Fat (plant-fat) and Alt-Blood (natural colours and flavours). Our machine performs a specific technological process for each and combines them in the 3D model in the print software. Our materials are food items and eventually consumed, so they inherently have a high viscosity. In addition, we print a 'full' product – unlike plastic 3D printing that prints just the shell – so we don't need any additional materials to support the product while it's printed. Importantly, using a digital 3D printing process that changes in the product comes at zero cost or complexity. We can use a 3D model of an entirely different meat product with the same machine, process and ingredients, whereas traditional food production technologies have to change entire formulations."



3D food printing is projected to grow strongly in its versatility and applications
Photo istock



Founders Eshchar Ben-Shitrit and Adam Lahav

> **“Many people believe that mimicking the texture of meat is the biggest challenge, but texture can be defined quite easily and measured in precise ways.”**
>
> *ESHCHAR BEN-SHITRIT, CEO AND CO-FOUNDER OF REDEFINE MEAT*

Whilst some aspects of 3D printing leave much to be desired with its rigid configurations, Redefine Meat has invested in technology that balances hundreds of different parameters to produce 3D-printed meat that excels in all parameters at once to meet the right requirements for texture, flavour and colour. Ben-Shitrit explains: "Many people believe that mimicking the texture of meat is the biggest challenge, but texture can be defined quite easily and measured in precise ways. We discovered that even when you have the perfect texture from an analytical perspective, if you don't get the colour right or have a slight variation in flavour, consumers will not give the product's texture a high score.

"This is where the rapid prototyping and digital production benefits of our 3D printing technology come into play. During the development phase, we can make new design iterations to the meat's structure digitally via software within minutes and 3D print several new meat prototypes with different structural parameters for sampling within an hour. Digital meat production has also opened the door to advanced AI & machine learning technologies that help us to further optimise the alternative meat experience for consumers. With the ability to learn consumer habits, likes, dislikes and more, we are able to feed these learnings through into the development and refinement of our meat. For example, if consumer feedback data suggests the meat is too fatty, digital files can be optimised using computational methods to re-structure the distribution of fat to address the issue."

Redefine Meat has worked with butchers, chefs and food technologists to map out parameters that account for preferences in taste and texture, which means that Alt-Steak may be ordered according to your favourite cut. "The main components of Alt-Steak are pea proteins and soy, but with the ability to switch files and print different cuts on-demand, local meat distributors can also provide restaurants and stores much more versatility with their product offering and according to demand – such as the specific marbling of Wagyu beef from Japan or the texture of grass-fed Australian Angus prime beef – at the click of a button," says Ben-Shitrit. With pilot tests underway in Israel, Alt-Steak products will gradually expand into Europe and Asia via partners. **e**

ADVERTORIAL

Bvlgari Resort Bali

MAKE A VOW

Bvlgari Resort Bali offers three dramatic locations to tie the knot.

Bvlgari Resort Bali embodies elegance, intimacy and romance. Situated on the southern tip of Bukit Peninsula, the resort is set amidst the dramatic backdrop of the Indian Ocean for a magical romantic experience. The majestic horizon of the blue ocean meets the sky and seduces the senses with its beautiful vista, visible from the resort's 59 villas and five mansions and designated wedding venues.

The resort's timeless design – contemporary Balinese touch meets refined Italian flair – makes for an unforgettable wedding location as you finally get to exchange your vows. On most days of the year, a spectacular sunset is a given, the island's blessing for the bride and groom's everlasting love. Weddings in the era of the new normal is intimate, a small-scale celebration of substance over pomp and circumstance. As you celebrate with your nearest and dearest, allow the experienced resort's wedding team to take care of your needs.

Recognising the burgeoning call for intimate weddings, Bvlgari Resort Bali created wedding offers at the resort's three



Sunset at Bvlgari Resort Bali

PHOTOS COURTESY OF **BVLGARI RESORT BALI**

ADVERTORIAL

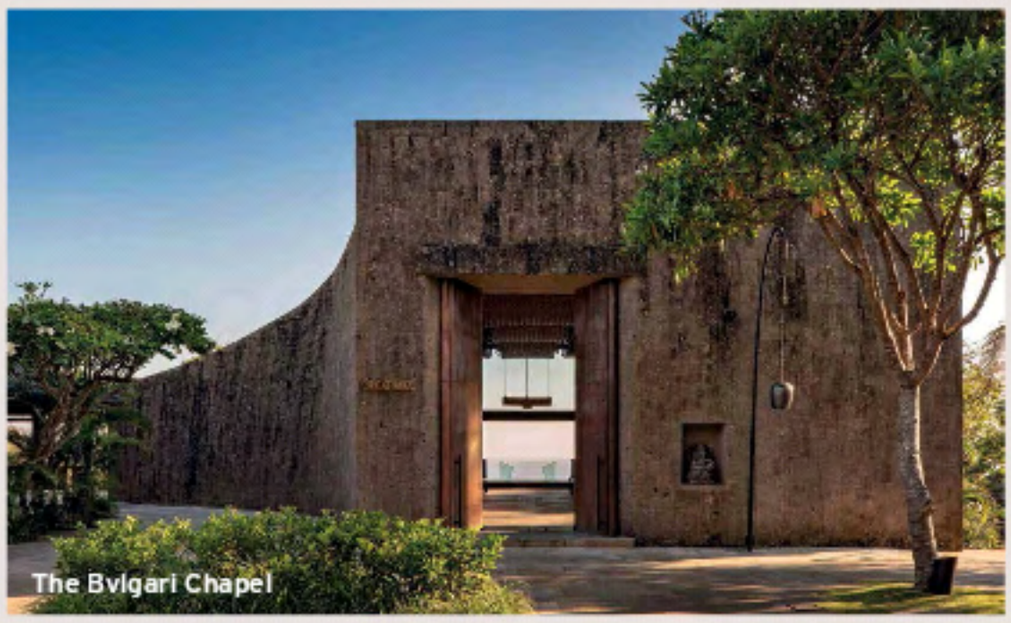
Bvlgari Resort Bali



The Bvlgari Villa



Rose Gold Bvlgari Ring



The Bvlgari Chapel

outstanding locations: Bvlgari Chapel, Bvlgari Villa and the Mansions. Designed by Antonio Citterio Patricia Viel and Partners, the Bvlgari Chapel's dark stone façade contrasts dramatically with the light-filled interior, creating the mood for low-key, elegant celebrations. It is ideal for accommodating 50 guests with safe seating arrangements.

Meanwhile, for a spectacular outdoor setting complete with floating water stage, The Bvlgari Villa and the Mansions allows the bride to make a dreamlike entrance. Both venues are ideal for 22 guests.

With two bedrooms and a spacious living area, the two-storey Bvlgari Villa offers an idyllic Balinese-inspired nuptial setting. The enormous Mansions has five bedrooms to accommodate your guests on the big day, along with a two-tiered private pool, a sprawling garden with ocean view, a terrace, an open-air living room pavilion, and a private elevator.

The resort's new wedding package generously includes Rose Gold Bvlgari Rings for the bride and groom; two-night accommodation on the wedding day (Ocean View Villa for Chapel Wedding, Bvlgari Villa for Bvlgari Villa Wedding or the Mansions for the Mansions Wedding); a complimentary one-night anniversary stay at Ocean View Villa for the couple; a 60-minute Balinese Massage for two; return airport transfer, a three-hour pre-wedding shot prior to the wedding day; a live classical music performance; and catering.

The catering includes a welcome drink, canapés and non-alcoholic beverages for two hours as well as a Western set menu for the reception. It caters up to 50 guests for Chapel Wedding and up to 22 guests for Bvlgari Villa and Mansions Wedding.

For further enquiries, please email the resort's Event Sales Executive, Retno Moestika at retno.moestika@bulgarihotels.com.

Bvlgari Resort Bali
Jalan Goa Lempeh, Banjar Dinas Kangin Uluwatu, Bali 80364
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Export director Etienne de Rességuier, technical director Marie Barbé and consultant Bertrand Léon



Merlot grapes at harvest



cellar master Gerard Aviles Pons

PHOTOS COURTESY OF **BODEGA SON MAYOL**

ISLAND WINE TIME

Vineyards are returning to the pleasure island of Mallorca in a serious way, thanks to new players like Bodega Son Mayol where technical director Marie Barbé oversees a modern Bordeaux-styled estate.

BY JUNE LEE

Bordeaux native Marie Barbé grew up surrounded by wines, so much so that she chose to immerse herself in oenology studies in Bordeaux, graduating in 2002. Yet her career path was never a mainstream one; her wine projects have led her to New World (Chile) and even New Latitude regions such as Russia and India. Since 2016, the self-described epicurean and dreamer has found her favourite city to live in (so far): Palma de Mallorca, the island capital where she is 15 minutes away from her current role as technical director of Bodega Son Mayol.

With just 70 producers on the island, it's a rare thing to find Mallorca wine outside of Spain, so it is testimony to Bodega Son Mayol's reputation and no-expense-spared start that it has already been picked up for distribution in Singapore by Bottles & Bottles. Barbé sheds more insights into how the estate has achieved so much since it started in 2008.

THE ROOTS OF THE STORY

With its enviable location in the Mediterranean trade route, Mallorca has thrived under centuries of rule by Phoenicians, Romans, Byzantines, and finally the Kingdom of Aragon, under which it became part of the Catalan empire. Wines flourished up till the 1890s, when the phylloxera louse killed off most of the 30,000 hectares of vines on the island. It was only as recent as the 1990s that a resurgent interest in quality winemaking started bringing up the number of vineyards again, to over 2,500 hectares. That still represents less than 1% of the farming land available, and a far cry from its boom over a 100 years ago.



BODEGA SON MAYOL GRAND VIN 2017

Grapes: 85% Cabernet Sauvignon, 15% Merlot
Taste: Concentrated and closed at first impression, the highly structured palate opens up with decanting to reveal classic tobacco, clove and black fruit notes. Finely ground tannins, full-bodied richness and a long finish points to ageing potential of a decade or so.
$265



BODEGA SON MAYOL PREMIER VIN 2017

Grapes: 60% Merlot, 40% Cabernet Sauvignon
Taste: Made in a style for younger term drinking, this sunny vintage is still muscular and intense out of the bottle. Expect ripe, sweet cherries and blackberries and a sniff of tobacco with balanced extraction.
$145



BODEGA SON MAYOL PREMIER VIN 2016

Grapes: While showing its youthful vine age, the assemblage has benefitted from rigorous berry sorting and ageing in barrels (70%) and steel tanks (30%) for 12 months. Soft, ripe red and black fruit dominate; it's a food wine that pairs well with beef bourguignon or lamb.
$145

Bodega Son Mayol is available from bottlesandbottles.com.sg

WINE & SPIRITS

Vine Expectations



Bodega Son Mayol was established in 2008 by a Swiss entrepreneur, who stays out of the limelight. The spacious estate is home to vineyards, olive trees and a herd of Aberdeen Black Angus cattle – somewhat rare on the island, which now has a waiting list for its meat. Its location in Establiments was formerly not known for wine, but legendary Bordelaise consultant Patrick Léon (who passed away in 2018) was on hand to oversee the grape planting and wine elaboration, identifying its initial 60 acres of vineyards across 35 microclimates.

Barbé first met Léon for the Lefkadia wine project in Russia, and counts him as a mentor and friend. "I think what worked well between us was the same vision of an organised and rigorous work and the same sense of tasting," she recounts. "Winemaking is a process of creation but it requires a lot of organisation. This is because you must have an eye on the vineyard to get the perfect maturity of the grapes, an eye on the weather and an eye on the winemaking process. And a slightly maniacal attitude in terms of hygiene." The working relationship continues with Patrick's son Bertrand, who's taken over as consultant while also continuing his other projects with Chateau d'Esclans and Chateau Les Troix Crois.

AN INTEGRATED APPROACH

"I've always been interested in new challenges, not in the pre-established things," says Barbé. At Bodega Son Mayol, that meant not just a new terroir to establish but also a brand new winery and cellar with every up-to-date technical advancement. Taking pride of place is the gravity-led three-story contemporary waveform bodega, designed by Spanish architect Javier Campos with cutting-edge, eco-friendly technology.

