



LIFESTYLE
FOOD

The Food Lab

The Food Lab is a brand-new cooking game show that will conduct delectable experiments with the help of celebrity chefs and culinary scientists. Each episode will invite 3 guests (artiste, celebrity host or foodie influencer) where they will compete to top the food science quiz to win the mystery prize. The culinary scientist will also offer scientific explanation behind each crucial cooking step.

Host: Lee Teng and Juin Teh

科学食验事

结合科学和烹饪的全新美食节目，《科学食验事》每集将邀请名厨与烹饪科学老师，连同3位知名嘉宾上节目，通过游戏问答的方式，请他们猜测各个烹饪步骤背后的科学原理。最后由烹饪科学家以科学原理剖析各个料理的美味秘诀。

主持人: 李腾 和 郑六月

Language: Chinese

Episodes: 13 x 30 minutes
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EP1: Egg

Is it best to eat raw eggs? How do you tell if an egg is fresh? What's the best way to cook an egg? How do you create a fluffy fried egg? Watch The Food Lab to find out!

EP2: Vegetable

Why does potato turn brown after peeling? Can you eat a sprouted potato? How do you retain the colors of vegetables when cooking? What are the benefits of blanching vegetable? Watch The Food Lab to find out!

EP3: Meat

How long should meat marination take? How to defrost meat without affecting its texture? How do you cook a juicy chicken breast meat? Do you know the difference between white and red meat? Watch The Food Lab to find out!

EP4: Food Pairing

What is the Science of Food Pairing? What is the best ingredient that can pair with pork? What is the best way to extract carrot's nutrients? How effective is the tongue in food tasting? Watch The Food Lab to find out!

EP5: Water & Oil

How long should we boil soup? What to do when soup gets too salty? How should we store cooking oil? What type of oil is suitable for deep frying? Watch The Food Lab to find out!

EP6: Seafood

Where does fishy smell come from? How to prevent fish from sticking to the pan? Is the prawn shell useful? Is raw seafood safe to eat? Watch The Food Lab to find out!

EP7: Rice

What type of rice is suitable to fry rice? What does retrogradation mean? How to prevent porridge from spilling over? How to hasten porridge cooking time? Watch The Food Lab to find out!

EP8: Instant Noodle

How exactly is instant noodle unhealthy? Why are most instant noodle curly? Is it true that you should not drink soft drinks when having instant noodle? Does instant noodle contain preservatives? Watch The Food Lab to find out!

EP9: Sauce

Why should sauce be thick? What is the difference between Eastern and Western sauces? Why is it so hard to pour tomato sauce out of a bottle? When is the best time to add dark soy sauce during cooking? Watch The Food Lab to find out!

EP10: Chilli & Curry

Is spiciness a taste? Where is the spiciest part of a chilli? How do you lower the spiciness of a dish? What should you thicken a curry gravy with? Watch The Food Lab to find out!

EP11: Leftover Food

What food should not be left overnight? Is it true that leftover food has no nutrition value? Is leftover food cancerous? How should we preserve leftover food? Watch The Food Lab to find out!

EP12: Baking

How do you differentiate types of flour? Why does cake always sink after baking? What are the tips in chocolate tempering? How to prevent dryness in baking biscuits? Watch The Food Lab to find out!

EP13: Fermented Food

What is fermented food? What are the benefits? What is the difference between fermented and rotten food? What is the best way to consume fermented food? Watch The Food Lab to find out!



第一集：鸡蛋

鸡蛋生吃最营养吗？鸡蛋应该如何判断是否新鲜？鸡蛋怎么煮才营养？鸡蛋该怎么炒才蓬松？就让《科学食验事》一一为你解答！

第二集：蔬菜

马铃薯削皮后为何变色？长了芽的马铃薯还能吃吗？蔬菜如何烹煮才能保持翠绿？氽烫蔬菜的好处是什么？就让《科学食验事》一一为你解答！

第三集：肉

肉需要腌制多久才能入味？肉要如何解冻才不会影响口感？鸡胸肉该怎么吃才会多汁？你能分辨白肉和红肉吗？就让《科学食验事》一一为你解答！

第四集：食物 配对

什么是风味搭配学？猪肉配搭什么最好吃？胡萝卜该怎么吃才能摄取最多营养？舌头品尝风味的能力有百分之几？就让《科学食验事》一一为你解答！

第五集：水 与 油

煲汤应该煲多久？汤太咸可以怎么做？食用油应该如何储存？什么油适合高温烹煮？就让《科学食验事》一一为你解答！

第六集：海鲜

鱼腥味哪里来？如何避免鱼肉粘锅？虾壳有什么用处？生吃海鲜有害吗？就让《科学食验事》一一为你解答！

第七集：饭

什么米最适合炒饭？什么是淀粉老化？煮粥如何防止溢锅？如何加快煮粥的速度？就让《科学食验事》一一为你解答！

第八集：快熟面

快熟面真的不健康吗？快熟面为什么是弯曲的？吃快熟面不能配搭汽水喝吗？快熟面含防腐剂吗？就让《科学食验事》一一为你解答！

第九集：酱料

酱料为什么需要粘稠？西式和中式酱料有什么分别？番茄酱怎么老是倒不出来？酱油应该什么时候加入菜肴中？就让《科学食验事》一一为你解答！

第十集：辣椒 与 咖喱

辣椒是一种味道吗？辣椒什么部位最辣？菜肴太辣，如何降低辣度？咖喱煮得不够浓稠该怎么办？就让《科学食验事》一一为你解答！

第十一集：隔夜菜

什么食物不应该放隔夜？隔夜菜有营养吗？隔夜菜会致癌吗？隔夜菜应该如何储存？就让《科学食验事》一一为你解答！

第十二集：烘焙

什么面粉适合制作什么甜点？蛋糕为什么总是塌陷？制作巧克力的诀窍是什么？如何避免饼干太干？就让《科学食验事》一一为你解答！

第十三集：发酵食品

什么是发酵食品？发酵食品的好处是什么？发酵和腐败有什么分别？发酵食品应该怎么吃才最营养？就让《科学食验事》一一为你解答！