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# BENTO STARS

*Unbox a world of Michelin-Star flavours right at home*

LIFESTYLE

FOOD

## Bento Stars

Lunching in has just gotten more exciting! From Poached Oyster Casarecce to Nasi Lemak Tea Infused Chicken Kebab, 5 chefs from one Michelin-starred restaurants are making waves with 16 original bento recipes created with delicious produce from local artisans. All these are prepared from scratch with a helping paw from Juju - the resident sous chef, scout and irresistible fur ball. It's time to hit the kitchen and bring an Instagram-worthy bento to work! Bento Stars is set to reinvent lunch time for all food lovers out there.

原来简单的便当也弄得更精彩，更美味？5名来自米其林一星级餐厅的厨师们将会在节目中分享16道创意料理，使用的材料是来自新加坡的特产。当然，节目还会请人见人爱的小狗Juju来到摄影棚。要做出可口又卖相好的便当？那就开始动手做便当吧！

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#### EP1 - Hooked on You

In the debut episode of Bento Stars, Chef Mural of restaurant Song of India teams up with bento extraordinaire and irresistible fur ball Juju to whip up an original Japanese-inspired bento lunch. Smoked salmon is the star this week and Chef Mural scores an exclusive invite to visit one of the biggest smokehouses in Singapore.

#### EP2 - The World is Our Oyster

Chef Beppe of restaurant Braci demonstrates how oysters can be whipped up in a yummy and healthy way. Getting these oysters will prove tricky as he will have to navigate the wild seas of Singapore. Staying true to his Italian roots, Chef Beppe's bento lunch features pasta, much to the delight of our resident foodie pooch, Juju!

#### EP3 - Off the Beaten Path

Chef Rishi Naleendra of restaurant Cheek by Jowl goes off-the-beaten path! And as the saying goes, not all who wander are lost. Chef Rishi visits Hay Dairies, the only goat farm in Singapore and finds inspiration for his idea of a perfect lunch bento - a light and flavourful beetroot salad with goat's milk dressing.

#### EP4 - Coffee, Tea or Bento?

Chef Mural is thinking spiced tea but ravenous Juju is craving chicken. To marry both ideas, Chef Mural hunts for the most savoury tea blend in Singapore. A mysterious tea master comes to his rescue with a rare blend - Nasi Lemak Tea! Intrigued by the blend of coconut, pandan leaves and chilli in a green tea mix, Chef Mural pounds them into 'matcha' powder to create a bento lunch that is packed with a symphony of local flavours. Nasi Lemak Tea Infused Chicken Kebab saves the day!

#### EP5 - Take Flight

Singapore's famous chicken rice hawker, Chef Chan Hon Meng, takes a departure from chicken to work with quail instead. He demonstrates a quick and simple quail fried rice recipe that will appeal to picky gourmants and busy professionals alike. Calling all foodies and aspiring home chefs, it's time to spread your culinary wings with Chef Chan's quail fried rice!

#### EP6 - This Is How We Roll

Chicken rice master Chef Chan meets the king of handmade popiah skin in Singapore. Armed with the best popiah skin and inspired by its versatility, Chef Chan turns the traditional popiah into a bento lunch-friendly vegetable roll that's not only easy to make, but fresh and nutritious. That's how we roll on Bento Stars!

#### EP7 - When Lady Marmalade meets Scallop

Food extraordinaire and cutie pie Juju is match-making Chef Mural's ingredients. But what's not to love when Lady Marmalade meets Scallop in a bento box! With the help of Sharon, queen of artisanal marmalades, Chef Mural reinvents the wheel with his own rendition of the iconic Indian Pulau. All it takes is a zesty touch of calamansi and the exotic flavours of the Tropics come alive in Chef Mural's unique bento lunch creation.

#### EP8 - Ola, Señor Chorizo!

Ola fellow foodies! In this episode, Chef Beppe of restaurant Braci returns to teach us another way of creating a fast takeout meal. To create this yummy dish, he will need to find the best sausages in town. It's a bento lunch that will set tongues wagging!

#### EP9 - Chillii Chilli Bang Bang

Chef Rishi meets two sisters who love chilli so much, they set out to concoct their own blend of chilli paste. It's a hot date and it smells like double trouble! Curious Juju tags along to keep Chef Rishi in check. Inspired by the sisters' fiery passion for chilli and his own love affair with Thai food, Chef Rishi's lunch bento is a Thai beef salad that requires little cooking but definitely packs a punch.

#### EP10 - A Brew-tiful Bento

Ever helpful Juju has ideas for a coffee-inspired bento and Chef Mural rises to the challenge. To make a brew-tiful bento, Chef Mural first investigates the art of cold brew coffee with a local artisan and cold brew connoisseur. What he then brings to the table is a brew-tiful bento fit for a king. Juju gives Chef Mural 5 Juju stars for his coffee marinated vermicelli with prawns.

#### EP11 - Green is the New Black

Chef Beppe relives his days at his grandfather's farm when he visits Firefly Health Farm, an organic vegetable farm in Singapore. With his harvest of three varieties of greens, Chef Beppe prepares a vegetable cannelloni - an oven-baked dish that can be prepared the night before and reheated to be enjoyed as a hearty, piping hot bento lunch.

#### EP12 - Curry Favour

This is the story of Chef Rishi as told by our favourite foodie pooch Juju, but what is Bento Stars without its delectable food? In this episode, Rishi revisits his Sri Lankan roots and whips up a fish curry complemented with some mouthwatering chocolates much to the chagrin of cocoa allergic Juju.

#### EP13 - Soba So Good

Chef Beppe learns all about mushrooms at Kin Yan Agrotech. Using different types of mushrooms, he whips up a cold mushroom soba dish that will be the perfect lunch bento to enjoy on a hot day. It's Soba So Good on this episode of Bento Stars.

#### EP14 - Beery Yummy

Chef Rishi returns to whip up yet another bento meal featuring beer-infused pork belly. This time, his key ingredient will be a malty beer. To get it, Chef will head to Singapore's very own brewery where the only problem is its wide selection of beer! Joining him will be our foodie pooch Juju, who needs to make a big decision, food or cuddles from our dog-loving chef?

#### EP15 - Going Gaga for Garoupa

In this episode of Bento Stars, we go gaga for some Garoupa! Taking us on this odyssey are award-winning Chefs Haikal and Sufian from Alma by Juan Amador. But first they must find the freshest fish Singapore has to offer and that means heading to the vast open waters!

#### EP16 - All We Need Is Loaf

Chefs Haikal and Sufian return to bring some loaf to our lives. They will be whipping up a healthy sandwich guaranteed to colour your taste buds purple!