Explains Barbé, "Gravity was important for the reception of the grapes. As a winemaker, I believe that gravity at this stage is crucial (and even if the pumps are nowadays efficient), it is always better to go down than up so as not to cause pressure on the grapes. It is a natural rhythm of work in adequacy with the precision required by the actions on the wine." Grapes are handpicked and handsorted before further optical sorting. With two-thirds of the bodega built underground, they also take advantage of natural thermal insulation to save even more energy, together with solar panels on the roof that generate 100,000KWh of energy annually. That's more than enough for their use, so excess energy is fed back into the power grid. Meanwhile, grey water output is cleaned and recycled for watering the gardens.

In the vineyards, they practice integrated viticulture. "This means that our viticulture adapts to our terroir and changes according to the plot to best suit the conditions. We leave grass in the winter to work it mechanically in springtime; this allows us to avoid the erosion of our soils but then to control diseases and hydrous competition," she elaborates. In very dry years, one of the challenges of viniculture on Mallorca, Barbé notes that they give a little water at the start of the season to avoid stress on key stages such as flowering or change of colour, but never for productivity gain. "We try to give water only to our young plants but, at the same time, cause a little stress so as not to make them dependent on water. We choose rootstocks that are resistant to drought."

BLENDING IT RIGHT

There is a change of mentality in the wine industry, confirms Barbé. "Mallorca wants to produce typical wines with a strong identification of the Islands and is opening up to wanting to produce quality wines." While some of the wineries are working mainly with indigenous island varieties

WINE & SPIRITS

Vine Expectations



such as Prensal (white) and Manto Negro, Callet and Fogoneu (reds), international varieties have also been on the rise.

Bodega Son Mayol's focus on Bordeaux varieties — mainly Cabernet Sauvignon, Merlot and Petit Verdot — are due to Patrick's founding influence. "With him, I learnt how to make not only good wines but great wines to age. When a wine is well done, it's good. But there is a different class for higher-tier wines. This difference, as Patrick has taught me, is the capacity for ageing. This leads to the philosophy of Son Mayol to not only to create good wines, but also excellent wines with potential for ageing in bottles," says Barbé. Temperature-controlled fermentation is done in wooden tanks, and all wines are aged in 100% French oak barrels for 12 to 18 months. "My main task is organising the work of my team of 9 people, between the vineyard and the cellar. And depending on the time of year, I will be preparing the next plots for future plantations. The rest of my days are spent tasting the wines, visiting the vineyard, as well as administrative and commercial tasks."



Technical Director Marie Barbé

WINE & SPIRITS

Vine Expectations


Grapes are manually harvested by hand

PREPARING FOR THE FUTURE

By 2023, the estate will have 40 hectares planted, so a lot of effort is spent on soil testing and plot preparation. "In a particular terroir, we prepare the soil for about five years. Two years to remove all the stones or rocks that we find with a special stone-picking machine. Then, we give it three years of rest before planting," Barbe describes. "We are used to making several pits in the same plot before planting to define the different types of soil that the plot can contain. Depending on the results, we decide on the variety but above all on the rootstock that we will use to best adapt to our soil. Then we repeat these analyses every 5 to 10 years to see the evolution of the soil."

The estate is starting production of Cabernet Franc and Mourvedre, to see if the varieties will work with their style – the results are looking good so far. This year, the bodega is also launching its new Rosé, using Merlot grapes. "It was important to define the style first before creating the wine. While the creation starts in the vineyard, I don't separate my roles of technical director or winemaker. I wear both hats in order to create the wines," she enthuses.

With a property this young, the next five years will be crucial to bring the maturity necessary for the vineyard to produce even higher quality, especially with the ageing of their Grand Vins. In the meantime, Barbé has fully immersed herself in the culture of the island, whether hiking in the mountains or discovering small coves in the summer. A small epicurean tip? Her new favourite pairing involves the Grand Vin 2016 with a steak from Son Mayol's Black Angus. Seems like it's just a matter of time before the world savours Mallorca anew. e

> **"Mallorca wants to produce typical wines with a strong identification of the Islands and is opening up to wanting to produce quality wines."**


View of the vineyards at the foot of the mountain

WINE & SPIRITS

Cellar's Choice

WORTH THE WAIT

Cellar these 3 bottles as they'll get better with age

PENFOLDS YATTARNA CHARDONNAY 2018



With a name that means little by little, or gradually, in the Aboriginal language, this is a Burgundian-styled wine you indeed take your time with. Created in 1995 as Penfolds' icon white, the Yattarna is sourced from three cool climate regions, Tasmania, Tumbarumba and Adelaide Hills based on their grape performance. This vintage is inviting, with juicy stone fruit giving way to crisp apple and grapefruit acidity, integrated seamlessly from eight months maturing in French oak barriques. While approachable now, it'll peak in at least a decade under screwcap. *$165 from winenspirits.sg*



DR. H. THANISCH BERNCASTELER DOCTOR RIESLING AUSLESE 2018

Rieslings historically held the reputation for longevity, especially those from Mosel. Dr. H. Thanisch, a winegrowing family of over 375 years and now in its 12th generation, is one of the stewards of the famed Berncasteler Doctor site, Germany's most expensive white wine terroir for its old vines, stony schist soil and southwest orientation. Spontaneous fermentation and lees aging bring out full aromatic complexity, ranging from bergamot and baked apples to white truffle, smoke and dried fruit. A wine for the ages – their Berncasteler Doctor Riesling Trockenbeerenauslese 1921 auctioned for 11,200 Deutschmarks in 1986. *$90 from corneyandbarrow.com.sg*

JOSEPH PHELPS INSIGNIA 2017



At 7,500 cases of insignia made, this is half the usual production at Joseph Phelps (see vintage highlights). Introduced in 1974, Insignia is California's first Bordeaux-style proprietary red blend, made each year of the best selection of grapes (think St. Helena, Rutherford and more). The estate-grown 94% Cabernet Sauvignon, 4% Malbec and 2% Cabernet Franc blend races out of the glass with generous dark fruit and chocolate espresso notes. The palate is velvety and enveloping, building up layers of cherry, blackcurrant and tobacco with finessed tannins, finishing long and lush. Critics point to 10-30 years of ageing. *$355 from wine-clique.com (ETA April)*

2017 NAPA VALLEY VINTAGE HIGHLIGHTS:

- James Suckling calls it a traumatic vintage, marked by wildfires that started on 8 Oct.
- However, a warm growing season helped ripen grapes earlier and many reds were already picked and safe from smoke taint.
- 2017 is likened to 1997 and 2015 vintages, with reds tending to dark black fruit characteristics with ample tannins.



THE 100 PROSECCO RECIPES by Sandro Bottega is much more than a recipe book. The bestselling Prosecco winemaker pays tribute to the culinary traditions of the UNESCO World Heritage Site of Veneto, evoking its art, heritage, landscape, farmers and producers along the way. Bottega is an avid culinarian, establishing 20 restaurants around the world in addition to his wide range of sparkling wines, grappa and liqueurs. Recipes like risotto with Prosecco DOCG, redolent with butter, thyme, extra virgin olive oil and a splash of Prosecco, can be attempted by the amateur cook; while fine dining showstoppers like the marinated musky octopus requires dextrous wrangling and at least 24 hours of preparation. Vivid photographs make this a coffee table keeper. *€19.90 from bottegaspa.com*

WINE & SPIRITS

Bar At Home



Shelley Tai at Nutmeg & Clove puts a tropical spin on the Paloma, for an ideal hot weather thirst-quencher

The Paloma is a Mexican tequila based cocktail using lime juice and grapefruit-flavoured soda. Tai levels up the drink with not just fresh grapefruit juice (as the usual canned grapefruit sodas tend to be too sweet) but coconut water for a tropical touch, as well as gently carbonated water which makes you drink more, according to her. Bartender tip: Fruity shrubs are also an ideal way to introduce acidity outside of using citrus.

MAIN PHOTO BY **CHINO SARDEA**;
PHOTO COURTESY OF **NUTMEG & CLOVE**

COCONENAS PALOMA

INGREDIENTS

30ml Tequila blanco
20ml pineapple shrub
60ml grapefruit and coconut soda
grapefruit peel, for garnish

METHOD

Build tequila blanco and pineapple shrub into a highball glass with ice

Top up with grapefruit and coconut soda

Stir gently to mix

Garnish with fresh grapefruit peel

FOR GRAPEFRUIT AND COCONUT SODA

METHOD

In a 1L soda siphon, combine 600ml grapefruit juice (pulp strained) and 300ml coconut water.

Charge with one soda charger. Store in fridge.

FOR PINEAPPLE SHRUB

METHOD

Combine 100g pineapple juice with 100g sugar and 100g vinegar. Stir until sugar is dissolved. Store in fridge for up to 2 weeks.

WINE & SPIRITS

Bar At Home



WHO: Bar manager, Shelley Tai
JOINED: Nutmeg & Clove, 8 Purvis Street
FROM: Hong Kong
INSTAGRAM: @kankantai

BACKGROUND

Hong Konger Shelley Tai, 31, studied fashion merchandising but never got a chance to parlay her studies into a career. Instead, it was her part-time job on the bar floor that got her hooked on hospitality. Her interest and determination led her from barback to apprentice bartender, and finally to bartender at Quinary, Hong Kong and now bar manager at Nutmeg & Clove, Singapore.

WINNING TOUCH

Along the way, she participated in the Diageo World Class Bartender of the Year Hong Kong in 2018 and 2019, eventually winning the title on her second try. "I was very shy and didn't talk much at my first competition," she recalls. Don't mistake her reticence for lack of skill though; she became much more serious at her craft during her five-year stint at modernist bar Quinary (currently number 16 on World 50 Best Bars). Although she favours spirit-forward drinks, she won't commit herself to a style, explaining that she enjoys finding culinary flavours and infusing those into her drinks.

SPREADING HER WINGS

Landing in Singapore happened, in a way, because of World Class. "It made me feel small," she fumbles, finding the right word in English. "Meeting so many people and seeing what they do, made me want to learn more myself. At 30, I realise I wasn't growing enough, so I decided to leave Hong Kong." Tai accepted a job in New York in 2020, and was geared to move until Covid-19 scuttled that opportunity.

Colin Chia, co-founder of Nutmeg & Clove, was not having a great year either, as he had to close the bar's physical operations for 257 days following Singapore's Circuit Breaker. Ever enterprising, the former Diageo commercial manager, who also has bars in Bangkok, relocated Nutmeg & Clove to Seah Street in November and recruited Tai to be its high-profile bar manager.

MENU TO WATCH

Since moving herself and her cats over, Tai has been learning the ropes of being a bar manager, meaning she focuses more than on drinks – she's responsible also for planning menus, events and bar operations. The bar's new menu, launching in April, is based on the 12 Chinese zodiac animals, weaving in Nutmeg & Clove's strong Asian leaning with a creative twist around colour, food and spirits. Tai and Chia ensured that the whole team pitched in, with forerunner Nabbit (or Rabbit) offering a sophisticated combination of pinenut washed vodka, purple carrot wine and fig leaf kombucha.

Foodwise, the bar couldn't be luckier – Chia's longtime friend and celebrity chef Willin Low consulted on the Asian-fusion menu, serving up winners like the curry kueh pie tee ($12) with potato foam, tom yum bishop's nose ($12) – heavenly for fans of crispy chicken butt, and a heritage recipe based on Chia's father's own Teochew lor bak ($18) – braised pork belly with chee cheong fun and braised egg in a perfectly balanced gravy.

