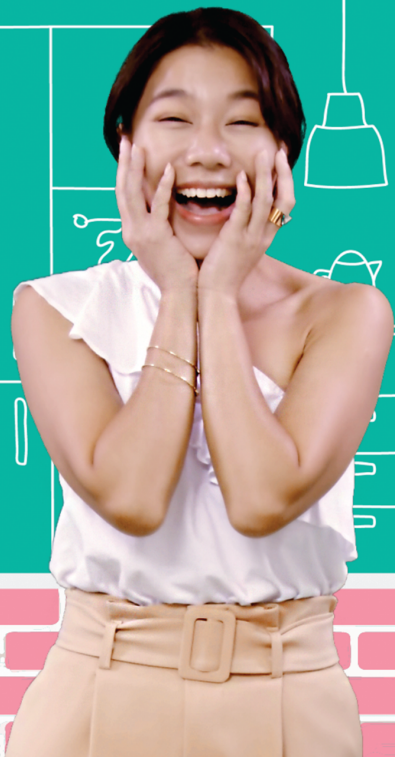


DELIVERING AWARD-WINNING
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LIFESTYLE

INFO-ED

The Food We Love To Hate

Why are ingredients like coriander, pork liver and bitter melon etc so "hated" by some? Brand new info-variety series sees Belinda Lee challenging celebrity guests who shun those food to face their fears with taste and touch tests. With the help of master chefs, we'll also uncover ingenious recipes to create palatable dishes from the ten most hated ingredients!

Hosts: Belinda Lee

畏口大开

天下食材千百种，口味因人而异。既有最爱，就会有最恨的食物！全新综艺资讯节目《畏口大开》在李心钰的带领下，寻找各路名厨发挥创意，把嘉宾们最畏惧的十种食材如猪肝、茼蒿和苦瓜等转变成让人食指大动的新菜色！

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Language: Chinese

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Episode: 10 x 60 minutes
Producer: August Pictures
Distributor: Mediacorp





EPISODE 1: PORK LIVER

Guest Artistes Wang Yuqing and Joanne Peh share a similar dislike with our host Belinda – pork liver! But together they embarked on a trip to reframe their prejudice - visiting a pork innards market and tasting a renowned claypot liver dish. Armed with diverse culinary expertise, our master chefs promise to deliver mind blowing pork liver inspired dishes!

EPISODE 2: CORIANDER

A commonly used ingredient, coriander is our guests, XiXi and Hayley's most "hated food". To incite change, Belinda Lee brings one to learn about growing coriander and the other to taste Thai style coriander hot pot! Will the final efforts by the two celebrity chefs with coriander re-interpreted dishes, tilt the scale in coriander's favour?

EPISODE 3: BITTER GOURD

Guest artistes Yang Guang Kele and Keith Png are confronted with their most hated food - bitter gourd. With the host Belinda, one learns the ropes to plant bitter gourd while the other gets a taste of Okinawan bitter gourd. With the help of two master chefs, will their new creations, inspired by Italian and hawker fare Zi Char, sweetened the deal for our guests?

EPISODE 4: FROG LEGS

Frog porridge is a local delicacy, but many still fears this amphibian ingredient. Michelle Tay and May Phua faces their worst nightmare when Belinda brings one to a bullfrog farm, and the other to a feast of frog cuisines. Can our chefs – a Sichuan cuisine expert and the other, a Canton master-break the spell cast by the fear of frogs with their new creations?

EPISODE 5: DURIAN

Belinda tries to convert durian haters - Chua En Lai and Wallace Ang into believers – by introducing diverse durian inspired dishes and advice from a mystery durian expert. With the help of two young chefs, one affirmed with Michelin Star, creative durian-inspired recipes are born- drawing inspiration from Nonya and international cuisine- to woo the haters!

EPISODE 6: CENTURY EGG

Belinda Lee cajoles Jernelle Oh and Little Miss Bento to accept their most hated ingredient - century egg! One tries her hands to prepare century eggs for porridge, while the other has a taste of century egg pastries. The two master chefs- experts in Teochew cuisine and trained in Le Cordon Bleu respectively – will they succeed in reinventing this century old taste?

EPISODE 7: CHEESE

Ex- parliamentarian Lee Bee Wah and veteran artiste Marcus Chin must cast aside their fear of eating cheese. Belinda Lee brings one to experience cheese cutting in a specialty shop and the other to taste Indian cheese. Experts in Asian fusion cuisine and Chinese dim sum, can our master chefs succeed in moderating the taste of cheese to suit our guests?

