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在地 好食材

LOCAL
FINE
PRODUCE

LIFESTYLE

INFO-ED

Local Fine Produce

Most Singapore's food ingredients are imported & highly dependent on imports. Many local food processing, agriculture & livestock producers are still committed to produce high-quality local ingredients. "Local Fine Produce" aims to discover the source of local food ingredients & enjoy the flavours.

Hosts: Bryan Wong & Youyi

在地好食材

新加坡的食材有九成以上是进口的，高度仰赖外来食材，但仍有不少本地食品加工及农业、畜牧业者致力于生产优质的在地食材。《在地好食材》节目旨在发掘新加坡本土食材的源头，让观众感受在地食材的风味。

主持人: 王禄江 和 有懿

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EPISODE 1

More than 90% of food in Singapore is imported but there are some fine locally produced food ingredients too. This episode, let's follow Bryan & Youyi to learn about the cultivation or production process of fat crabs, aromatic Nanyang coffee, fresh eggs, crispy lettuce & rare Lingzhi respectively.

EPISODE 2

Nutritious tempeh, fresh goat's milk, springy popiah skin, crispy cabbage and fresh Dragon Tiger Grouper. How much effort and creativity do the food producers put into their produce? Bryan and Youyi continue to discover the secrets of local fine produce and learn about the production process too.

EPISODE 3

In this episode, let's follow Bryan and Youyi to discover local produce from a quail farm, a wheatgrass and cactus farm and a barramundi farm in the southern seas of Singapore. Bryan also finds out how luncheon meat is produced and get to savour dishes made with local ingredients at the restaurant.

EPISODE 4

In this episode, Bryan and Youyi take a look at how waxed sausages, flour and artisanal chocolate are produced and also check out the process of cultivating bean sprouts, using technology and eco-friendly methods to raise shrimps as well as how to grow nutritious microgreens at home.

EPISODE 5

The ginger and scallion which are used to remove the fishy smell, the fragrant black vinegar, pasta with unique wheat aroma, sweet and sour silver honey, fresh silver perch and patin fish. How much do you know about these food produce? Bryan & Youyi share more interesting contents in this episode.

EPISODE 6

Chicken that is reared organically, springy fish balls, fresh eggplant, refreshing kombucha and the sweet and fragrant kaya. Would you like to know how these ingredients are produced? Hosts Bryan and Youyi continue to explore the fine produce and discover the good taste.

EPISODE 7

Soy sauce and light soy sauce that are brewed in the traditional method, crunchy edamame, refreshing white radish, flavour-enhancing ikan bilis powder, richly flavoured smoked salmon and Baiye tofu. How are these common ingredients in our daily life produced? Let's follow the hosts to find out more.

EPISODE 8

Edible fungus with a unique taste, rice vermicelli, nutritious tropical fruits, spicy sambal chili sauce, ornamental flowers that can be displayed and are edible. How are these ingredients, which we are familiar with, produced? Let's find out more with hosts Bryan Wong and Lin Youyi.

EPISODE 9

Roti Prata that is crispy on the outside and soft in the inside, sweet rice wine, juicy duck meat, fragrant sesame oil and freshly made mozzarella cheese are all specially produced by our local food producers. Let's better understand the production process of these produce with hosts Bryan & Youyi.

EPISODE 10

The fresh and tender pork, refreshing Chin Chow products, tofu and tau kwa with a beany aroma, the nourishing ginseng sprouts as well as the nutritious fruits and vegetables. How much do you really know about all these local food produce? Let us follow hosts Bryan and Youyi to learn more.

EPISODE 11

Crocodile meat that is protein-rich but low in calories, fresh & mellow oyster sauce, smooth textured Yi Mein, fresh threadfin, Red Snapper & scalloped lobster as well as various medicinal herbs. In this episode, hosts Bryan and Youyi continue to explore the secrets behind these local food produce.

EPISODE 12

Hosts Bryan & Youyi explore the production process of rock sugar, brown sugar & Otah as well as learning about the cultivation process of spirulina & growing of various herbs. This episode also reveals how local indoor vertical aquaculture farm uses high technology to rear Jade Perch & Red Tilapia.