THE LAST WORD

"A good bartender must have traits of discipline, creativity and friendliness," says Tai. In particular, discipline is important to her because there are also negative influences in the industry, such as over-drinking and not taking care of one's health. To that end, she prefers to keep a morning routine and to exercise regularly – weight training and boxing being her favoured sports. "Diet-wise, I eat everything," she claims, except too much carbohydrates at night. Her favourite Singapore dish: kaya toast and eggs. **e**



A VIEW ON VINOVATIONS

Put romanticism aside and technology has its place alongside experienced hands

Corkscrews have been in existence for almost 400 years, and for a long time that was the wine world's most notable invention. Wine might have a reputation for being somewhat old-fashioned, but the last few decades have witnessed breakthroughs that have revolutionised how wine is made, consumed and discussed.

Today, wine is less about men with red trousers (and even redder faces) gloating about ancient vintages, and more about a younger generation equipped with open minds and all the latest technology.

A VINE ROMANCE?

Picture a vigneron, with hands as gnarled as the ancient vines she works with, slowly moving among the rows as the sun beats down from a clear blue sky. Now picture robotic pruners, heat-mapping drones and underground moisture sensors – all connected to smartphone apps that you can control from the palm of your not-so-gnarled hand.

These days, the second scenario is increasingly commonplace. Wine lovers might prefer to think of vineyards in a romanticised way, but improvements in viticultural technology have been crucial to the ever-increasing quality of our favourite drink. Growers can now map their vineyards in minuscule detail and make planting decisions accordingly, optimise the health of their grapes using scanners that analyse sap flow and nitrogen levels, and even scare off pesky birds using lasers instead of netting.

Most recently, vineyard technology has been focusing more on sustainability. For example, irrigation systems that maximise water efficiency and recycling crop sprayers that minimise wastage. However, for some producers, traditional techniques such as horse-drawn ploughing and good old human instinct are far superior, and in many places you can find a combination of technology both old and new.

What's certain is that the choices available in the vineyard have been fundamental in giving us the range and quality of grapes being grown today.

PHOTOS COURTESY OF **VINDEMIA WINERY ON UNSPLASH**

WINE & SPIRITS

Master Notes



Writer, educator, Master of Wine and occasional pianist, Richard has worked in wine since 2001, first in London and now in Singapore as resident MW at 67 Pall Mall, the Members' Club for wine lovers, opening later this year. He has written regularly for JancisRobinson.com since 2008, as well as judging, presenting, educating, tweeting and sometimes singing about all things vinous.

BY RICHARD HEMMING

WINERY 2.0

It's the same story in the winery. While old oak barrels and mechanical presses still have a role to play, many of the world's most prestigious producers employ tech to improve the winemaking process. Many of them prefer to keep this behind closed doors, but the ingenious machinery being used is something to be celebrated rather than concealed.

Temperature control and stainless steel tanks are probably the most significant improvements in winemaking over the last 50 years. They are now ubiquitous, allowing producers to avoid the oxidised, flat wines that were routine in the past. From crushing to bottling, the wine industry depends on technology to bring drinkers the best possible quality – in some places, wineries look more like Mission Control than farm buildings.

Take the optical sorter, for example. This device consists of a conveyer belt that passes grapes beneath a series of cameras. By setting the relevant parameters, winemakers can select the preferred colour, size and density of the berries. Any that don't make the grade are summarily ejected by a row of air-jet nozzles, leaving only the most pristine grapes to be turned into wine.



POUR SHOW

Finally, we come to the most important part of wine: enjoying a glass or two. From a wine lover's perspective, this is where the latest technology is most visible, and it has had a significant impact on how we choose and serve wine.

There are hundreds of wine apps available, but one of them reigns supreme: Vivino. From humble beginnings, this label-scanning app has now amassed well over one billion scanned labels, giving it the most comprehensive database of wine in existence. User-generated reviews assign an aggregated score out of five to each wine, giving users an indication of quality before they buy – which can also be done through the app, of course. Last year, their sales jumped to S$355 million.

Once the bottle is in your hand, we come to perhaps the most important recent breakthrough in wine consumption: Coravin. It was created by an American surgeon who realised that a medical-grade needle could pierce through a cork to extract wine, and the cork would then completely reseal after the needle was removed. By using inert gas to displace the wine, what remains in the bottle can be preserved in perfect condition.

This ingenious device has made it possible to serve any wine without committing to the whole bottle – which is how 67 Pall Mall, the new Member's club for wine lovers in Singapore is able to serve more than 800 wines by the glass.

DRINKING TO THE FUTURE

Your corkscrew might not be obsolete just yet, but technology is having a revolutionary effect on wine. While not everyone might appreciate every innovation, there's no question that technology has given us a wider choice of better wine around the world, while still honouring wine's fundamental purpose: to express a specific time and place in delicious liquid form.

ADVERTORIAL

Andaz Bali

A MODERN VILLAGE

Indonesia's first Andaz is now open in Sanur, Bali.

Seventy years have passed since Indian Prime Minister Jawaharlal Nehru sank his feet into the golden sand of Sanur's beach and witnessed the sunrise with Indonesia's first president, Soekarno. Struck by the fleeting beauty of the moment he proclaimed Bali "the morning of the world". The magic which captivated Nehru remains when one takes a morning walk along the coastal stretch of beaches. The leafy paved boardwalk, gently crashing waves, anchored fishing boats, and relaxed manner of the day-to-day lives of Sanur's close-knit community make the town an endearing destination.

Andaz Bali captures these allures. Inspired by the locale and the heritage of the island's craftsmanship, the resort is modelled after a Balinese village. All of the 149 rooms, suites and villas are spread in low-rise buildings – none is higher than a coconut tree as the regulation stipulated - complete with hidden courtyards and ponds. Named after four Balinese wind directions, the red-bricked façade of the buildings seamlessly blend with its leafy surrounding. Wizened Fig, Rain and Banyan Trees as old as the land itself are left to grow, shading the resort luxuriantly.

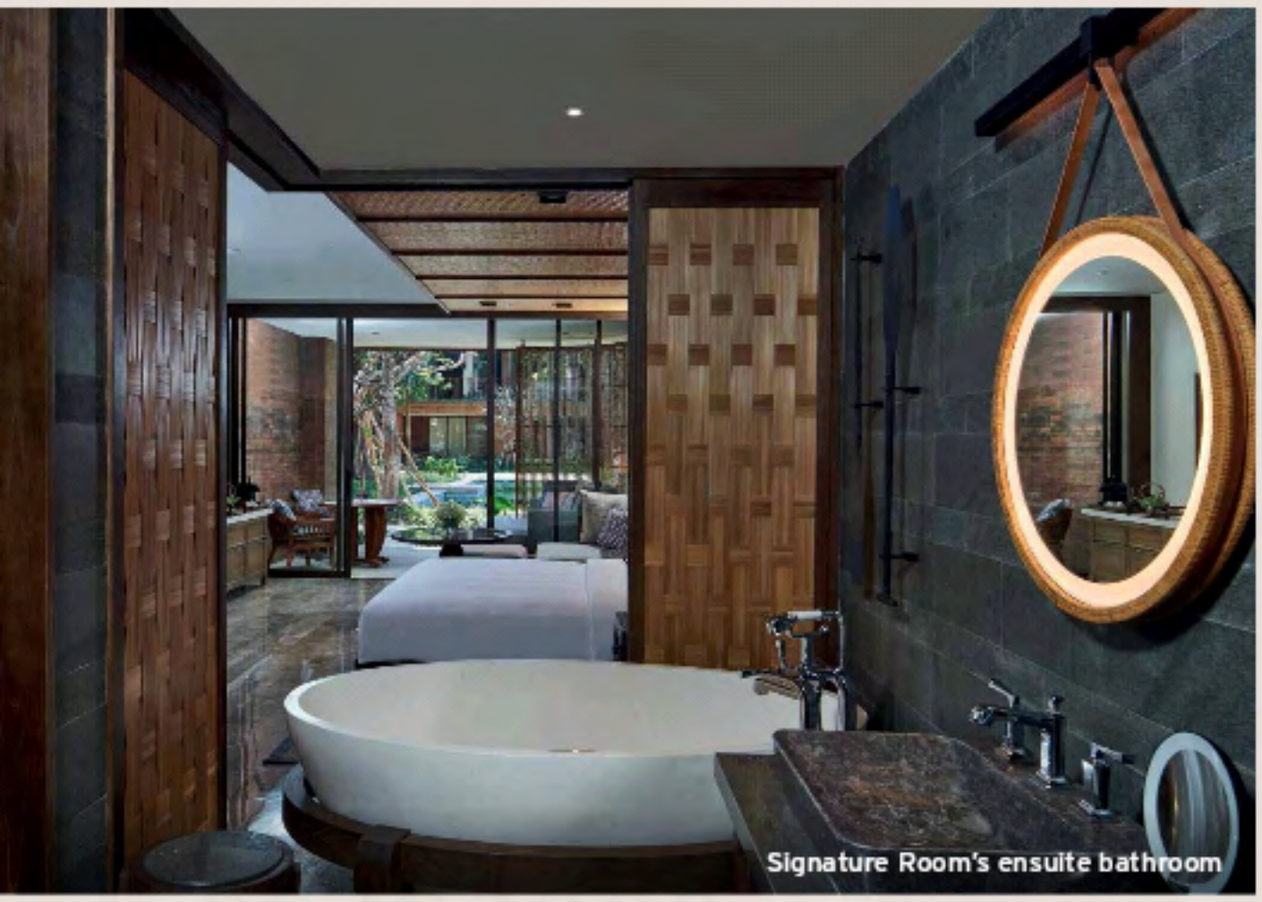


Andaz Bali's Signature Room

PHOTOS COURTESY OF **ANDAZ BALI**

ADVERTORIAL

Andaz Bali



Signature Room's ensuite bathroom



Bale Bengong

Created by architect Martin Palleros and interior design SPIN Design Tokyo, tactility pervades every aspect of the resort experience. Woven bamboo, local marble, *pandan* leaves panelling, batik fabric, and original artworks by local artists are used throughout the interior. Together with modern technology and amenities, each room or villa is a home office away from home. Three pools including one dedicated for the children are placed in different parts of the resort. Shankha, a holistic wellness compound, features 10 spa villas, sauna, steam room, hot and cold plunge pools, a secluded adult-only pool, kombucha bar, and yoga studio.

True to its concept, the communal spirit of the resort can be found at the Village Square. The casual indoor and outdoor seating encourage openness and social interaction. Surrounded by four dining outlets, sharing a meal with loved ones here is a joyous culinary discovery. Guests are invited to taste Asian comfort food from Wok Wok, globally-inspired dishes from Blue Oven, steak and grills from Fire Fox, and house-made pastry, desserts and coffee from Deli & Bakery. For an intimate beachfront dining repast, head to The Fisherman's Club whose signature dishes include a fresh catch of the day grilled on coconut husks. The restaurant also serves as a beach club, welcoming locals and guests alike with Sanur's well-known hospitality.

For guests who wish to celebrate an intimate milestone, create a digital conference or launch a start-up, there are four Studios to use. Located next to the lobby, the all-purpose meeting rooms are equipped with the latest audiovisual technology and provide views of the resort's stunning landscape. Traditional yet contemporary; private yet social; Andaz Bali blurs the rigid line between work and play. Here, they balance each other harmoniously, creating memorable moments where life becomes one big celebration.

Now accepting reservations for stays from 9 April onwards on andazbali.com

Andaz Bali
Jalan Danau Tamblingan 89a, Sanur, Bali
Tel: +62 361 3201234
andazbali.com

SAY NO TO REGULAR MEAT


Josh Tetrick

BY ESTHER FAITH LEW

Josh Tetrick, CEO and Co-founder of Eat Just wants to disrupt the way we look at our food system to create a better future for our planet with cultured – not conventional – meats.

PHOTOS COURTESY OF **EAT JUST**

PEOPLE

Perspectives



Good Meat chicken is on the menu at 1880

If you love meat, you should have it, without the guilt of contributing to animal cruelty or to greenhouse gas emissions. It also doesn't necessarily mean that a plant-based product is the answer if your palate disagrees with it. The launch of Eat Just's first cultured chicken means that the dichotomy between your epicurean desires and socio-religious ethics no longer gets in the way. You can pretty much have your cake – in this case, chicken – and eat it too. It is really chicken, and that's the cellular truth.

