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LIFESTYLE

FOOD

## Perfect Pairings

Self-taught chef, Ivan Yeo, explores and dissects 13 flavours on Perfect Pairings. Focusing on just one flavour in each episode, he uncovers the science and hidden stories behind the ingredient pairings of our favourite foods. Ever curious and spurred by insider kitchen intelligence, Chef Ivan Yeo creates 13 wondrous, new dishes on Perfect Pairings, wrapping each episode on a delicious note.

## 食分绝配

《食分绝配》根据13种风味，以食物搭配的角度把观众熟悉的佳肴与科学理论结合，发掘这些料理后面所隐藏的“食趣”。观众将跟随主厨杨应暉的脚步，展开一场具有启发性的旅程，探访不同领域的美食达人，透过他们的传统美食、创意料理，我们得以追溯饮食文化的灵魂，并经由反思激发出更有底蕴的新新创意料理。

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#### Episode 1

Milk is a common ingredient found in Western cuisine, but its allure is often overlooked in Asian cooking. This week, Chef Ivan Yeo goes the milky way to find fresh inspiration. First call of duty, he rediscovers the aromatics of milk through familiar Asian dishes like fish soup, laksa and the famed Cantonese dessert of ginger milk pudding! Then it's back to the kitchen for some milk magic!

#### Episode 2

The dance of sweetness, tanginess and spice on our tongues make them easy favourites. Where does intense flavours like bitterness, astringency and, more crucially, pungency stand? Pungency may occur naturally in ingredients or during fermentation. Break new grounds with Chef Ivan Yeo as he explores this peculiar flavour to unveil the perfect pairing that transforms a fishy odour into gourmet fare.

#### Episode 3

More than just taste, the flavour of astringency is a sensory experience. The contraction of the tongue's sensory buds stimulates a tactile oral sensation of tartness and dryness that makes it intolerable to some. The flavour of astringency is not an easy love. This week Chef Ivan is on quest to pair and create a dish that would surprise and upend our perception of the tangy flavour.

#### Episode 4

With an aversion to bitterness from young, Chef Ivan is in for a bitter "treat". Can delicacies like cocoa, pomelo peel and Indonesian bitter nut cracker move Chef Ivan Yeo's stance on bitterness? Join Chef Ivan to the bitter end as he goes on a journey to re-examine the acetous flavour and find a novel perfect pairing to quell his prejudice on introducing bitterness into his culinary creations.

#### Episode 5

Capsaicin - the molecule that gives chillies their kick - binds to our tongues' receptors and sends messages of pain to the brain. In return, the brain responds by releasing endorphins to calm the burn. That's why we can't get enough of the spice that makes us cry. From curry to peppercorns, Chef Ivan explores the many ways capsaicin enhances flavours and the profound effects it has on our food.

#### Episode 6

In the kitchen, an array of seasonings is at the chef's disposal but only alcohol can augment a dish's complexity and flavour profile instantaneously. The marriage between alcohol and food is a long-standing culinary tradition. The aroma and bouquet of wine enhances the flavours of a dish. Chef Ivan Yeo steps into the kitchen of other chefs to discover the secrets behind this gastronomic union.

#### Episode 7

A complex chemical reaction requiring 3 basic elements - heat, proteins and sugars- the Maillard reaction is responsible for transforming raw ingredients into irresistible flavours. It is such a quintessential part of cooking but remains understated. In this episode, Ivan explores Maillard's limitless potential with the traditional claypot rice, char siew or roasted pork and a simple BBQ chicken.

#### Episode 8

Fruits are tantalising ingredients that refresh the palate and adorns a dish beautifully. There are many complementary flavours that work harmoniously with the fruity scent but Chef Ivan Yeo wants to break new grounds and go where no chef has gone! Venturing beyond culinary boundaries, Chef Ivan explores unusual flavour pairings to present the ultimate fruity delight for our palates.

#### Episode 9

Sourness stands tall amongst the 5 big flavour profiles. A gentle sour note can be refreshing and appetizing. In this episode, Ivan explores how sourness is cleverly deployed in these dishes - the traditional vinegar pig trotter which leans on two different vinegars, the Vietnamese cuisine which is big on tamarind and the Peranakan dish of salted duck soup with a distinctive sour note!

#### Episode 10

We may be at a lost for words when it comes to the earthy flavour but it's easily recognised by our senses. It may be an acquired taste for some but for others, it is a familiar scent that recalls and connects them with nature. In this episode, Chef Ivan Yeo digs deep into the complexities of earthy flavours. He is in cahoots with other chefs who have embraced earthy notes in their creations.

#### Episode 11

The circumstances contributing to the taste of seafood are many and complex. From salinity and temperature of the water to the organisms that live within, every element contributes to the sweet and umami flavour profiles of the seafood we love. Chef Ivan meets fellow chefs to discover how they unlock the flavour potential of the Alaskan king crab, deep sea grouper and peony prawn.

#### Episode 12

Flowers tend to play a supporting role on a dish and they are rarely cast in the limelight. However, the subtle floral scent that is easily overlooked are not just found in flowers but also in fruits, herbs and spices! In this episode, Chef Ivan Yeo casts the spotlight on the delicate floral scent and presents a flavour pairing that is mind blowing! Flowers are taking center stage this round!

#### Episode 13

Aside from the four basic tastes of sweet, sour, bitter and salty; umami or savouriness is famed as the fifth taste. Surprisingly, this elusive flavour can be found naturally in everyday ingredients such as seaweed, tomato, meat and cheese. Chef Ivan Yeo delves into the mysterious world of umami to create a dish that would be sure to scintillate. It's an umami pairing like no other!



