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节庆·风味

A TASTE OF FESTIVAL



LIFESTYLE

A TASTE OF FESTIVAL

Every culture and its festivals celebrate with their own unique and distinctive dishes, and in multi-racial Singapore, we often see a kaleidoscope of cuisines. **A Taste of Festival** features how the various groups in Singapore prepare and celebrate their festivals through food. Watch as they convey their feelings for their culture through the cooking of unique festive dishes.

Host: Pornsak

节庆·风味

新加坡由于多元种族，节庆自然多不胜数。节目着重于多元种族的节庆美食。看人们如何准备节庆，如何烹煮节庆菜，如何借由节庆美食来传达情感，以及节庆美食所蕴藏的文化。节目将会介绍一些独特的庆节佳肴，通过这些美食，让大家见识到不同习俗和文化的特色。

主持人: Pornsak

Language: Chinese

Episode: 13 x 60 minutes
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A TASTE OF FESTIVAL

Episode 1: Teochew & Hakka 潮州、客家

Chinese New Year is the most important festival of the year to all Chinese. Host Pornsak introduces Teochew and Hakka Chinese New Year dishes and learns to cook the dishes, which include Teochew Braised Pig Trotters, Three Treasures, Sweet Tau Kwa & Hakka Radish Balls, Salted Chicken and stir-fry dishes. 农历新年是华人一年当中最为重要的节目。主持人Pornsak将会介绍潮州及客家年菜，了解菜肴的烹调方法。例如，潮州人的红烧元蹄、羔烧三宝、甜豆干；客家人的萝卜丸、客家盐鸡、客家小炒等等年味十足的佳肴。

Episode 2: Hokkien & Hainanese 福建、海南

The different Chinese dialect groups have different traditional Lunar New Year dishes. The Hokkiens enjoy steamboat, Fried Mee Sua and Ngoh Hiang while the Hainanese cannot miss their Chap Chye during Lunar New Year. Let's learn to cook Buddha Jumps Over the Wall and Steamed Fish Maw with Chef KT and a home chef respectively. 不同籍贯的华人，有着不同的传统年菜。福建人会在新年享用暖炉、福建炒面线和五香肉卷等等美食，而海南人的餐桌上则少不了海南杂菜。主持人不仅请来厨师杨建忠指导烹煮佛跳墙，也拜访家厨一窥海南年菜蒸鱼鳔的做法。

Episode 3: Cantonese & Peranakan 广东、土生华人

In this episode, the host introduces the characteristics of Cantonese and Peranakan Lunar New Year dishes and learns to make Roasted Chicken Stuffed with Prawns. While Chef Benson will demonstrate cooking Pork Knuckles with Red Fermented Bean Curd. Other dishes such as Ayam Buah Keluak and Itek Sioh are also featured. 在这一集节目里，主持人将介绍广东和土生华人的年菜特色，例如功夫菜金龙百花鸡的做法，也请来厨师唐本陞示范烹煮南乳猪手。土生华人的年菜极富辛香酸辣的特色，节目将分享娘惹年菜如黑果焖鸡和酸甜卤鸭的烹调方法。

Episode 4: Birthdays 生日

Birthday is a day of celebrating life. This episode, the host introduces children's birthday celebration dishes, such as Ang Ku Kueh, Glutinous Rice, Yi Bua and Slobber Cookies for Anti-Drooling Ceremony. Learn how to make fancy chiffon cakes and other children's party dishes from a baker and Chef Cao Yong respectively. 过生日，是庆贺生命的日子。这一集，主持人将介绍小朋友生日喜庆美食，例如满月美食红龟粿、糯米饭和薏粿，婴儿在四个月收涎仪式时的收涎饼。烘焙师也会示范制作造型戚风的蛋糕，厨师曹勇则会分享五道儿童派对美食！

Episode 5: Birthdays 生日 (Part 2)

Besides a variety of birthday cakes, this episode also features longevity peaches and longevity noodles for the elderly, be it traditional Egg Mee Sua, Teochew Longevity Noodles, Braised E-Fu Noodles or Mee Sua in consommé. Chef Angus also shares the recipe for preparing longevity noodles with Japanese sesame oil. 这集的生日美食，除了介绍各种蛋糕之外，也少不了为长辈祝寿的寿桃和寿面。无论是传统的鸡蛋面线、潮州长寿面、干烧长寿伊面，还是创新的法式澄清汤面线，或是厨师周承伟示范的日式香油拌寿面，都会在节目一一分享。

Episode 6: Wedding 婚宴

Wedding is a major event in one's life. Let's learn banquet dishes from various restaurants, such as Chrysanthemum Fish, Passion Fruit Salad Prawns, Sous Vide Grilled Pork Ribs and also Peranakan wedding customs and wedding cakes. Chef Miller also demonstrates a betrothal dish – Steamed Cod Fish with Coconut Water. 结婚，是人生中的头等大事。主持人除了走访几家餐馆，了解婚宴菜肴如菊花鱼、百香果沙律明虾、低温香烤排骨的烹调手法之外，也会介绍土生华人的婚礼习俗和婚庆糕点。厨师麦大融则示范如何以过大礼的食品来烹煮椰汁蒸鳕鱼。