Josh Tetrick, CEO and Co-founder of San-Francisco-based Eat Just, has created a tidal wave in the F&B industry with cultured chicken that has been given regulatory approval for consumption in Singapore. Not only that, the company has made its first commercial sale to 1880, a private members-only club for well-heeled cosmopolitans. For this Fulbright scholar, synergising social and business agendas is an art form that yields productive results and creates meaningful ripple effects in communities. His passion for making a difference in social issues and applying his business smarts has led him down a path less glamorous but no less important; which includes teaching children in Nigeria and South Africa, leading a United Nations business initiative in Kenya, and working for former President Bill Clinton and Liberian President Ellen Johnson Sirleaf.

These stints in less privileged countries eventually gave him the mission that drives him today. "It was while I was working with kids in Sub-Saharan Africa that I came across this book titled "The Fortune at the Bottom of the Pyramid" and it really opened my eyes as to how you can solve the world's most pertinent problems with capitalism. It showed me that it is possible to build profitable 'bottom of the pyramid' markets, reduce poverty and create an inclusive capitalism that works for everyone," shares Tetrick. This revelation combined with the fact that his best friend, and current co-founder, had always highlighted the issue of animal cruelty in the commercial world, led him to create a company that addresses this problem: To eradicate animal cruelty in commercial livestock production facilities by eliminating the need to kill animals in the first place.

"Our goal is to create an entirely new food system. Think about it; the acts of rearing livestock, feeding them, producing the feed, packing them into tight spaces and slaughtering them all contribute to climate change, zoonotic diseases and food that doesn't align with our values. Our goal is to ultimately improve the health of our planet and of humankind so that we can all have a higher quality of life. We are doing this so that our grandkids won't have to wear masks; our rainforests won't be ravaged by climate change, and the coral reefs right outside my house will be preserved," shares Tetrick.

Tetrick also addressed the misconception that his mission negatively impacts the livelihoods of farmers in the agriculture industry. He stressed that his aim is to impact the activities of big commercial facilities rather than that of the farmers. "The reality of animal production today is that 99% of the beef, chicken or pork that is produced on the planet is not by a farmer who goes into his barn every day to check on his cows. It's made in warehouses where animals are stacked up body to body, and the work in these facilities are often automated."

PEOPLE

Perspectives



Tetrick's company also produces Just Egg, a plant-based product

> **"We talked to 103 restaurants in a survey and asked if they would consider selling cultured meat and 91% said yes, while 82% could envision a menu in which conventional meat is replaced with cultured meat."**
>
> *JOSH TETRICK, CEO AND CO-FOUNDER, EAT JUST*

As with many inventions and innovative ideas that are ground-breaking and disturb the norm, there will be nay sayers. As to whether Tetrick is seen as a visionary or a disruptor, it depends on which perspective one chooses to believe in. He makes the bold statement that conventional meat should be off the menu and it shouldn't even be an option. "We talked to 103 restaurants in a survey and asked if they would consider selling cultured meat and 91% said yes, while 82% could envision a menu in which conventional meat is replaced with cultured meat within 10 years." According to Eat Just, the survey was answered by a mix of restaurateurs, GMs and chefs who represented these independent restaurants, including a handful that Eat Just had communicated with directly in Singapore. The Good Meat restaurant operator survey was conducted in partnership with a management consulting firm.

Tetrick is not shy about being labelled as a "disruptor". He makes it clear that his company is indeed here to disrupt the vicious cycles of destruction that are impacting the planet. "And if it means that the current industry needs to change, or that some jobs need to transition to other industries, then it is what it is. I think that as long as we do it with a sense of mission and ethics, then it's just a part of the painful process that has to happen," he stresses.

With regulatory and commercial developments going smoothly, Eat Just is going full steam ahead in its business

Perspectives

expansion plans for new product lines. This go-getter lives by his mantra to 'put your head down to do the work' and to 'be here, be in the moment'. And he most certainly is riding the wave with speed and good form. With minced chicken being the first product offering, the next step is to advance the process to create texture with muscle and fatty components, and then to create chicken wing with cartilege and bones. Once that's accomplished, Eat Just will take on the challenge of creating cultured beef and pork.

"We want to continue to make an impact in Singapore. 49% of Singaporeans are aware of cultured meats and we'd like to think that our launch has something to do with it. That's even higher than the level of awareness in the US, and we want to continue to leverage on that and to educate consumers on the benefits of eating cultured meat," says Tetrick.

He also shared that consumers under the age of 25 are very accepting of it and approve of the fact that no animals are slaughtered, while those over 25 place more importance on the production process and question how and where it's made, which means that transparency is a top priority in consumer communication.

One of the messages coming cross clearly from Tetrick is the fact that Eat Just operates with CSR at the heart of its business model, and he believes in aligning his social and business agendas. He is also laser-focused on the fact that a strong belief in the mission will pave the way to a better future. He puts it very simply and aptly: "I think the secret of success for us is to not be distracted by good news or bad news, but to keep our heads down and to continue to do meaningful work...and one of the most important goals right now is to get the food system right. I don't think it gets any more complicated than that." **e**



Good Meat chicken bites passes the test for texture and flavour at 1880

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CHANGING WINE THROUGH TECH

When Michael Baum, CEO and Founder of Vivant, became the first American owner of a Burgundy vineyard, Château de Pommard, the technology entrepreneur began applying his innovative ideas to the age-old domain of wines, leading to the creation of online platform Vivant.

BY JUNE LEE



Michael Baum

PEOPLE

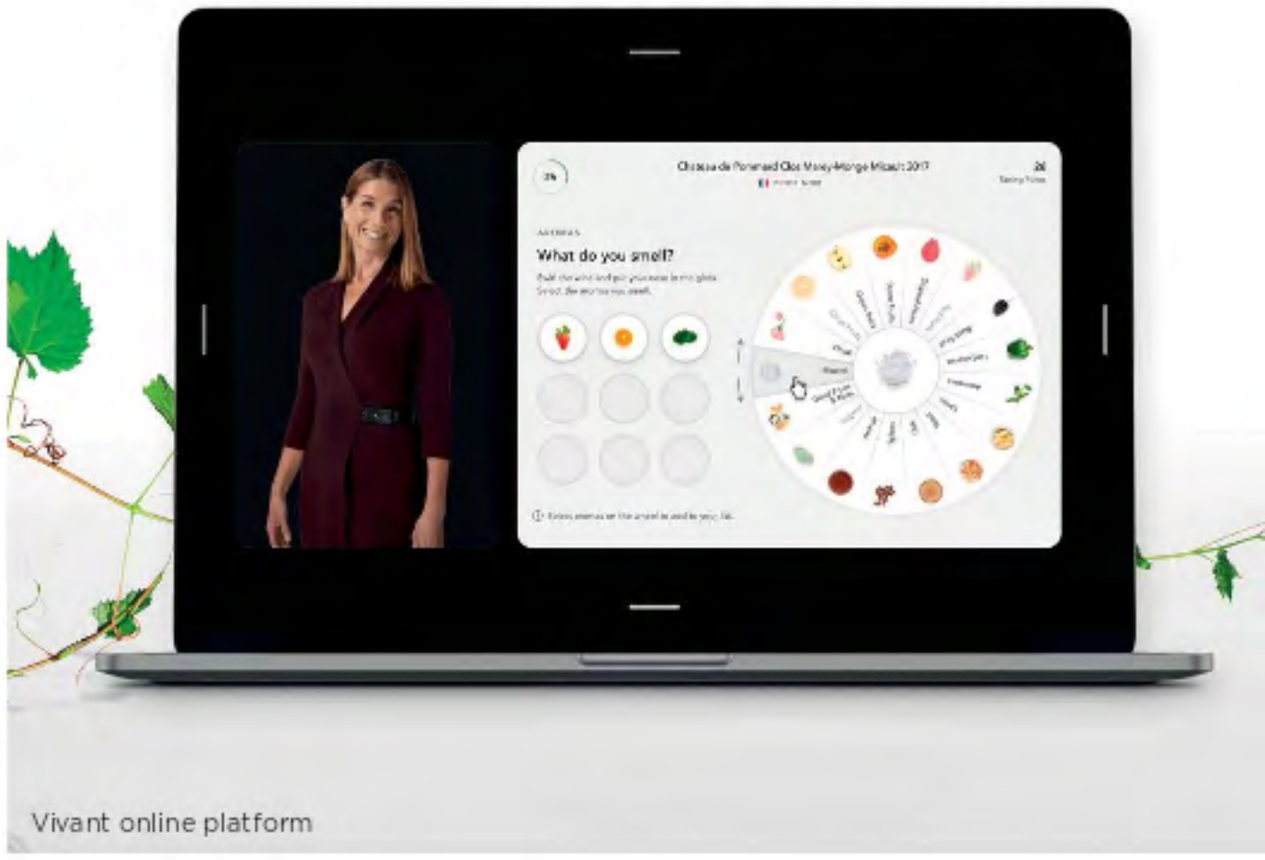
Perspectives

Michael Baum is curious by nature, and a creator of successful start-ups. Having founded six different technology companies over the years, he's more recently been focused on starting and running Founder.org, including supporting the 128 companies started with university students around the world, Rootstock Music, and Vivant. That's on top of his investment in Château de Pommard in Burgundy in 2014, which he has since converted to biodynamic viticulture, a topic in which he is now a passionate advocate.

"The results (of biodynamic conversion) went beyond our expectations, and our wines are now more aromatic, flavourful, and energetic than ever. We have clients all over the world in 92 different countries. To share our story with them meant we had to physically travel, creating a carbon footprint and going against our very belief in caring for our planet. So to scale, we challenged ourselves to create the magic of greeting people at the chateau, but online," Baum explains.

"Soon, we realised this was an opportunity to help other responsible winemakers tell their story too and connect with potential clients around the world. This is something most of these smaller producers would never have the chance to do otherwise. We brought together an international team of wine educators, product designers, software engineers, and media producers to create a new platform where people can meet responsible winemakers and taste their wines alongside expert wine advisors, no matter where they are."

The Vivant platform is a slick showcase that incorporates video, live classrooms, wine tastings and more, but there's a more serious issue that underpins it – that currently, less than 3% of global wine is responsibly made. "Today, the wine industry isn't sustainable at all. We're putting all these chemicals in the ground and in our bodies. Not good at all," laments Baum. "The problem is winemakers who produce responsible wines are in the minority, and their voices aren't heard. Through digital wine experiences, we let them reach a global audience in a really fun way. For the consumer, we have created a way to distribute smaller tasting tubes of wine so it can now be cost-effective to taste a producer's wine, no matter where you are in the world, during a digital experience."



Vivant online platform

WHY SUSTAINABILITY MATTERS

"Vivant combines two of my biggest passions, technology and wine, so it is a joy each day to think about how we can make the platform and content even more inspiring and engaging. We have invested heavily to create a sophisticated platform for Live Experiences where participants interact and engage with the environment, not just watch a masterclass," shares Michael Baum.

"Our overarching mission at Vivant is to accelerate the wine world's transition to a sustainable future by amplifying responsible winemakers' voices. We show our members that naturally produced wines taste better (as has been proven in blind tastings), and we are building a global wine community committed to a better way," he continues.