EPISODE 8: OYSTERS

Comedian "Miss Mole" and Jayley Woo can't stand the smell and texture of raw oysters. Hoping for change, Belinda Lee brings one to taste traditional Teochew oyster cuisine, and the other to learn oysters shucking. Two award winning chefs draws inspiration from French cuisine and our local delicacies to put a fresh new spin- redefining the taste of oyster!

EPISODE 9: LADY'S FINGERS

Celebrity couple Hong Jun Yang and Candyce Toh confront their worst fears – sampling sticky and gluey lady's fingers aka Okra. One of them goes to its roots – in a farm, and the other, discovers well-loved peranakan Okra dishes- in horror! Discover how the two master chefs draw inspiration – from Teochew and American cuisines- to create finger licking new dishes!

EPISODE 10: TEMPEH

Tempeh is a fermented soybean Malay food delight, but its taste irks Cassandra See and Wang Weiliang. Belinda sends one to make tempeh from scratch, and the other gets an insight to iconic Indonesian tempeh dishes. With a master chef in Sichuan cuisine, and a Michelin starred Peranakan chef, wildly new tempeh dishes are created- but will the haters be convinced?



第一集：猪肝

提起猪肝，就连主持人李心钰也避而远之！同样厌恶它的嘉宾王昱清和白薇秀接受挑战，分别到猪内脏市场和广东菜馆与猪肝进行亲密接触。两位名厨会使出什么杀手锏，通过竞赛经验和法式烹调的方法，让猪肝华丽变身？

第二集：茼蒿

很多料理都会用上茼蒿，但有不少人却嫌茼蒿臭。李心钰希望改变恨茼蒿一族的林茜茜和胡佳婕，带一人到农场学种茼蒿，另一去品尝泰式茼蒿火锅！两位名厨蔡雪鸿和卢熾而能否通过四道茼蒿创意料理，让她俩重新接纳茼蒿呢？

第三集：苦瓜

两位不爱吃苦瓜的嘉宾，阳光可乐与 Keith 老师接受考验；去小菜园种苦瓜，到餐馆吃冲绳苦瓜。李心钰也找来了两位大厨：一位是食品研发专家，另一则是煮炒高手。大厨们是否能创造出全新苦瓜料理，让两位嘉宾从此吃得起“苦”？

第四集：田鸡

田鸡粥，爱吃的国人多，可是怕吃田鸡的人也不少！就比如嘉宾“一大粒”郑荔分和潘淑钦。李心钰带其一到农场接触牛蛙，另一则去品尝川湘风味牛蛙大餐。此外两位名厨也从川菜和粤菜找灵感呈现创意料理，博取嘉宾的欢心！

第五集：榴莲

为改变两位名嘴蔡恩来和洪圣安对榴莲的坏印象，李心钰网罗各式榴莲料理让一人品尝，另邀神秘榴莲达人拔刀相助！两位年轻主厨，其一荣获米其林星；他们在娘惹菜和中西合并的基础上发挥创意，打造让人“榴莲”忘返的料理！

第六集：皮蛋

厌恶皮蛋的娱乐新鲜人胡煜诗，及便当达人 Little Miss Bento，随李心钰到广东粥品店和传统饼家，探索皮蛋的独特魅力。与此同时，古派潮州菜名厨，以及出身法国蓝带学院大厨挖空心思创作的皮蛋新菜，能否逆转嘉宾对皮蛋的抗拒？

第七集：乳酪

前国会议员李美花和资深艺人陈建彬闻之色变的食材是乳酪！李心钰带一人体验切巨型乳酪，另一去品尝印度乳酪。两位名厨巧思妙想；他们是否能在擅长的现代料理和精致点心中，成功创造出惊喜，让两位长辈“畏口大开”？

第八集：生蚝

受不了生蚝腥味的何爱玲和胡佳琪接受挑战；一位跟随李心钰动口去尝正宗潮州“蚝料”，另一则动手去学开新鲜生蚝。两位获奖无数的名厨将从法国菜和本地美食寻找灵感，打造出别具匠心的蚝料理来征服两位嘉宾的味蕾！

第九集：羊角豆

羊角豆让一对夫妇嘉宾洪俊扬和杜蕙粤看到就竖起汗毛！两人接受挑战，与“敌人”正面交锋 - 到农场种羊角豆，到娘惹餐馆吃惊人的羊角豆料理。李心钰也找来一对好友名厨，结合潮州和美式料理的烹饪手法，重新演绎羊角豆！

第十集：天贝

由黄豆发酵的天贝是马来同胞的家常食材，薛素珊和王伟良却无法认同其口味。李心钰带一人去动手当学徒，另一动口去尝道地印尼天贝料理。两位助阵的名厨，分别是川菜和米其林星大厨；他们能否让嘉宾们对天贝料理改观吗？