



Slumfood Millionaire

DOCUMENTARIES / FACTUAL

HUMAN/SOCIAL INTEREST

SLUMFOOD MILLIONAIRE

Embark on a mouth-watering journey through the slums of Asia, the last places on earth you would expect to find delicious foods. This unique documentary series celebrates the flavourful, and often unknown dishes made by talented cooks in the slums of Manila, Bangkok, Mumbai, Jakarta, Phnom Penh and Kota Kinabalu. Using cheap and overlooked ingredients, they cook up scrumptious dishes that are famous within the slums. Their passion and resilience prove that good food need not be expensive.

From waterfall pork to sea urchin rice and even grilled stuffed frogs with pork, a gastronomical adventure awaits you. The cooks will even take you on a tour of their lives in the hoods. So what are you waiting for?

我们向令人垂涎的旅程出发，来到亚洲的贫民窟，这或许是地球上你从未意想不到会找到美食的地方。这部独特的纪录片讲述了来自马尼拉，曼谷，孟买，雅加达，金边和亚庇贫民窟里有才华的厨师和他们所精心烹调而不为人知的美食。

使用便宜和常被忽视的材料，他们煮出了一道道在贫民窟里非常受欢迎的美味佳肴。他们的热忱和坚持证明了，好吃的美食并不需要太昂贵。

从瀑布猪肉到海胆饭，甚至塞满猪肉的烤田鸡，一个美食学的旅程正等着你。所以，你们还在等什么呢？

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EP1: Tondo, Manila

Tondo is Manila's biggest slum and some residents survive on just US\$400 a year. Food vendors like Loida and Rado have come up with clever ways to make food that even the underprivileged can afford. Loida salvages leftover meat that is used to make stock in hotel restaurants, and repurposes them into spicy double-cooked chicken, marinated with adobo flavours and fried into crispy chicken flakes. Rado takes unwanted pig intestines - the smelly part near the pig's anus - and puts in the time and love to extract flavour from other offcuts like pig's head, to create a scrumptious, tender soup that is always sold out. Even though pork meat can be an expensive celebration treat, he offers it as an affordable fatty treat, with the crispiest pork skin you have ever tasted.

EP2: Gaya Island, Kota Kinabalu

The residents of Kampung Kesuapan on Gaya Island come from generations of sea gypsies from Southern Philippines, known as the Bajau. Shunned by the mainland, their village is considered an outcast to the rest of the city's population and their proud migrant cuisine remains a mystery to most. Home cooks Zaiton and Jalinah show us their traditional cuisine, based around their inherited love for exotic ingredients that are usually overlooked locally. Zaiton uses her inherited knowledge to remove the toxins from the pufferfish yet saves the best parts of the fish - its liver and skin - to prepare a rich and creamy stew free from poison. She makes a sea urchin rice dish that infuses each rice grain with the custardy umami of the sea urchin roe. Jalinah carries on the culinary traditions of an ingredient that once saved her great-grandparents from starvation. Tapioca is made into fluffy, steamed cakes or crispy chunks and eaten with salty sea grapes that burst in your mouth.

EP3: Klong Toey, Bangkok

Klong Toey is Bangkok's most notorious slum, known for its high crime and drug abuse. But its residents reveal a different side of the slum - a place full of mouth-watering food on a budget. In the Rom Khlao neighbourhood, Big Mama takes pork kidney which notoriously smells like urine, and marinates them with her signature concoction that makes it a hot item on her inner-slum food delivery business. Using tiny shrimp that are usually used to feed pet fish, she creates a Thai sashimi dish, drenching the live shrimp in tangy, acidic sauce that makes them 'dance'. Sirathorn, from the 70 Rai community, taps on her hometown techniques from the Isaan region to create her affordable delicacies that cost under US\$2. She makes a salty, sweet yet bitter meat salad coated with a creamy sauce made from blood and bile, and a delectable medium-grilled pork dish called 'Waterfall Pork', named so because of its fatty juices.