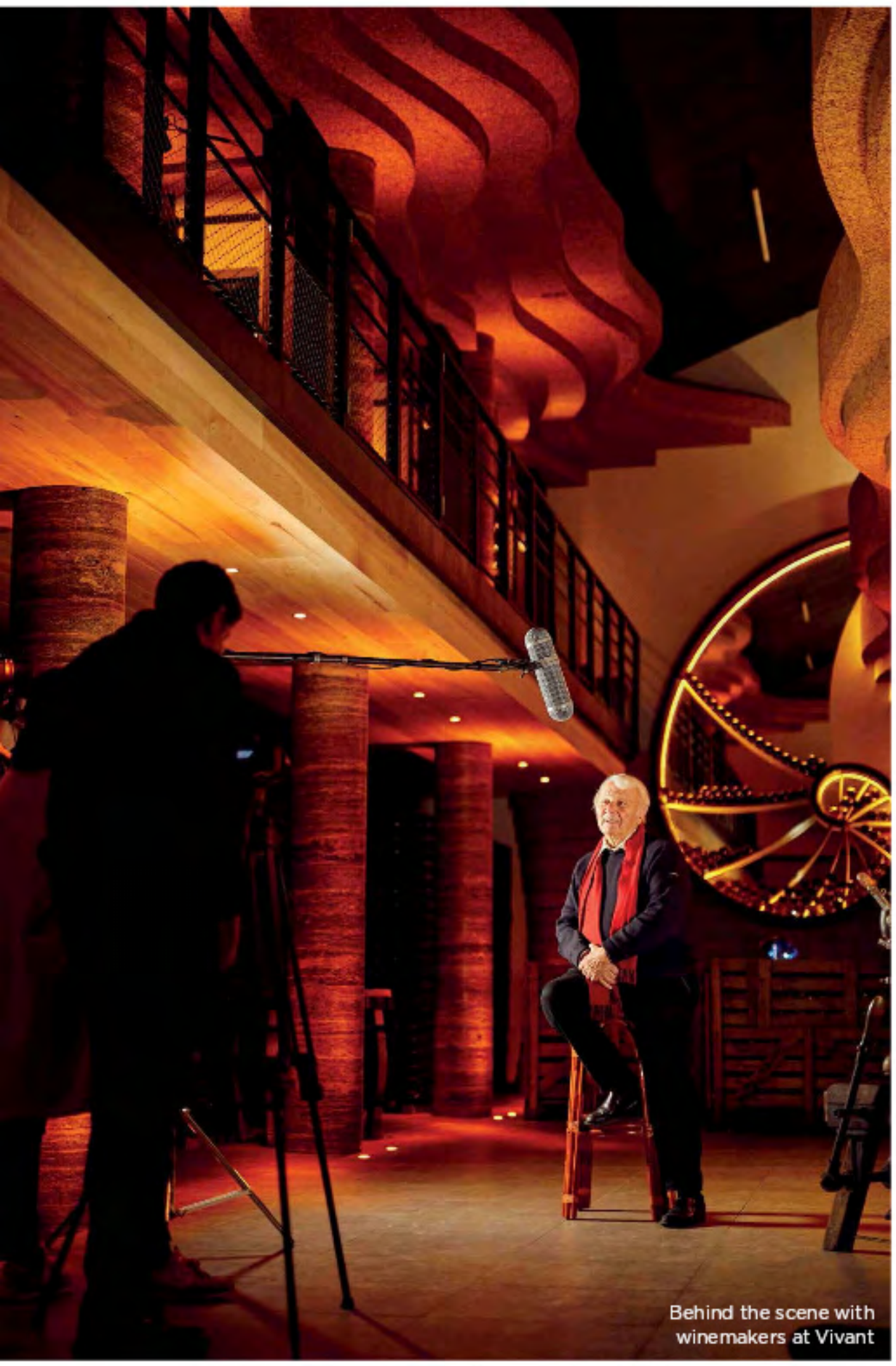
Their goals are not for Vivant, per se, but the industry and the planet as a whole. One percent of all membership fees and wine purchases help fund innovative new ideas and research positively impacting a sustainable future for wine through Vivant's initiative 1% For Wine. "By 2030, we hope that at least 10% of the world's wine is being produced responsibly. We will continue to reach out to winemakers worldwide to share more about what they do and ask them to take the Vivant pledge. We also hope to continue to grow our community of responsible wine drinkers, who can use the platform to further their knowledge and make more informed choices when selecting wines."

"We are looking at a variety of projects that will help winemakers farm more naturally. For example, utilising plant-based products to control mildew (a major problem in grape growing) versus systemic chemicals or heavy metals like copper and sulfur. Genetic analysis is another fascinating field. Understanding the genetic makeup of the microbial life in your soil can really help you understand everything from the best rootstocks to plant to the best amendments to use."

PHOTOS COURTESY OF **VIVANT**

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Behind the scene with winemakers at Vivant

> **More globally, I hope that my work, in general, is helping make the world a better place than I found it. There are so many ways technology can contribute to improving people's lives. We just need to focus on the opportunities.**

Baum points out that it's not just a producer's problem; it also traces back to consumer demand. "We're making wine education more accessible and fun than ever, and a considerable part of this education piece focuses on responsibility: The responsibility we have to care for people, care for our planet, and care by supporting the producers who are the future of the industry. A lot of this is about consumer behaviour. We hope to not only connect responsible producers with consumers but also modify consumer preferences and behaviours, leading them to make better choices."

One of the most interesting aspects of technology is when humans are able to take an innovative idea in one domain and apply it to another. Baum explains that this idea fascinates him. "At my previous company, Splunk, I had the idea, while working at Yahoo!, to apply search technology to troubleshooting complex computers and software. But the inspiration came from watching the success of search being used to find information on the web."

Baum recalls that as a child, he loved to disassemble and reassemble appliances, audio hi-fi systems, and eventually computers to understand how things worked. But it wasn't until he got to university that he fell in love with math and algorithm. "Fortunately, the world of software was in its infancy at the time, and I was able to get involved at a very early stage of the industry," says the 57-year-old. "I'm very interested to see advancements in AI and human-computer interfaces. I want to be able to control access to information with my brain, just by thinking, not by typing or speaking, which is too slow. On the other hand, I own several Teslas, but autonomous driving scares me."

On the kind of revolution he wants to see in his lifetime, Baum replies, "I want to see dramatic changes in the way

humans grow, package, and distribute our food. We are eating things with no flavour because they were grown with synthetic chemicals and kept alive for weeks during transit. Alternative methods of agriculture and plant-based substitutes for chemical fungicides can enable us to farm more rationally and build back the resources we have destroyed. Plastic packaging has to evolve; we're killing the planet with so much waste. Just because we can ship edibles from one part of the world to another doesn't mean we should. Advancements in farming techniques can enable people to go back to growing their own food, locally."

For someone who is so wired and connected to technology as his work medium, play medium, and social medium, how much technology is too much? Baum leaves us with his advice, "For many kids growing up now, it is the main way they communicate with each other, share experiences and passions. For adults, we're all so used to meeting people online. I've heard people use the saying 'zoomed out'. And Covid has certainly accelerated all of this. So while it is easy to say, turn it off, walk away, leave the phone at home. It's not so easy as technology is now the medium that many people live and work in. With that said, our planet provides an incredible respite from technology. Nature has a way of counterbalancing the ill effects of too much screen time. So I'd advise people to spend at least as much time with nature as they do with technology." **e**

DRINKING BETTER WINE

Michael Baum lays the issue out clearly: "Our collective future strongly depends on giving back to the living systems that are sustaining us. Companies are in the best position to effect a change in mindset, to set an example. I love wine and I want to continue to drink great wine. But, I also want future generations to be able to drink great wine, breath fresh air, drink clean water and live healthy productive lives. If we don't take on this challenge, who will?"

Statistics show that Old World winemakers have a better appreciation for responsible winemaking. In example, France leads the world with three times more organic wine produced than any other country. And France leads the world in organic wine consumption with more than twice that of any other country.

"We have a number of studies that prove over hundreds of thousands of blind tastes tests and ratings that organic and biodynamic wines score significantly higher. Six points out of a hundred higher on average. For me personally, or for any wine professional, who is often tasting a lot of different wines; it is obvious that responsibly made wines are more energetic and the aromas and flavours more powerful. Conventionally farmed grapes just never reach their full potential versus organic or biodynamic grapes. My belief is that synthetic chemicals block the grapes' natural abilities. You can see this when you taste two wines of the same vintage, from the same area and grape varietal. The responsibly grown grapes will give the wine a sense of life, of purity in aromas and flavours. On the other hand, the conventionally made wine will feel muted," Baum asserts.



SETTING A NEW STANDARD IN POSTPARTUM CARE



Kevin Kwee

BY PRIYANKA ELHENCE

Kevin Kwee, co-founder of the prestigious Kai Suites, shares his vision for Singapore's first confinement luxury hotel delivering a one-stop, holistic, specialised pre- and postpartum care programme.

MAIN PHOTO BY **CHINO SARDEA**; PHOTOS COURTESY OF **KAI SUITES**

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At Kai Suites, Singapore's first luxury hotel concept exclusive to mothers and their newborn, sensitivity, empathy and grace are the customer service cornerstones of the tranquil, relaxing environment set in a contemporary, Japanese-inspired interior. Occupying two floors are 18 elegantly appointed and fully-equipped private Deluxe Suites (from 23 sqm) and Premium Suites (from 32sqm), accessible only to staying guests and registered visitors, to ensure full privacy and comfort for the new mum, as rest and relaxation while bonding with baby are top priority.

"We're taking a step back and going back to the fundamentals. Although it is a luxury product, Kai Suites is about creating a great experience and delivering a great value proposition for the client. We're focusing on what is most important to the new mother and evolving a product around her needs. It's not rocket science. It's the small things that make a difference and it's all those small things put together that make a huge difference. I am blessed to have an amazing team of passionate individuals that come to work every day, to create those little magical moments that matter. Despite so many moving parts, everything and everyone at Kai Suites is interlinked," says Kevin Kwee, co-founder of Kai Suites.

FOUNDING PRINCIPLES

Kai embraces omotenashi, the Japanese concept of genuine, wholehearted hospitality, paying attention to the smallest of details and anticipating every need of the new mum to deliver an unforgettable experience. The mission of this luxury confinement hotel is educating, encouraging, motivating and empowering mothers in their journey of motherhood. In Japanese culture, 'Kai' symbolises the restoration and recovery that mothers need most after giving birth; while in Chinese culture it represents triumph, as child birthing is one of the most victorious moments in a lifetime.



Premium Suite

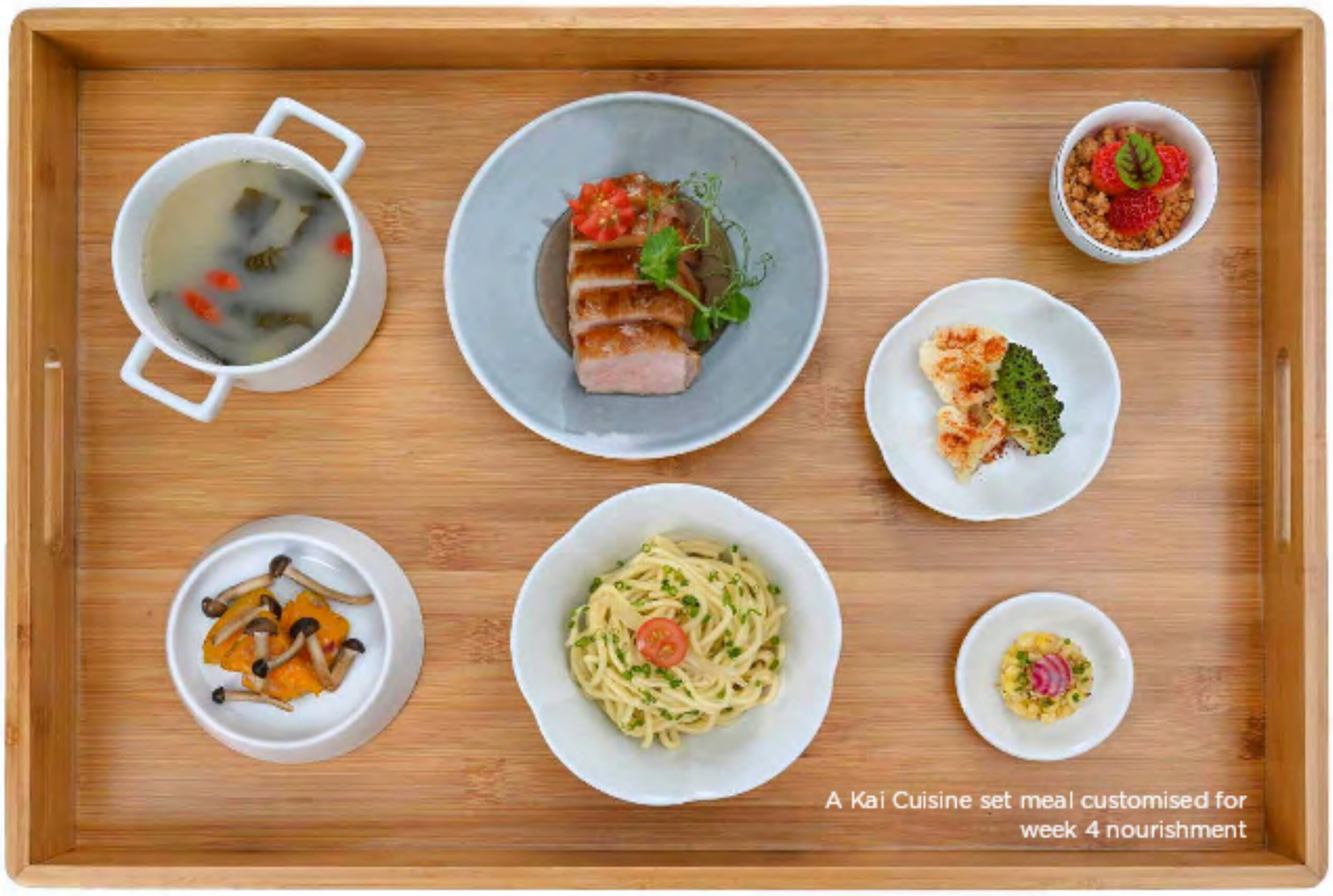
"We have six pillars or six main core components - the product; customer experience; the value proposition for our customer; and the three stakeholders: the client, the investors, and the team that makes it all happen. This is definitely not a one-man show. Our business is driven by a core team of highly motivated, like-minded individuals. We're focused on the product, the customer and the value creation, a common goal which allows us a very consistent approach," says Kwee.

