



## LIFESTYLE

### FOOD NOTES

**Food Notes** is back to tantalize your taste buds! Each episode will transport you to various parts of Asia to uncover all interesting and never-before-known facts about local delicacies! From Singapore's very own chilli crab to India's spices, Hong Kong's glazed roast pork and more! Let's unearth the stories behind some of the most iconic food in Asia!

《上食堂》第二季将带大家到亚洲各地，发掘当地的菜肴，让大家更深入地了解亚洲美食，了解每一道菜肴背后的故事！新系列的美食包括新加坡道地的辣椒螃蟹，印度香料以及香港烧鹅等。

Season 1: 10 x 30 minutes

Season 2: 13 x 60 minutes

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## FOOD NOTES 2

### Episode 1: Crabs

This first lesson will teach you everything you need to know about crabs! Why are hairy crabs so popular in China? Heard about the tasty Echizen crabs in Japan? Have you heard of a “condominium” for crabs in Singapore? Get in class now with Food Notes 2! 《上食堂》新系列的第一课要请你吃螃蟹! 你知道吃上海大闸蟹有多讲究吗? 日本天皇爱吃的越前蟹为何只在日本吃得到? 新加坡有座专给螃蟹住的公寓, 你看过吗? 爱吃螃蟹的你, 一起来上课吧!

### Episode 2: BBQ

Korean BBQ is a popular cuisine, with many cuts of pork and beef to choose from. Which cut tastes the best? Why do Koreans not eat BBQ meats alone? A roast pig in Hong Kong can weigh as much as 100kg, how do you roast it evenly and yet retain its shape? Watch Food Notes 2 and become a barbecue expert! 到韩国不能不吃烧烤: 无论坐着烤、站着烤、自己烤、别人烤, 各种肉类内脏都能烤来吃。但韩国人为什么不能独自外出吃烧烤呢? 至于香港烧腊你又爱哪样? 神级叉烧、一百公斤的全猪怎么烤? 乳猪也有创意料理? 这节课让你变成烧烤达人!

### Episode 3: Curry

This episode embarks on a journey to India, to discover the origins of curry, the North and South distinction, as well as the various medicinal properties of the curry spices! In Thailand, its green, red and yellow curries will ‘wow’ the senses with its unique and interesting tastes! 这一集节目要到印度了解咖喱的最原始风貌, 了解其南北口味的差异以及药用功效! 接着到泰国, 看咖喱南传后, 怎样在颜色和口味方面作出独特有趣的变化!

### Episode 4: Bones

Chinese have the eating habit of gnawing on bones in its culinary culture. But do you know which animal's bone can be eaten? And how do we cook it? In this episode, we will find out all the ‘bone’ delicacies in Singapore and Guangzhou, and learn the interesting facts on a piece of bone. 华人有啃骨头吸骨髓的习惯。到底什么动物的骨头能吃? 骨头要怎么烹调? 这一堂课将到新加坡和中国广州, 寻找一道道用‘骨头’烹制的美食, 并让你增广和‘骨头’相关的有趣见闻。

### Episode 5: Duck

In this episode, we explore duck cuisines in Asia! How much do you know about Peking ducks? What are the popular Taiwanese duck cuisines? Do you know that duck oil can be made into soap? Why are London ducks so popular in Singapore? Are London ducks really from London? 这节课谈的是鸭子! 北京烤鸭为什么叫北京烤鸭? 它有几种烤法? 台湾的鸭赏你听过吃过吗? 是什么鸭料理, 只有在气温低时才有人吃? 鸭油也能拿来做肥皂? 在新加坡掀起热潮的伦敦烤鸭真的是从伦敦来的吗?

