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LIFESTYLE

FOOD IN OUR TIME

Cooking is André Chiang's life purpose, but he is hungry for more. He embarks on a culinary exploration, across 4 continents and 8 countries, to seek a deeper meaning of food and unearth the forces that shape how we eat in **Food In Our Time**.

In his first destination Oymyakon, the coldest inhabited place on Earth, André discovers a whole new culinary culture born out of human resilience. André meets Michelin starred chef Virgilio Martinez, who is passionate in uncovering Peruvian ingredients across different altitudes. Here, André deeply comprehends how a plate of food enshrines remnant of a country's history and tradition.

Lastly, André examines what defines the future of food, he meets up with the mercurial Italian chef – Massimo Bottura who actively seeks to address hunger and food waste in his pursuit. And through French food scientist Professor Hervé This, André experiences how culinary activities are experienced at the scientific level and takes a glimpse at the future of food.

Host: André Chiang

烹饪虽然是大厨 André Chiang 的强项，可是他想继续学习，提升他的料理知识。他将会到4大洲和8个国家，寻找不同料理背后更深层的意义，改变我们对饮食的观念。

André的第一站将会在俄罗斯的一个村庄奥伊米亚康，也是世界上最冷的地方。André将会发掘一个新的世界，看看人们是如何克服极度寒冷的天气，造就一个独特的料理文化。他还会与米其林厨师 Virgilio Martinez 会面，感受他对秘鲁料理的热忱，了解他如何把这个料理文化发扬光大。在整个旅游的过程中，André深深地体会到一个国家的历史和习俗是怎么样造就今日的美食文化。

最后，未来的饮食文化会是怎么样呢？André将会从不同美食达人的身上找答案。首先，他与意大利厨师 Massimo Bottura 见面。Massimo 对烹饪了如指掌，希望以过人的厨艺来解决粮食危机。André还会从食物科学家 Hervé 的身上学习一些关于食物的科学原理，预测未来饮食的趋向。

主持人: André Chiang

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For sales enquiries on content distribution:

Jesslyn Wong jesslynwong@mediacorp.com.sg

Grace Chia gracechia@mediacorp.com.sg

Pamela Teo pamelateoww@mediacorp.com.sg

Tracy Sim tracysim@mediacop.com.sg

<http://contentdistribution.mediacorp.sg>





FOOD IN OUR TIME

Episode 1: Nature

Chef André Chiang embraces nature at its wildest, travelling to Oymyakon in Russia where temperatures plunge to minus 50 degree Celsius. Next, he joins the indigenous Ainu tribe in Hokkaido. Through generations assimilating to the Japanese way of living, the Ainu has lost touch with their roots and in recent years they have been fighting hard to restore their culture.

大厨 André Chiang 将会接近大自然，到俄罗斯一个村庄奥伊米亚康，而这个村庄的温度可以降到零下50摄氏度。下一站，他会与北海道原住民阿伊努族接触。他们已融入了日本社会，渐渐的失去了原有的文化以及习俗。但近年来，阿伊努族正在努力为自己的文化争取，希望能恢复阿伊努族文化，不让这个独特的文化随着岁月而消失。

Episode 2: Heritage

Chef André meets storytellers who are preserving and continuing the narrative of humanity through the things we eat. From Japan to Peru to Ghana, our intrepid chef travels to three continents to spend time with three prolific chefs of vastly different backgrounds and cultures.

André 大厨将会与传承文化的故事人会面，了解他们是如何通过一道道美食来表达世间人情。从日本到秘鲁到加纳，我们的名厨将会到3大洲，与三位来自不同国度和背景的厨师们会面，从他们的料理中了解世界各地的文化与习俗。

Episode 3: Future

In Paris, French chemist Hervé This revolutionises the culinary arts with “Note-by-Note” cooking – the use of pure compounds such as glucose, lipids and amino acids to make food. In Italy, mercurial chef Massimo Bottura is using his platform to draw attention to hunger and food waste. André visits an elevated community kitchen nestled in an impoverished Milan neighborhood, where some of the world’s best chefs have cooked for the city’s homeless using unsold food from supermarkets. Finally, André heads to Lisbon to join activist chef Nuno Queiroz Ribeiro on his mission to change the Portuguese diet.

在巴黎，法国化学家成功地创造出一种“Note-by-Note”的烹饪技巧，使用像葡萄糖、脂质和氨基酸的化合物来料理美食。在意大利，厨师 Massimo Bottura 希望能通过自己的平台帮助人们了解饥饿以及食物浪费的问题。André 还会到访坐落在米兰穷苦地区的一间社区厨房，看看一些世界级名厨如何利用超级市场卖不出去的食材，做出一道道美味佳肴。最后，André 将会到里斯本与厨师兼行动主义者 Nuno Queiroz Ribeiro 会面，看看他该如何改变葡萄牙的饮食文化。