RANGE OF SERVICES

Kai Suites' services encompass the full spectrum of maternity care ranging from prenatal and postnatal education, to mother and baby care after birth, postnatal nourishment and nutrition,

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A Kai Cuisine set meal customised for week 4 nourishment

and body rejuvenation, by combining Asian cultural practices and traditions with modern science from the west. Kai Suites' support system of specialists includes qualified and experienced nurses, a culinary team specialising in maternity cuisine, visiting TCM practitioners, and spa and aesthetics therapists at its new Spa & Aesthetics Centre, complete with state-of-the-art equipment that provides treatment for a comprehensive spectrum of postpartum issues.

An introductory rate of $25,000 for a 28-day programme in a Deluxe Suite includes accommodation for mother and spouse with full amenities, 24-hour care by experienced maternity nurses for mother and infant, as well as three nourishing Kai Cuisine meals and three snacks per day for the mother, including postpartum beverages. Mothers can also choose the Kai Suites Combo Experience, where after a minimum 14-day stay at Kai Suites, a visiting nurse comes home to care for mother and baby, along with Kai Cuisine meals for the mother for another fortnight. "We're here to add value. This is not a holiday. It's a vital opportunity to recover. We want our mothers to rest and bond with their baby in the most comfortable way possible," shares Kwee.

KAI CUISINE

Kai Suite's signature confinement Kai Cuisine restores the body and fortifies the spirit by combining TCM principles of healing, detoxification, restoration and nourishment; and postpartum dietary science with gastronomy, to ensure a full recovery. The talented in-house team of chefs use recipes sourced from dietary specialists through the generations, employing both Asian and Western cooking techniques. Menus are planned according to the mother's childbirth method, the different phases and rate of postpartum recovery, the required amount of nutrition, as well as cultural background and preferences to give a sense of familiarity to these comfort dishes, and are adjusted after each weekly TCM consultation according to the mother's rate of recovery and body condition.

With Kai Cuisine being as pure, artisanal and wholesome as possible, there is no use of any added MSG or artificial additives, while natural sugars and umami are extolled from the ingredients themselves. The best, natural herbs are used, such as black dates instead of the usual red variety, and sulphur-free 'dang gui' or angelica root. Much care is also given to minimalise or completely avoid the use of ingredients that may eventually cause gas or colic in the baby.

PEOPLE

Perspectives

Additionally, most of the stocks, sauces, seasonings, and condiments are made in-house in small batches from scratch, including wheat noodles, infused oils and syrups, oyster sauce, tomato sauce, Hakka yellow wine, red lees paste, chicken essence, kaya and fruit jams. In addition, stringent efforts are made to avoid the use of aluminium foil and cookware, as well as plastic containers and similar items that may pose harmful health effects.

ADDING VALUE

Kai Cuisine is also available as food delivery (from $3,500 for a 28-day programme). "Currently we have about 10-15 food delivery orders on a daily basis. Some are for clients who have already checked out and want to continue the nourishment at home; some are for people who have undergone surgery; and some are just for people who want to eat something healthier for dinner every day. That doesn't mean that we are becoming a food delivery company. Rather, we will do as much as we can because of our core value of helping people and providing value to our clients."

Kwee goes on to say that the difference between Kai Suites and the multitude of other regional postpartum centres comes down to Singapore's high quality standards, stringent laws and regulations. "Take our location for instance. This three-storied building was originally occupied by the Singapore Family Planning and Population Board, so it's apt that this heritage building is Kai Suites today."

"Typical five-star hotels have a service-to-guest ratio of 0.8 to 1.2 per client. We have two people per client, and when we are fully booked, that goes up to approximately 3.2," says Kwee. "Most of the news on a confinement forum is often bad news. But it needn't be anymore. Our strategy is to set the gold standard for our services, impart knowledge with local Singaporeans and to get local talent to do the job," he says. "Another of our USPs is our 15-key mindset, our attention to detail, and our proactiveness in creating genuine support groups and communities, especially for first-time parents. Mums have their own bonding session, and for fathers, we organise small things such as little surprise breakfasts to chat over a nice meal. These are not big things, nor are they expensive. But these small touches go an extremely long way. This is where I get the most valuable feedback from; this is where I get my inspiration," says Kwee. **e**



Nursery

"Typical five-star hotels have a service-to-guest ratio of 0.8 to 1.2 per client. We have two people per client, and when we are fully booked, that goes up to approximately 3.2."

ADVERTORIAL

Oceania Cruises

EXPERIENCE THE TROPICS AND EXOTICS

Oceania Cruises spotlights 127 irresistible itineraries with tempting ports of calls and overnight/multi-day stays

Global citizens are proving that the current pandemic is only intensifying the desire to travel once the green light is given. Not only that, the desire to experience luxury travel in exclusive settings is building up into a crescendo. The record-setting single-day sell-out of Oceania Cruises' 2023 Around the World in 180 Days voyage was proof of that. Seasoned travellers will know that during these pandemic times, it is wise to travel with a cruise line that is reputed for high-end cruise experiences accompanied by uncompromising standards and service, not to mention exceptional on-board amenities and facilities that uphold the pristine conditions that Covid times demand.

Oceania Cruises has now opened for booking 127 inspiring late-2022 and early-2023 voyages. These journeys cater to flexible schedules with a range of itineraries ranging from 7 to 77, cruising to exotic destinations that will take one's breath away, whether it's the allure of Tahiti and the islands of French Polynesia, or South America which takes centre stage this season with its vibrant cities of Rio de Janeiro and Buenos Aires and the wild appeal of the Amazon. Featuring 272 ports of call and 284 overnight or multi-day stays, these itineraries will offer passengers many tempting options that meet their expectations for a rich and diverse experience.

A cruise with Oceania Cruises is special, with the high points of your experience beginning the moment you step on board its ships. Oceania's on-board restaurants provide impeccable fine dining experiences and serve sumptuous cuisines by a team of chefs headed by world-renowned Executive Culinary Director Jacques Pepin. Satiate your appetites with Toscana's authentic Italian classics; Polo Grill's succulent steaks; Jacques' Parisian bistro favourites; The Grand Dining Room's refined Continental cuisine and gourmet vegan delights; or Red Ginger's bold Asian flavours. The epicurean will enjoy these memorable dining experiences at any time they wish with open seating and no dining surcharges. For an exclusive and private evening, Marina and Riviera's La Reserve by Wine Spectator will enscounce up to 24 bon vivants in a cosy ambience with private vintage wine pairings for their exclusive dinner.

From dining to cooking, the cruise line's Culinary Centre also engages epicureans with classes conducted in a state-of-the-art teaching kitchen with fully equipped workstations. Participants gain a deeper appreciation of the seasonal produce at respective destinations when they accompany chefs in shopping excursions at local markets as part of Oceania Cruises' Culinary Discovery Tours. Epicureans will discover the satisfaction of eating farm-to-table whether it's exploring a fish market in Rio de Janeiro or a winery in Madeira.

Oceania Cruises' incomparable crew is on hand to ensure that passengers enjoy a five-star hotel-at-sea experience in all aspects, both off-shore and on-board. Its staff-to-guest ratio is an impressive 1 to 1.6, but most importantly, it's the calibre of its front-line crew, from the butlers and concierges to the suite and statement attendants, that make all the difference.

Find out more about Oceania Cruises' 2022-2023 Tropics & Exotics Collection at *https://portandporters.com/oceania/* or call +65 6225 1322



PHOTO COURTESY OF **OCEANIA CRUISES**

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Quote "EPICURE" to enjoy up to US$300 on-board credit per cabin for bookings made before 31 May 2021

LIFESTYLE

Epicure Loves



BLANCPAIN FIFTY FATHOMS GRANDE DATE

An iconic collection of timepieces with years of history under its belt, Blancpain's Fifty Fathoms watches always combine state-of-the-art materials with precise watchmaking techniques to present aesthetically pleasing pieces.

Now, see the remarkable Fifty Fathoms Grande Date in a brand new light as the Swiss luxury label has once again unveiled a statement piece, now equipped with a titanium bracelet. Joined together by transverse pins, the satin-brushed links offer fluidity and flexibility which guarantee a perfect fit on the wrist.

But besides its dedication to maritime watches, Blancpain also champions deep-sea exploration and ocean conservation. With the Swiss label's avid support, the La Pérouse Expedition led by Laurent Ballesta and his diving team successfully studied, characterised and illustrated the exceptional biodiversity of the La Pérouse Seamount.

The expedition's subsequent documentary, *The Mysteries of Mont La Pérouse*, now offers the truth behind the importance of seamounts, a geological formation.

Blancpain's Fifty Fathoms Grande Date (Titanium bracelet) retails at $28,000 locally. Learn more about the La Pérouse Expedition and Blancpain's contributions at ***www.blancpain-ocean-commitment.com.***

LIFESTYLE

Luxe Stays



Duxton Reserve Singapore, Autograph Collection

THE FINER THINGS

From Singapore to Lake Como, indulge on life's little luxury at these three newly opened hotels.

DUXTON RESERVE SINGAPORE, AUTOGRAPH COLLECTION

The debut of Autograph Collection Hotels in Singapore materialised in the 49-guestroom Duxton Reserve Singapore located in Tanjong Pagar. Built within eight restored 19th-century shophouses, it provides the perfect address from which to explore Chinatown and its neighbouring Michelin-starred restaurants and bars.

Designed by Anouska Hempel, the hotel is inspired by Singapore's unique fusion of Chinese, Malay and European cultures. Glamorous black, gold and yellow hues dress the reception area, together with oriental screens and calligraphy wallpaper. Each room and suite is individually designed, featuring top-range amenities such as Naturalmat's organic mattress, organic cotton bed linen by Beaumont & Brown, and bathroom amenities by Etro.

This Garcha Group's property also offers two culinary highlights. Yellow Pot with its clean eating philosophy and Anouska's, a curvaceous ode to Bond girl turned interior designer, Anouska Hempel herself.