### Episode 6: Tea

Our topic for today is tea. Tea is the most consumed beverage in the world after water. Do you know how tea is being processed? Which food items go well with tea and how it transforms into savoury dishes? Follow us from Singapore to Japan and Taiwan, as we track down their tea culture. 这节课的主题是茶。不管是文人雅士, 还是普罗大众, 都喜欢喝茶。茶, 到底是怎么制成的? 它跟什么食物最搭? 它又可以怎么入食, 成为茶料理? 我们和你一起到日本和台湾, 一路吃吃喝喝找茶去。

### Episode 7: Abalone

Abalone is an expensive Chinese cuisine, but why is it so expensive? How should one choose and prepare dried abalone? We visit a South African farm to see how abalone are raised, as well as to Hong Kong to learn about different dried abalone sizes. Also witness the “haenyeo” of Jeju Island who

can stay underwater for up to 2 minutes! 鲍鱼属于高档食材, 价格昂贵。鲍鱼到底为什么这么珍贵? 干鲍要怎么选购? 这一回, 我们将到香港海味铺上课, 学会分辨四头和四十头干鲍的不同; 也到济州岛看海女们潜水捞海产。另外, 还远赴南非养殖场去了解鲍鱼的繁殖和生长过程。

### Episode 8: Tofu

Tofu, a vegan dish, can also taste like meat through different methods of cooking. It also creates important side products which are often used in various cuisines. This lesson will take you to China and Japan, to see the special techniques of making tofu, and the unique cuisines it can produce. 豆腐的烹调 and 制作方法千变万化, 可荤可素。煎炸煮蒸焖, 甚至是凉拌, 豆腐的每一种作法都美味可口! 这节课将到中国和日本见识豆腐的制作。

### Episode 9: Steamboat

In this episode, we will be featuring different types of Asian steamboat. Have you ever heard of the Korean royal cuisine - Sinseollo? What does a Japanese curry steamboat taste like? What goes into a Sakura pot? How creative can the Taiwanese be in their steamboat? 同学们, 上课了! 今天的主题是大家所熟悉的火锅。韩国五颜六色的神仙炉有什么来头? 日本咖喱遇上火锅会撞击出什么火花? 樱花锅里有樱花吗? 台湾的创意火锅又会玩出什么新花样?

### Episode 10: Smelly food

Durian, the king of fruits, and smelly tofu, a specialty snack, often scare foreigners away with their pungent smell. Yet they continue to enjoy a strong following year after year. What other foods in the world give out a horrible smell, but are must-haves in festivals and souvenir shopping for both the locals and the tourists? 榴莲是万果之王, 臭豆腐是特色小吃。这两样‘臭名远播’的食物, 却各有其忠实的食客, 历久不衰。世界各地还有哪些‘遗臭万年’的食物, 让人“闻”之丧胆, 却也令人垂涎三尺, 成为庆典必备、送礼首选的呢?

### Episode 11: Rice Cakes

In Singapore, rice cake is both a festive food and also a comfort food all year long! Its Korean cousin- the tteok is not just sweet, but also alluringly savory and spicy, as a street food and even as food fit for the royal! While in China, age old rice cake traditions takes on a different twist. 在新加坡, 年糕是天天都能吃得到的食物。在韩国, 年糕有甜的、咸的、辣的, 从传统到速食, 样样有。而年糕的发源地中国, 他们的年糕口味样式也不断推陈出新。

### Episode 12: Cold Dish

In this episode, we will be featuring cold dishes. Besides the famous chilli crab, do you know we actually have a cold crab cuisine? Have you ever heard of “fish rice”? Is it a rice dish served with fish? Koreans love to have their noodles cold. Why and how do they cook it? 这节课的主题是冷门的凉菜。你可知道本地的传统潮州菜里有不少凉菜? 螃蟹放凉了吃, 是什么滋味? 鱼饭到底是什么? 是鱼加饭吗? 韩国人爱吃的冷面是不是用同一种食材制成的呢?

### Episode 13: Pork

Which do you prefer? Black pork or white pork? Is Kurobuta better than conventional pork? Do you know about the various species of pig in Taiwan, Japan and China? Why is Jinhua Ham so popular in China? Let's get to know a little more about our four-legged friends in this final episode of Food Notes 2! 不管是黑猪白猪, 只要好吃的就是好猪? 黑猪会比白猪好吃吗? 六堆黑猪、六白黑猪、两头乌猪 - 台湾, 日本和中国三地的黑猪有什么不同? 金华火腿又是用哪种猪肉做的? 这节课将让你更加认识猪大哥!