## 第一集

有说奶香味在西方料理较常见，东方人很少会将其入菜。厨师杨应晖踏上奶香味探索之旅，了解鱼片汤为什么会加奶！地道的叻沙和奶味又有何关系？在这一集，厨师杨应晖也将发掘甜品界里的姜汁撞奶。最后，他会如何将这料理融入他的自创菜呢？

## 第二集

甜味、酸味、辣味，都是我们喜欢的味道，而苦味、涩味、呛腥味，却是大家难以接受的。有的食物天生就带有呛腥味，而某些食物的呛腥味，则来自于发酵过程中微生物对蛋白质的酵解。但是呛腥味的美食究竟搭配什么风味才是绝配呢？厨师兼主持人，杨应晖，将深入了解这个独特的风味，并尝试利用这个风味创造一道别具一格的菜肴。

## 第三集

涩味并不是一种味道，而是一种触觉，是口感的一种，而口感已经被证实可以改变大脑感知食物的味道与风味。当我们尝到涩味物质时，口腔和喉咙就会产生干燥、粗糙或起皱的感觉，所以涩，常常处于不受待见的地位，因为涩令人难以下咽。在这一集，杨应晖将尝试找出涩味最佳的搭档，挑战自己创作出一道颠覆大家对涩味认知的料理。

## 第四集

自幼抗拒苦味的厨师杨应晖在这次的探索要尝试不同与苦相连的料理。当中有着强烈苦味的可可，再来是带有苦涩味、且又被嫌弃的柚子皮，还有印度尼西亚的传统小吃苦饼。他是否吃得起苦？他又该如何搭配苦味呢？

## 第五集

当食材里的辣椒素触动舌头的神经接收器，产生灼热感，随之是大脑分泌多巴胺安抚人体，这就成了吃辣的代价-痛快感！辣味食材是厨师的最佳帮手，香料与辣椒配对能增香开胃、黑白胡椒去腥提味、再到花椒以味麻摄人；杨应晖在寻辣之旅中学习轻巧搭配，以辣味提亮海鲜，变得清爽开胃。谁才是辣味的绝配拍档？让你的味蕾来评分。

## 第六集

在烹饪里，能够增进菜肴风味的调味品不计其数，但没有一种调味品能像酒一样，让菜肴顿时复杂起来。酒，不仅连接了菜肴与饮品的神奇因缘，更是美食美酒与各地文化、悠久历史的一次美妙相遇。但各国料理中，以酒入饌有什么特别的学问和创意呢？酒搭配什么风味最能发挥所长呢？杨应晖将拜访不同厨师，了解以酒入饌的秘诀。

## 第七集

听起来复杂无比的化学反应其实只需要三种基本成分-高温、氨基酸和还原糖。美拉德是擅长把食物分子转化为宜人可口风味的反应，却又是如此地基本而常受到忽略。这次的风味搭配之旅，杨应晖从传统的砂煲饭开始，再探索中式叉烧和西式烤鸡排，看它们如何善用食材把美拉德风味推向更高峰；启发他尝试重叠美拉德反应的烹调法。

## 第八集

用水果来做菜，不单单开胃下饭，菜色也清而不淡，鲜而不俗，有提高食欲、饱人眼福的效果。聪颖的人们总能根据食材与风味的不同，找出最适合的辅佐对象，让你的味蕾碰撞出复杂美妙的味道，赋予美食内在的灵魂。虽然许多水果有天然味道的伴侣，但杨应晖将在这一集里，尝试找出更多惊喜的配对，应用果香味创作一道创意料理。

## 第九集

五味之首的酸清新且能提味、解腻，但是过多的刺激性会令人招架不住。这次的风味搭配探索将看到利用两种不同的醋来烹煮的猪脚醋、以罗望子调味的越南酸甜虾和富有娘惹风味的咸菜鸭汤。杨应晖从它们当中找出酸味与各种味道复合的奥妙之处 - 酸甜、酸辣、苦酸等风味，并启发他颠覆传统的潮州菜肴，烹煮出一道干式的咸菜鸭汤。

## 第十集

土香味是那种很难用文字描述，但一闻到你即刻就会知道的味道。有些人可能不习惯泥土的气味，但有人却迷恋这种独特又质朴的风味，因为这气味建立起了都市人和自然、土地的连接。在这一集里，杨应晖将走访不同餐馆，向厨师们了解他们是如何在菜肴里应用土香味，并试着以这独特的风味，呈现出一道土香浓郁的新新料理。

## 第十一集

矿石、海藻、盐水、浮游物等特殊的海底形态交织出多变的鲜味物质，丰富了各类海洋生物胺基酸含量，成了一吃难忘的海鲜味。矜贵的海产往往只需极简的烹饪手法与特定的食材搭配，就能勾勒出鲜味的极致；杨应晖这次分身不暇，忙着为不同海域的特级海产如帝王蟹、深海石斑、牡丹虾等，找出食分绝配的食材，呈现满分美味的料理！

## 第十二集

花，从来不是餐桌上的主角，也并无果腹之功。以花入饌的美食中更多强调精神愉悦和别出心裁的感受。花香与果香的关系很紧密，因为所有结果植物在生命周期某个时刻都会开花，因此除了花，其实很多果实，香草，香料都同样拥有花香味。杨应晖将拜访几位厨师，研究如何在料理中应用这个风味，最后，用心创作一道百花齐放的料理。

## 第十三集

鲜味，和酸、甜、苦、咸一样，是食物的基本味道之一。鲜味不仅存在于海藻中，我们还在番茄、肉、汤、奶酪和其他很多食物中发现了鲜味。无论是有意还是无意，我们经常会在食物中似乎缺少某种味道时添加鲜味，用富含谷氨酸的成分烹饪将完善任何菜肴的风味。杨应晖将尝试找出与鲜味最对衬的风味，创作一道鲜味无比的美味佳肴。