HARPREET BEDI
GENERAL MANAGER

"Duxton Reserve Singapore, Autograph Collection was designed to showcase Singapore as a melting pot of cultures. There are distinctive dining options for our guests. Yellow Pot, the modern Chinese restaurant helmed by chef Sebastian Goh with its signature roast duck dish. The duck is marinated for two days in a fermented beancurd paste and then roasted over hickory wood to create aromatic and tender meat with crispy skin. Drop by Anouska's, a glamourous bar with opulent signature Chinese-inspired cocktails such as Escape to Kaifeng, Canton Sour and On Her Majesty's Secret Service."


The Tokyo EDITION, Toranomon

GRAND HOTEL VICTORIA CONCEPT & SPA

This 19th century neoclassical villa by Lake Como has hosted countless families for memorable holidays for more than a century. Situated in the picturesque town of Menaggio, the R Collection Hotels recently reopened as part of Small Luxury Hotels of the World, weaving the old-world charm with contemporary features. With 81 rooms spread throughout the original historical villa and the newly opened palazzo, guests may choose their preferred view and orientation.

Akin to a film set with its ornate chandeliers and classical columns, the retreat hotel offers ERRE Spa with its bespoke treatment and beauty programme, two pools and sauna as one of its indulgences. Explore the surrounds with a romantic picnic on a boat or a visit to the nearby historical Villa Carlotta and Villa del Balbianello. Led by executive chef Martin Vitaloni, 1827 and Lago Restaurant provide a culinary indulgence to remember.

MARCO MONTAGNANI
GENERAL MANAGER

"The Grand Hotel Victoria stays faithful to the Rocchi family concept: a liaison between history and tradition with comfort and modernity. We also take pride in providing a myriad of tailor-made services to accommodate different needs, from family with children to guests who wish to travel with their pets. Bringing local ingredients centre stage is also our intention in both of our restaurants. One of our signature dishes is Vitello Tonnato alla Barbabietola, slow-cooked veal with beetroot tuna sauce. It is a spring dish, fresh and vibrant, to awaken our taste buds."


Grand Hotel Victoria Concept & Spa

THE TOKYO EDITION, TORANOMON

Perfectly situated near three metro stations with attractive neighbourhoods and attractions, it is located within the 38-storey mixed-use Tokyo World Gate skyscraper. Occupying levels 31 to 36, the hotel commands dramatic views of both the city's sparkling skyline and Tokyo Tower. Designed by star architect Kengo Kuma with the vision of Ian Schrager, all of the hotel's 206 guest rooms offer astounding views of the tower and Tokyo Bay. Each room is designed in a neutral colour palette of white oak, light gray, ivory and silver for a tranquil ambience.

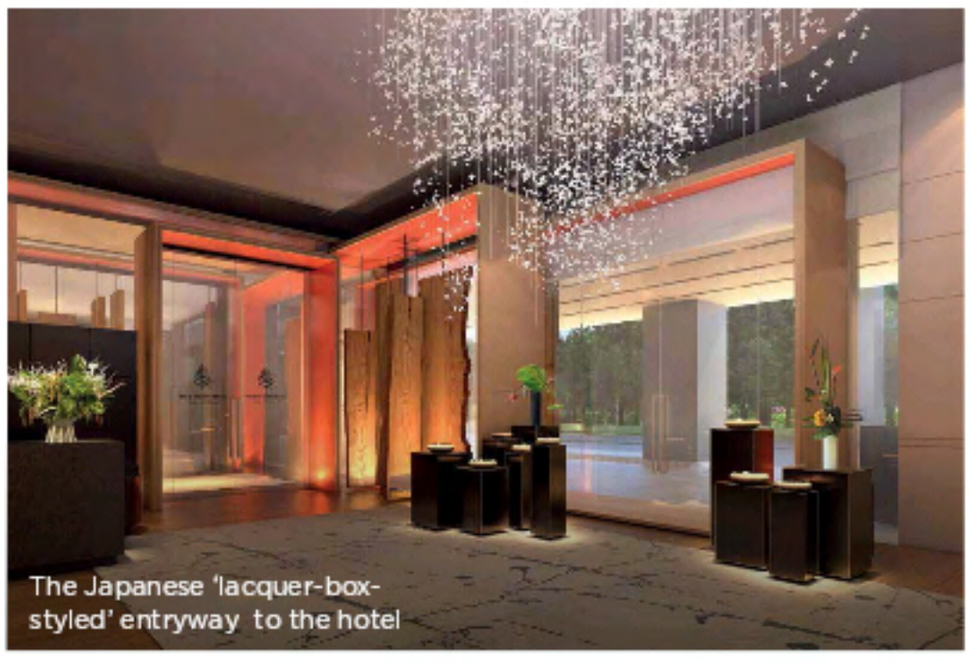
There is a deep reverence of Japanese aesthetics in the spaces. Blurring the lines between work and play, the hotel's spatial design is meant to facilitate and encourage social interaction. Inspired by precious stones, find a cacophony of bold, modern gem-like colours juxtaposed with traditional materials such as wood, bronze, silk, glass and an abundance of greenery. Tom Aikens leads the culinary front. There is The Blue Room, a glamorous and romantic space for *tête-à-tête*; The Jade Room with a Japanese bespoke menu and The Gold Bar at Edition, a multifaceted destination that seamlessly transforms from relaxed lounge in the day to cocktail bar in the evening. To get in touch with nature, Sky Garden's alfresco dining space will please with its refreshing oasis of 500 plants, trees and shrubs.

GOFFREDO DELL'APPENNINO
HOTEL MANAGER

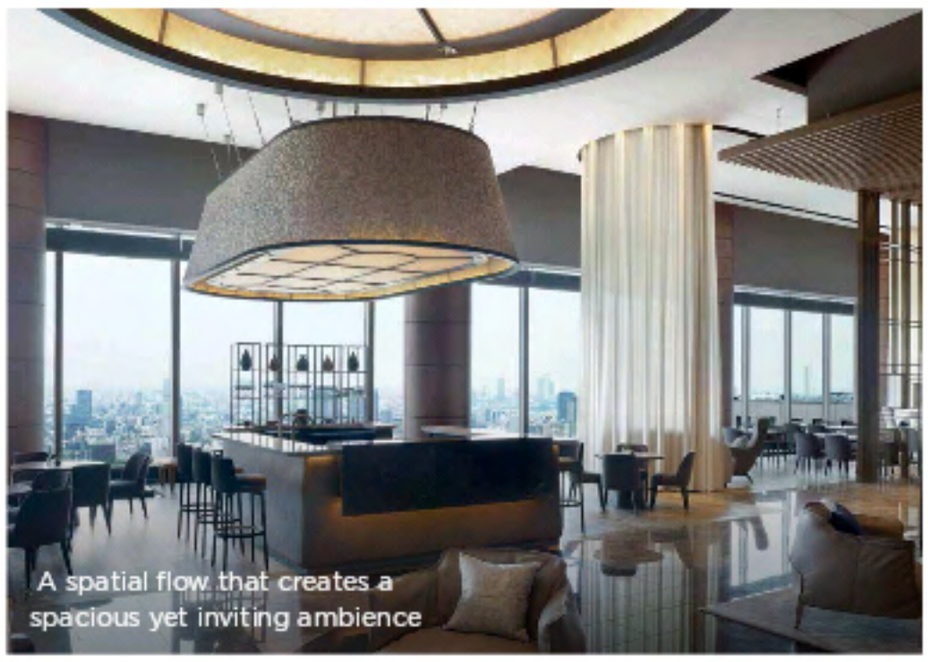
"The hotel has an incredible bird's-eye view of Tokyo's cityscape, enhanced by its distinctive style, design, lighting and music, not to mention the lush foliage of over 500 plants living on our 31st floor lobby. At the moment, we have excellent spring-inspired cocktails such as Miyazaki Riesling at our Lobby Bar or the Tea Paloma, an evening concoction made of Don Julio Blanco Tequila, hibiscus tea, blackcurrant, and citrus. I recommend the Akaushi Beef Tenderloin from The Blue Room, which is simply grilled with salt and pepper, but full of flavour and extremely tender owing to the unique quality of the meat."



Belgian-born Jean-Michel Gathy, Principal Designer of Denniston



The Japanese 'lacquer-box-styled' entryway to the hotel



A spatial flow that creates a spacious yet inviting ambience

PHOTOS COURTESY OF **FOUR SEASONS HOTEL TOKYO**

EVOKING THE EMOTIVE

Denniston's Principal Designer Jean-Michel Gathy shares his musings on the philosophies of design and its role in hospitality.

BY ESTHER FAITH LEW

"Making a beautiful hotel is about orchestrating a dance between the landscape, the architecture and the interiors. There's this wonderful chemistry when it finally works," says the renowned design visionary Jean-Michel Gathy, Principal Designer of Denniston, which he founded in 1983. Global citizens would be familiar with his work on iconic hotels such as The St. Regis Lhasa Resort in Tibet, Chedi Andermatt in Switzerland, Aman Venice, and the iconic rooftop and pool at Singapore's Marina Bay Sands. His ingenuous touch in these properties and more have lent them international fame as venues of monumental proportions.

It's about comfort

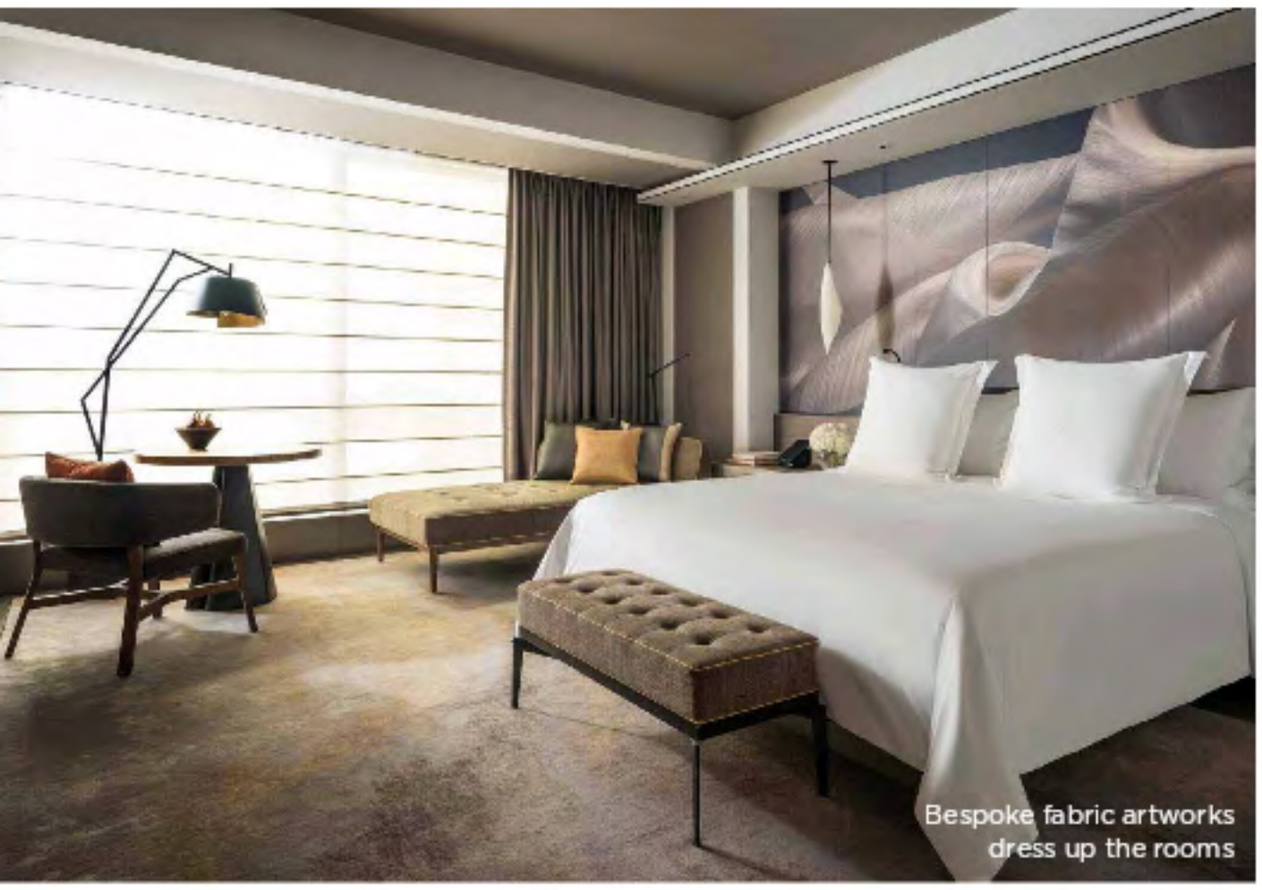
His design musings start from one basic premise – comfort. It's the word he uses to qualify a good hotel, and the process begins with the environment. The location, social norms and the underlying culture in each destination trigger the design instincts that lead Jean-Michel to create spaces that he defines as a success. "If it's not comfortable, it's not a good hotel. It can be gorgeous but if it's not comfortable, it's not well-designed. When you design a hotel, it's a home away from home. You want to feel comfortable. But you never question why it's nice. You like the place, but you don't know why. Actually it's because the architect addressed all the components that fulfil your feelings and sensations. Noise, light control, spacing — everything is important," says Jean-Michel.