EP4: Borei Keila, Phnom Penh

Borei Keila is Phnom Penh's infamous neighbourhood, home and haven for the city's poor. Its derelict buildings and seedy reputation have placed the prime downtown land at the mercy of urban development, but residents and food sellers Thavy and Pen Rim cannot imagine living and working anywhere else. The popular dishes at their humble food stalls use wartime ingredients to create economical food. Thavy is a master at making frog dishes, turning the sometimes pungent ingredient into tender, sweet meat. She makes a succulent stuffed frog with pork, infused with flavours of lemongrass and galangal. Her grilled frogs are marinated with the perfect amount of spice, and served with a zesty lime pepper sauce. Pen Rim uses a pungent fermented fish known as prahok, dubbed Cambodian 'fish cheese', as the base ingredient for two popular dishes; an aromatic prahok dish minced with herbs and spices and grilled in a fragrant banana leaf; and a delicious prahok dip filled with plump fried pea eggplants.

EP5: Kamal Muara, Jakarta

Migrants from Indonesia's Bugis tribes have settled down in Kamal Muara, a fishing village in North Jakarta, for generations. They may not have set foot in their ancestral lands, but they retain their culinary traditions, continuing to cook dishes unknown to many. Fisherman's wife Yustini uses unsold fish from her husband's daily haul to make a unique Indonesian ceviche called Lawa, which is 'cooked' with vinegar and combined with smoked coconut and raw crunchy mango. She makes Kapurung, by manipulating sago starch using hot and cold water to make a sago 'glue', forming it into chewy balls with chopsticks, and serving it in a savoury fish broth. Javanese-born Rosmawati brings a taste of her hometown to the Bugis village with her rendition of a cheap and spicy dish using chicken feet offcuts that are stewed until they literally fall off the bone.

EP6: Dharavi, Mumbai

Dharavi - the heart of Mumbai - is one of the world's largest and busiest slums, and its street food runs through its veins. Our vendors show us how to cut it in this competitive slum and make a living from its thriving inner-slum economy. Malai, an idliwalla from Tamil Nadu shares his secrets for perfect fluffy steamed rice cakes called idlis, crunchy lentil fritters called vada, all served with his trademark tomato chutney. Sorab is known for his famous Chinese-Indian food - a finger-licking fusion cuisine created by Indians but inspired by Chinese spices. He reveals the closely-guarded recipe to his signature Manchurian sauce, and shows how to use it to make his famous street snacks, sweet and sour chow mien you can slurp down in minutes and Manchurian balls of crunchy cabbage deep-fried to optimal crispiness.



第一集：湯都，马尼拉

湯都是马尼拉最大的贫民窟而有些居民每年只用400美元维持生活。食品摊贩如 Loida 和 Rado 就想出精明的办法让贫困的居民也能付得起的食物。Loida 打捞饭店餐厅用来熬汤的剩肉，重新煮出辣味双煮鸡，使用阿多波风味腌制，炸成脆皮鸡片。Rado 拿了靠近猪肛门难闻的部位多余的猪肠，然后放进时间和心思从其他部位如猪头来提取风味，煮出了常卖完的美味、嫩滑汤。虽然猪肉可以算是昂贵的庆祝佳肴，但 Rado 提供了人人负担得起和从未尝过的香脆猪皮。

第二集：加雅岛，亞庇

加雅岛 Kampung Kesuapan 的村民来自几代的海吉普赛人。他们来自菲律宾南部，简称 Bajau。被社会回避，他们的村庄可算是被城市人口排斥，而他们引以为豪的美食对大众来说仍是个谜。家庭厨师 Zaiton 和 Jalinah 凭着他们对常被当地人忽略的非一般食材的热爱，展现出了她们的传统美食。Zaiton 使用她遗传下来的知识去处理河豚鱼的毒素，并保持河豚鱼最好的部分 - 河豚鱼的肝和皮肤，炖出色香味浓郁丰富无毒的佳肴。Zaiton 也住了到海胆饭，她让饭里每一粒米都泡出海胆籽的蛋奶味。Jalinah 传承了曾经拯救她曾祖父祖母，让他们不再挨饿的食材。她把木薯粉做成松软的蒸糕或脆皮块，配入口极化的咸海葡萄一起享用。

