



LIFESTYLE

YOU THINK YOU KNOW? FOODS IN SINGAPORE

Singapore is home to many new immigrants and a large expatriate community, each with its own culture, cuisine, and food customs. This show explores the traditional cuisines of these distinct communities, as well as some of our local favorites, that together make Singapore a true gastronomical melting pot.

Host: Sonia Chew

你知道的有多少？新加坡饮食文化

新加坡是个多元种族，多元文化的岛国，当然也有各式各样的美食文化。近年来，外国移民人数增加，新移民把自己的家乡料理也带到新加坡，让新加坡成为名副其实的“美食大熔炉”。

主持人: Sonia Chew

Episode: 13 x 30 minutes

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YOU THINK YOU KNOW? FOODS IN SINGAPORE

Episode 1: Turkish

In this episode, Sonia tries her hand at Turkish food and whips up Menti - a traditional dumpling dish that could determine if she'd make a good Turkish bride. But first, she explores a little-known Turkish grocery store set in a warehouse all the way in Tuas, and learns the tricks behind serving up Turkish ice cream, or Dondurma. 在这一集的节目中, Sonia 初次尝试做土耳其料理, 烹煮土耳其的传统饺子 Menti。据说, 土耳其准家婆们是凭着准新娘烹饪 Menti 的技巧来断定她是否是个好媳妇。在做料理之前, Sonia 会跟随师傅到售卖土耳其食品的商店, 品尝土耳其的雪糕 Dondurma。

Episode 2: Austrian

In this episode, Sonia learns how to whip up a meal fit for a King, as she tackles Austria's national dish, the Tafelspitz. Plus, no dinner's complete without dessert! Sonia tries her hand at making the quintessential Austrian Sachertorte. 在这一集的节目中, Sonia 将学做美味丰富的奥地利料理。在师傅的指导下, 她学会了烹制奥地利的经典菜肴 Tafelspitz 和甜点 Sachertorte。

Episode 3: Vietnamese

It's the Lunar New Year, a time also celebrated in Vietnam as Tet Nguyen Dan! Catch Sonia and her Vietnamese guest, as they whip up a festive dinner to mark the special occasion. 越南人跟世界各地的华人一样, 都庆祝农历新年, 也就是他们俗称的“Tet Nguyen Dan”。Sonia 与节目的越南嘉宾一起烹煮越南料理, 以美食来迎接新的一年!

Episode 4: Swiss-Armenian

This week, Sonia meets a husband and wife duo who come from very different parts of the world - Switzerland and Armenia! Can she replicate a traditional dish from each of their homelands in time for dinner? 这一期的节目嘉宾是一对分别来自瑞士与亚美尼亚的夫妇。Sonia 是否能在他们的指导下做出道地的瑞士与亚美尼亚传统佳肴呢?

Episode 5: Serbian

Sonia gets hot and bothered as she meets the wife of a Serbian footballer. She goes on a hunt for a special condiment that the Serbians love and learns to make Gibanica, which is similar to a favourite Singapore dish, Murtabak. Sonia 会见了塞尔维亚足球运动员的妻子。为了准备类似新加坡煎饼 Mutabak 的塞尔维亚食物 Gibanica, Sonia 到处寻找道地的塞尔维亚调味佐料。

Episode 6: Western Indian

Is Indian cuisine just North and South Indian? Ever heard of Western Indian food? It's a first for Sonia as she cooks up an all-vegetarian Western Indian dinner for the most difficult diners to please - kids! 印度料理只有南北之分吗? 你听说过西印度料理吗? Sonia 会亲自下厨准备全素的, 且符合孩子们口味的西印度料理。

Episode 7: Balinese

Due to Bali's unique position in the Indonesian archipelago, Balinese cuisine can be quite different from the food you see in other parts of Indonesia. To find out more about the cuisine, Sonia hangs out with a true-blue Balinese cook and has to impress him with her version of a Balinese favourite, Sate Lilit Be Pasih. 因为地理位置的关系, 巴厘料理与印度尼西亚其他地区

的料理有所不同。为了了解巴厘菜肴, Sonia 向巴厘厨师学习。而她烹煮的巴厘经典菜肴 Sate Lilit Be Pasih 会不会赢得巴厘厨师的嘉许呢?

Episode 8: Filipino

Sonia goes bananas learning to cook like our neighbours from the Philippines. She gets to learn some Tagalog as well as what her new friends do when they gather to have fun. Sonia 会在这一集的节目中尝试烹煮菲律宾料理。Sonia 在嘉宾的教导下学会了几句基本的他加禄语, 大家一起享受做菜的过程。

Episode 9: Polish

Happy Easter! Sonia tries her hand at painting Easter eggs, as she puts together a traditional Polish Easter basket. She finds out from her Polish friends how Easter is celebrated in Poland, and joins them for an Easter feast. 复活节快乐! Sonia 在节目中亲手为自己的复活蛋上色。之后, 她会到厨房准备波兰式复活节大餐, 和波兰朋友一起享用, 并了解波兰人庆祝复活节的一些习俗。

Episode 10: Peranakan

Sonia bravely takes on one of the most challenging fusion cuisines - the proud Peranakan cuisine of the Chinese and Malay. She goes on a hunt for Ang Kak - an ingredient needed to make a long-lost Peranakan dish. Finally, it's a traditional Peranakan dinner with four Nyonyas and Babas at the grand Baba House at Neil Road. 这一集的节目对 Sonia 来说是个大挑战: 她得烹煮结合中菜与马来菜特色的娘惹菜! 为了重现一道已失传的娘惹料理, Sonia 首先得寻找 Ang kat 这食材。最后, 她会在 Grand Baba House 招待四名峇峇和娘惹, 测试自己的娘惹菜肴是否地道。

Episode 11: Greek

It's a day at the beach as Sonia joins her Greek friends for a big fat Greek BBQ dinner, checks out a Greek watering-hole and makes a Greek sweet treat - famously known as Greece's natural Viagra! Sonia 办了一场希腊式烤肉会, 还请了她的希腊朋友来! Sonia 在学习烹煮希腊料理的同时, 也对希腊文化有了进一步的了解。她还和希腊朋友一起品尝了一道据说可以壮阳的甜点!

Episode 12: Japanese

Sonia checks out the newest and largest Japanese supermarket in town. She's looking for "The King of Japanese Fish" - a special red seabream highly prized in Japan, and she tastes some delicious Japanese aged beef. At home with her Japanese friends, she makes a vegetable dish commonly found in every bento box and ends the night with some traditional Japanese tea and Wagashi. Sonia 将走访新加坡最新、规模最大的日本超市, 寻找日本人俗称“鱼王”, 非常珍贵的真鲷。品尝了日本熟成牛肉后, 她会到日本朋友的家里学做野菜料理。晚餐后, 他们会一起享用日式茶与甜点。

Episode 13: Hokkien

In this final episode, Sonia learns about the history of Hokkien Mee from Dr Leslie Tay and makes her own Hokkien Mee with the help of a local hawkker. She shops for Sua Lor, a type of prawns used in authentic Hokkien Mee, and battles it out with Chef Kenny's version of Kuala Lumpur Hokkien Mee. Sonia 请教了美食博客 Leslie Tay 医生, 了解福建虾面的历史。同时, 她会在虾面小贩的指导下烹煮虾面。为了煮出道地的虾面, Sonia 得先寻找“沙卢”虾。最后, 她得与 Chef Kenny 来个厨艺大比拼。