He elaborated that he designs from the heart and evokes a style that is charismatic and selfless. "It's not an ego trip like the architects who design for themselves. I design elements which are a composition of dramatic effect; I create large and dramatic space, in opposition to intimate areas, so the space is always dynamic. Secondly, I design for the sensation you get out of it. I want every space in the hotel to be comfortable and for my clients to come back and say, I like this space. Sometimes they don't know why they like it, but if they walk in and feel good, I know I've succeeded."

Beyond the emotive response to a space, Jean-Michel also believes a successful design is about service, space and time, which together bring about exclusivity. "You must feel that you are 'the one'. It flatters the ego. You also need to feel there's lots of space — the foot of the bed isn't two feet from the window; the loo is separate to the bathroom. However, you can use the best materials in the world, and it can look gorgeous. But if the experience isn't pleasant; if you are not made to feel that your time there is valuable and important; no one will come back."

LIFESTYLE

Lookbook



Bespoke fabric artworks dress up the rooms

“I design elements which are a composition of dramatic effect; I create large and dramatic space, in opposition to intimate areas, so the space is always dynamic.”

His passion for his craft is relentless, spurred by a vitality that fuels project after project. “Every day, I comment on drawings and redesign things. I work 18 hours a day. I’m an absolute maniac — I never stop. I love what I do,” asserts Jean-Michel.

The new face of hospitality

With the pandemic affecting the global hospitality industry, the new norm for travellers and the way they experience their hotel stays will be vastly different, yet expectations for a luxe experience will no doubt remain high, with the need for a prestigious experience that is also pristine and meticulous in hygiene. “Following the pandemic, it is important that architects and designers stay health sensitive in all aspects of design. We may start seeing new materials being used for interior features such as doorbells, key controls in the rooms, and seats, as well as better air-conditioning filters, and different treatments for the water in the swimming pools,” says Jean-Michel.

“Future designs will involve things like anti-microbial surfacing for everything from lobbies, to side tables, to the restaurant back-of-house, self-check-in kiosks and limits on how many people can ride in an elevator. Basic rooms will give way to more studios and suites with kitchens and laundry to reduce housekeeping and room service interactions. Within five years, I predict that all these things will be standard in the hotel industry, especially at the highest end,” he shares.

Celebrating culture at Four Seasons Hotel Tokyo

His latest design for Four Seasons Hotel Tokyo at Otemachi makes a statement with its blend of Japanese traditions and European aesthetics. Tokyo is a city of contrasts; its vibrant nightlife and anime obsessions juxtaposed against its strict work culture and business etiquette. Otemachi continues the contrast with a skyline of high-rise glass façade buildings next to the traditional Imperial Place surrounded by the lush forest.

LIFESTYLE

Lookbook



A fluid flow of elements introduces the spa at Four Seasons Tokyo

Located on the top six floors of a 39-storey tower adjacent to the Imperial Palace, the hotel features 193 guest rooms and suites, a spa, a 20m pool on the highest floor and four F&B concepts. Guests stepping through the hotel entrance and into the lobby immediately get a dramatic sense of Japanese aesthetics, with an entryway resembling a traditional Japanese red-orange lacquer box with solid timber panels.

Jean-Michel says: "To replicate the Japanese aesthetic, I have personally curated a defining art collection to celebrate the distinctive craftsmanship and artistry, which embody the traditional foundations of the country. Distinct examples can be found in the combination of the Japanese floral art Ikebana, hanging natural fibre/fabric artwork and the timbre panel featured at the entrance to awaken the overriding strength of connection between east and west."

The art of reception is perfectly executed in the lobby, with a sense of occasion created by the 6m-high ceiling and cosy nooks and crannies that inject an air of intimacy. Jean-Michel elaborates: "We wanted to bring these mixed senses, traditional yet contemporary Tokyo feeling into our design. We used design items that are commonly used in European homes, like the pendant lamps design, cabinet design etc, but we translated them in a contemporary way, making them over scale to match these high-volume areas. This design translation of items makes the design more contemporary and dramatic in the space. And the items commonly used in European homes make the space homely, together with curtains that are hung from high ceilings for a softer and warmer feel, and at the same time, making the space more dramatic."

Distinct cultural accents continue in the guest rooms, which feature the bespoke fabric artwork of award-winning photographer Namiko Kitaura as a backdrop, contrasted by modern light fixtures to reflect the nightlife glamour of Tokyo. "The rooms and suites are tailored for intimacy with an open plan layout allowing for natural light to illuminate the room. Japanese elements throughout the design respect Japan's culture, traditions and heritage, while incorporating the finest elements and absolute DNA of Four Seasons," shares Jean-Michel. **e**

LIFESTYLE

Style Buzz

Game On

BY SHARMAINE LOH

Get your hands on these trendy tech accessories and gadgets which are absolute game-changers.



LILY™ BY GARMIN

Smartwatches often sport a rugged look, but not Garmin Singapore's Lily™. Available in two models (Classic and Sport), the fashionable timepieces leverage Garmin's health and fitness features for full-body wellness. Which means it not only looks good on the wrist, but it is also able to provide health awareness by monitoring respiration, hydration, advanced sleep and heart rate, 24/7.

Lily (Classic) and Lily (Sport) are available at a suggested retail price of $369 and $289 respectively on Lazada, Shopee, KrisShop.com, Garmin Online Store and all authorised retailers.



REALME BUDS AIR PRO

The new flagship realme Buds Air Pro is setting a new benchmark in the Chinese smartphone manufacturer's True Wireless (TWS earphone) series. Equipped with realme's customised S1 high-performance noise cancellation chip, realme Buds Air Pro guarantees the strongest noise cancellation effect (up to 35db) while consuming minimal power, providing up to 20 hours of total playback time when the Active Noise Cancellation function is switched on.

The realme Buds Air Pro is priced at $149 and is available in Singapore islandwide as well as on realme's Shopee flagship store plus authorised retailers.



OPPO RENO5 SERIES

Oppo's first 5G-ready Reno5 series is now available in Singapore. The Reno5 ($699) and Reno5Pro ($899) offers outstanding video and photo capabilities thanks to its industry-leading AI Highlight Video, Portrait Beautification Video as well as a new Dual-view mode and all-new camera system. In fact, the Reno5 Pro also features MediaTek's latest flagship 5G-integrated SoC, the Dimensity 1000+, for top-of-class 5G capabilities.

Shop the phones at OPPO Concept Stores in Singapore, and via authorised retailers including M1, Singtel and Starhub.



INSTINCT® ESPORTS EDITION

Designed for esports enthusiasts, Garmin Singapore's Instinct® Esports Edition now allows this unique group of users to take their gaming performance to the next level. The watch, purpose-built to military standards (MIL-STD 810) is also a lightweight design that provides a distraction-free gaming experience. It provides up to 80 hours of battery life in esports mode and up to 14 days in smartwatch mode.

Instinct® Esports Edition is available now at a suggested retail price of $459 on Lazada, Shopee, KrisShop.com, Garmin Online Shop and selected authorised retailers.

About Time

Dress up any ensemble with these gorgeous timepieces by Hermès and Longines.



HERMÈS NANTUCKET CHAÎNE D'ANCRE - FROM $4,630

The story of the iconic Hermès Nantucket watch continues with this new model, the Chaîne d'Ancre. Featuring a recognisable rectangular shape, the new spin on the Nantucket is reimagined with anchor chain links of the classic Hermès Chaîne d'ancre bracelet. Don this dainty model in a rose gold or simple steel bracelet; the elegant accessory is bound to steal hearts.

Check out the Nantucket watches at www.hermes.com/sg/en/.



LONGINES SILVER ARROW - $2,950

The Silver Arrow is back. A timepiece which has long been inspired by the racing circuits of the 1950s as well as aeronautics of that glorious era has returned to helm the Swiss luxury watchmaker's early 2021 collection. So with the remake, enjoy a simple elegance defined by a minimalist silhouette, while being powered by cutting-edge watchmaking technology. Still maintaining the spirit of the original timepiece, the accessory also features a self-winding mechanical movement plus a silicon balance-spring to ensure high-precision accuracy and enhanced resistance to magnetic fields.

Available at Longines' online store, boutiques and authorised retailers.

Subscription



Designed for bon vivants who share the belief that food is the ultimate universal language, *epicure* is on an enthusiastic quest to seek out the latest dining trends, sniff out remarkable wine vintages and uncover the dynamics and intricacies of the local and international culinary scene.

Each issue, the magazine profiles celebrity chefs and winemakers, showcases exclusive recipes for entertaining as well as highlights the latest destinations for well-travelled foodies. These insightful articles are complemented by lush, captivating photos to stimulate the senses. e

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EVOLVING FOOD TRENDS

Food is human and subject to change. Perhaps the pandemic has sped things up, but how we perceive and consume food seems to have changed for the long haul.



BY PRIYANKA ELHENCE

"Food is no more just a luxury but an integral part of our being. While elegant plating and the beautification of food is not going anywhere – nor should it – we find that the fuss of food is being undressed, becoming approachable and egalitarian again." I didn't say these wise words. Some industry experts did. But I couldn't agree more.

Food has evolved as we increasingly take more interest in provenance, mindful eating, a cleaner and healthier lifestyle, and the environmental damage our eating habits are causing. Healthier eating such as probiotics and fermented foods for gut health or just vitamins and supplements for general nutritional benefits are definitely here to stay, as are sustainable eating habits.

Likewise, as plant-based, planet-healthy, flexitarian diets gain more momentum, there is also a marked increase in conscious consumption, as eco-conscious consumers look for sustainable and preferably end-to-end food solutions to minimise the impact of their actions on the planet. This 'no waste' approach has already been popular in the best of kitchens around the world, as nose-to-tail cooking styles, fish butchery and the use of ugly foods are all similar endeavours to eliminate waste as much as possible. Direct farm-to-table concepts are also more sought after, especially the increased preference to support local to avoid food scares and put money back into their communities. Farm-to-table concepts have also resulted in a boom of online farmer's markets, helping reduce transportation time and deliver fresher food in a shorter period of time.

As the provenance of food becomes even more critical, there will be great potential for eco-positive farming as consumers demand sustainably sourced food and ingredients, and without animal cruelty. Even in Singapore as we approach the 30 by 30 vision, there has already been a steady growth of rooftop and vertical gardening, as well as aquaponics and hydroponic farming, in addition to sustainable aquaculture and fishery where only adult fish are harvested.

The pandemic might have kick-started these trends with its supply chain disruptions and threats of food scarcity. But even with the world coming back to a somewhat normal basis as far as supplies and sourcing go, these evolving food trends are the new norm and they aren't going away anytime soon. e

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Long Beach IMM - Level 3, Next to Rooftop Garden, #03-07 IMM Building, Jurong East St 21 — Tel: 6566 9933
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COLLECTION

Fifty Fathoms

©Photograph: Laurent Ballesta/Gombessa Project

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