

DELIVERING AWARD-WINNING
CONTENT TO THE WORLD
与世界分享优质内容



LIFESTYLE

FOOD SECRETS

Excellent culinary skills, top-notch ingredients, a trusted family recipe, fresh new flavors and praises from food lovers all over the world; these are some elements which make world famous dishes so great. **Food Secrets** will travel all over Asia to discover the secrets behind some iconic Asian dishes. What is so special about these dishes that make food lovers crave for more? To make world-class food, minor details such as food source, cooking skills and kitchenware are extremely crucial. **Food Secrets** not only introduces famous dishes in Asia, but also uncovers the hard work behind making each dish, with the chefs sharing their stories as well as their passion in their crafts.

料理的秘密

精湛的手艺，顶级的食材，代代相传的老秘方，巧思妙想的新口味，一代代备受赞誉和肯定的著名料理，背后隐藏着什么秘密？《料理的秘密》这个节目将会到亚洲各地探索各国的料理，了解这些料理的魅力所在。要做出顶级的料理，选择食材，烹饪技巧到烹煮器材方面都必须非常讲究。而节目不仅会把料理介绍给大家，还会一一分解食材和烹煮器材的历史来源，聆听厨师们的故事，让观众感受到每一道料理背后的诚意。

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FOOD SECRETS 料理的秘密

Episode 1: Sushi 寿司

Sushi restaurants in Japan mostly serve just 6 customers per meal, and commands \$200 for 15 sushi, yet they can be fully booked for 2 months ahead. What is the secret to their success? The skill of slicing sashimi, the technique of molding sushi, the strict selection of ingredients or the passion for their craft?

日本高级寿司餐馆一餐仅限服务6位客人，而每个套餐15贯寿司叫价200新元，还得预约两个月。到底这些寿司屋虏获食客芳心的秘诀是什么？是切生鱼片的技巧？捏寿司的功夫？对食材的严格筛选？还是对料理的执着和热忱？

Episode 2: Peking Duck 北京烤鸭

It's a hidden gem in Beijing's traditional alley. Hundreds of Peking ducks are being served daily in this simple home-styled courtyard eatery. Despite its long queue, people from all over China and the world are willing to wait in the cold for a taste of its duck. What's the secret behind the dish?

北京胡同传来烤鸭香。这家深藏在胡同里的烤鸭店没有富丽堂皇的装潢，没有殷勤的服务，只有正宗果木烤鸭。单单这道烤鸭，一天就可卖个上百只。到底这家店的烤鸭为什么这么受老饕们的欢迎？其中隐藏了什么料理的秘密？

Episode 3: Chicken Rice 鸡饭

Chicken Rice is a famous dish in Singapore. There are numerous chicken rice stalls in Singapore, but only a few are well-known enough to make people queue patiently for it. What are the trade secrets that made these stalls so successful in a competitive market?

鸡饭，是旅客到访新加坡必吃的本地美食之一。虽然这里的鸡饭档口不尽其数，个个都标榜售卖正宗海南鸡饭，但却只有那么几家的鸡饭远近驰名，让人甘愿为它排队等候，甚至百吃不厌。在竞争激烈的鸡饭界中，这几家鸡饭档口究竟隐藏了什么料理的秘密呢？

Episode 4: Roasted Goose 烧鹅

Hong Kong roast goose restaurants are well known worldwide. Besides the fine-grained goose meat, the marinade and seasonings, roasting technique and dipping sauce are all essential in making a successful roast goose dish. What are the hard work and cooking secrets behind it?

香港烧鹅远近驰名，新加坡游客尤其喜爱。除了采用肉质细致的黑鬃名种鹅，烧鹅的腌料、调味、烧制和沾酱，也样样严谨而考究；满足顶级烧鹅“皮脆、肉嫩、汁好”的三大要诀，这些家传老字号到底私藏了什么料理的秘密？

Episode 5: Ramen 拉面

In Japan, ramen is a popular form of fast food, with more than 130,000 ramen shops in Tokyo alone. What secrets enable chain stores and independent shops to stand out amongst the stiff competition? Undisclosed soup recipes, noodle-making techniques, or the relentless search for the best ingredients?

日式拉面五花八门，是日本上班族能快速填饱肚子的快餐。单单在东京就有超过13万家拉面店，所以各家必须使出浑身解数才能突围而出。连锁店和独立店家要在白热化的竞争中占有一席之地，究竟采用了什么杀手锏？

Episode 6: Bak Kut Teh 肉骨茶

This eatery, a branch of the original claypot Bak Kut Teh, stands out amidst numerous Bak Kut Teh eateries in Klang, Malaysia. What's the secret behind its dish? In Singapore, we go behind-the-scenes of the Bak Kut Teh eatery that made headlines for turning away former Hong Kong Chief Executive Donald Tsang in 2006.

这家位于马来西亚肉骨茶发源地巴生的肉骨茶店，面对众多竞争对手，却能天天爆满，它的肉骨茶为什么这么受人爱戴？其中隐藏了什么料理的秘密？而让香港第三任特首曾荫权等了五年才吃得到的本地历史悠久的肉骨茶究竟又有什么特别？

Episode 7: Temple Food 寺刹料理

There are various famous food in Korea. In recent years, Temple food, a new food trend is emerging. A nun who cooks temple food for her devotees and herself has caught the attention of a Michelin chef! What is her food secret and what are the differences between temple food and plant-based diet?

在韩国有多不胜数的美食，而正悄悄崭露头角的却是源自寺庙的寺刹料理。有这么一位僧侣，她所做的料理甚至能让国外米其林厨师特地前往韩国品尝。究竟她的料理背后隐藏着什么秘密？而寺刹料理又与一般的素食有何不同？

Episode 8: Claypot Rice 煲仔饭

Claypot rice is one of the classic street food in Hong Kong. It refers to rice with marinated meat or seafood, cooked in a claypot, drizzled with a flavourful sauce and crisped rice at the bottom of the pot. To make a good pot of claypot rice, the selection of rice and the control of fire are among the key techniques.

煲仔饭是香港街头美食的代表；它是由米饭混合肉类或海鲜，用砂煲焖煮而成。好的砂煲饭，除了选米本身，食材的选择和火候的控制，都蕴藏不少知识。上桌后的调味豉油以及饭锅巴，也是决定这煲饭好不好吃的关键因素。