EPISODE 13

The fluffy and tasty bread, fresh watercress and Brazilian spinach, the nourishing bird's nests, aromatic buns as well as the fruits and vegetables that are cultivated by the devoted urban farmers. In this last episode, hosts Bryan and Youyi continue to explore more on our local fine produce.



第一集

新加坡有超过90%的粮食依赖进口，但其实本地也有生产一些优良的食材。在本集节目里，王禄江和林有懿将带大家去了解肥美的螃蟹、香醇的南洋咖啡、新鲜的鸡蛋、爽脆的生菜和罕见的灵芝的生产或种植过程。

第二集

营养的天贝、新鲜的羊奶、弹牙的薄饼皮、爽脆的各种白菜以及鲜美的龙虎斑，生产者对于自产的食材和食品投注了多少心血和创意？王禄江和林有懿将继续发掘在地好食材的美味奥秘及了解其生产过程。

第三集

在本集节目里，跟随王禄江和林有懿参观本地的鹌鹑农场、种植小麦草和食用仙人掌的无农药农场，以及饲养澳大利亚肺鱼的深海养殖场。另外也到肉类加工厂了解午餐肉的生产过程，再到餐馆品尝以本地食材烹调的菜肴。

第四集

王禄江和林有懿将带大家了解腊肠、面粉和手工巧克力是如何生产出来的，并一探培育豆芽的过程，以及如何在家栽种营养价值高的微菜苗。本地农场怎样利用高科技又环保的方法养殖白虾，在本集节目中也有答案。

第五集

用来去腥提香的生姜和青葱、香气浓郁的黑醋、有着独特麦香的意大利面、甜中带酸的银蜂蜜，还有鲜美的银鲈和巴丁鱼。关于这些食材，你了解多少呢？让王禄江和林有懿在节目中为大家分享更多有趣的内容。

第六集

以有机方式养殖的肉鸡、口感弹牙的鱼丸、新鲜的茄子、清爽的康普茶、还有香甜的咖椰。你们想不想知道这些食材是怎么生产出来的？节目主持人王禄江和林有懿将继续为大家挖掘好食材，发掘好滋味。

第七集

以古法酿造的酱青和酱油、脆嫩的毛豆、爽口的白萝卜、增香提味的江鱼仔粉、肉质细腻且味道浓郁的烟熏三文鱼，还有软中带韧的百页豆腐，这些我们生活中的常见食材是怎么生产出来的呢？请跟随节目主持人去探个究竟。

第八集

风味独特的食用菌，米香浓郁的米粉，营养丰富的热带水果，辛香味浓的叁峇辣椒酱，既可观赏也可入馔的食用花。这些我们熟悉不过的食材是怎么生产出来的吗？让节目主持人王禄江和林有懿为你找出答案。

第九集

外酥内软的印度煎饼、香醇清甜的米酒、鲜美多汁的鸭肉、香气诱人的麻油，还有现做现吃的马苏里拉乳酪，这些都是生产者倾注心血所生产出来的好食材。让主持人王禄江和林有懿带你深入了解这些食材的生产过程。

第十集

肉质鲜嫩的猪肉，甘甜顺口的仙草制品，豆香浓郁的豆腐和豆干，滋补养身的嫩芽人参，营养丰富的各种瓜果。这些由生产者悉心生产出来的食材，你了解多少呢？让节目主持人王禄江和林有懿带你去深入了解。

第十一集

高蛋白质、低脂肪的鳄鱼肉，鲜美醇厚的蚝油，口感爽滑的伊面，新鲜的午鱼、红鸡鱼和波纹龙虾，以及有着保健功效的各种生草药。在本集的节目中，节目主持人王禄江和林有懿继续为大家发掘本地好食材的奥秘。

第十二集

王禄江和林有懿将带大家了解制作冰糖、黑糖、红糖和乌打的过程，并一探螺旋藻的培育过程和了解如何栽种各种香草。本地室内垂直水产养殖场是如何透过高科技来饲养翡翠鲈鱼和尼罗红，在本集节目中也将为观众们揭晓。

第十三集

松软可口的面包，颜色翠绿、口感清爽的西洋菜和巴西菠菜，滋阴润肺的燕窝，让人满口留香的包点，以及城市农夫们悉心栽种的瓜果。在最后一集的节目里，让节目主持人王禄江和林有懿继续为你探寻在地好食材。