Episode 7: Valentine's Day & Qixi Festival 西方情人节、七夕节

Valentine's Day is a sweet and romantic day for many. Besides inviting experts and chefs to share the traditions and festive food of the Qixi Festival, a pastry chef is also invited to demonstrate the making of chocolates as Valentine's Day gifts,

while Chef Enoch demonstrates two Valentine's Day dishes made with sea bass. 情人节，一个甜蜜与浪漫的日子。主持人不只找来专家和厨师分享东方情人节，也就是七夕节的饮食风俗之外，还请来甜品师教导西方情人节送礼佳品——巧克力的做法。厨师张正义也会示范两道以金目鲈为主食材的情人节佳肴！

Episode 8: Qingming Festival 清明节

Qingming Festival is a day of remembering our ancestors. Dishes of the festival from various dialect groups featured are Black Bean Cakes, Ai Pan, Qingming Rice, White Sugar Cakes, Popiah and a dessert soup made with Skunkvine. Chef Ivan will demonstrate the preparation of crispy roast pork wonton. 清明节是慎终追远的日子。主持人将介绍不同籍贯的清明节祭祀和应节食品，例如客家人的黑豆糕、艾粿和清明饭；广东人的三牲和白糖糕；福建人的薄饼及海南人的鸡屎藤粿仔甜汤。厨师杨应晖也会示范脆皮烧肉云吞的做法。

Episode 9: Dragon boat Festival 端午节

This episode, host introduces Hokkien five-spice meat dumpling, Nonya dumpling and dumplings of various dialect groups, customs such as eating prawn mee on the start of summer, Lixia egg and taking part in a dragon boat race. Chef Justin demonstrates how to make Cantonese dumpling with a French twist. 这一集，主持人将介绍福建五香肉粽、娘惹粽等不同籍贯的粽子，带领观众体验赛龙舟的传统节日习俗，介绍立夏日人们吃虾面、和立夏蛋等有趣的食补养身法。厨师胡敬恒示范如何为传统广东肉粽，注入法式料理的新元素。

Episode 10: Temple Celebration 祭祀庆典

The host invites experts to share the origin of Hungry Ghost Festival and learns about sesame rice dough, tortoise bun & other offerings. He also attends a temple fair. Chef Benson demonstrates how to make tasty and creative vegetarian dishes at home as one has to go vegetarian before the temple fair. 主持人找来专家让观众认识中元节的由来；到老字号饼家了解油麻团、乌龟包等供品的制作；有幸参与庙会庆典，感受民众酬神谢神的欢腾气氛。名厨唐本陞示范，庙会庆典斋戒期间，在家如何做出美味创意兼备的蔬食。

Episode 11: Mid-Autumn Festival 中秋节

The Mid-Autumn Festival is a day of family reunion. Besides introducing the making of the Cantonese, Teochew and Hainanese moon cakes, the host also invites restaurant chefs to share the cooking methods of hairy crabs. Chef Jeremmy also demonstrates how to cook two creative Mid-Autumn Festival dishes. 中秋节，是团圆的日子。主持人除了介绍广式莲蓉月饼、潮州酥皮芋泥月饼和海南盐酥饼的做法之外，也请来餐馆厨师分享大闸蟹的烹调方法。厨师詹伟健则示范烹煮中秋创意美食。

Episode 12: Winter Solstice Festival 冬至

One is considered a year older after eating tangyuan on Winter Solstice Festival. Host visits home chefs to try out Laba congee, Fuzhou and Hakka tangyuan and also learns about the traditional Winter Solstice dishes in Northeast China and Korea. Chef Thomas brings on an innovative tangyuan dish. 冬至吃汤圆，吃了长一岁。主持人拜访家厨，品尝福州汤圆、客家咸汤圆还有腊月限定腊八粥；一起认识各国的冬至食俗，中国东北吃饺子汤、韩国的红豆粥。名厨蔡雪鸿带来创新的一品汤圆，三色三味，吃出满满的节庆风味。

Episode 13: Christmas 圣诞节

Christmas is a global festival. This final episode, host introduces various Christmas dishes like Christmas pudding, roast turkey, gingerbread & log cake. Chef Brandon also demonstrates to cook Oysters with Champagne Sauce and Oven Roasted Chicken with White Wine Mushroom Cream Sauce & Chestnut Puree. 圣诞节是一个全球性的节日。在最后一集的节目里，主持人将介绍不同国家的圣诞美食，例如圣诞布丁、烤火鸡、姜饼人、树桐蛋糕等等美食。擅长法式料理的厨师傅伟康也会示范烹煮焗生蚝及白酒蘑菇酱烤腌鸡胸配栗子泥。

Information correct at time of printing