第三集：孔提縣，曼谷

孔提縣是曼谷最臭名昭著的贫民窟，孔提縣出了名的拥有高犯罪率和吸毒率。但他的居民也展现了贫民窟的另一面，一个充满垂涎欲滴、食物价格实惠的地方。在 Rom Khlae 邻里，Big Mama 使用了闻起来像尿味的猪肾和她的招牌调制一起腌制，成为了她在贫民窟外卖生意热销的食物。使用常来喂宠物鱼的小虾米，她创造了泰国生鱼片菜肴，把虾放进香浓又有酸性的酱汁里，让它们仿佛在“鼓舞”似的。来自 70 Rai community 的 Sirathorn 则使用她家乡技巧创造了少于 \$2 美元的佳肴。她煮了一道又咸又甜但带点苦涩的猪肉沙拉再涂上用血和胆汁制作的奶油酱。Sirathorn 也烤了一道因肥油汁而名为‘瀑布猪肉’的佳肴。

第四集：Borei Keila，金边

Borei Keila 是金边臭名昭著的地区，是贫穷人民的避风港。因许多废弃建筑和坏名声使这市中心的黄金地被城市发展摆布，但居民和摊贩如 Thavy 和 Pen Rim 无法想像在其他地方工作和生活。她们谦逊的小吃摊受欢迎的食物使用了战争时所用的食材来制作经济又实惠的食品。Thavy 是准备田鸡菜肴的高手，他能让偶尔臭味扑鼻的材料变成嫩滑鲜甜的肉。她将多汁的田鸡塞满猪肉，及加点柠檬草和高良姜的风味。她的烤田鸡使用了适当的香料腌制，再配上一份爽口的青柠胡椒酱。Pen Rim 使用发酵名为 prahok 又被称为柬埔寨“鱼奶酪”的鱼，做为基本材料烹煮 prahok 加上香草和香料烤在香浓香蕉叶里的菜肴，再加上炒豌豆加茄子的 prahok 酱，简直色香味俱全。

第五集：Kamal Muara，雅加达

印度尼西亚武吉斯部落的移民世代定居在雅加达北部的一个渔村 Kamal Muara。他们或许没踏上他们祖先的土地，但他们仍保留了自己的烹饪传统，继续烹调出许多人未知的菜肴。渔夫的妻子 Yustini 使用丈夫每天打捞、未售出的鱼来制作独特的印尼酸柠檬汁腌鱼简称 Lawa。这道菜使用醋加上烟熏椰子和生脆的芒果煮成的。她烹煮 Kapurang 的方式，是用热水和冷水调制西米淀粉，制成西米“胶”，用筷子把它做成有嚼劲的小球，然后把它放在美味的鱼汤里。出生于爪哇的 Rosmawati 将家乡的味道带到了武吉斯乡村，煮出这道便宜和超辣，她演绎了一道廉价而致命的辛辣菜肴，用鸡爪边角料炖至完全脱落。

第六集：达拉维，孟买

在孟买中心的达拉维是世界其中一个最大最繁忙的贫民窟而他的街边美食也非常受欢迎。让这些摊主来告诉我们如何在这个竞争激烈的贫民窟里赚钱生活。

来自泰米尔纳德邦的伊德利瓦拉，Malai，分享他对叫 idlis 的蓬松蒸米糕和叫 vada 的香脆油条的秘诀，全都是用他的招牌番茄酸辣酱一起供应的。

Sorab 以其著名的中印美食而闻名，由印度人创造但受中国香料启发然后融合起来的美食。他展示了他招牌的满洲酱的配方，还示范如何使用这个酱汁来准备他著名的街头小吃，酸甜炒面，让人可以在几分钟内就吃完和满洲酥脆的白菜炸得酥脆可口。