

## Lifestyle - Food



### World Food S2 吃.东西 2

**Episodes:** 13 x 60 mins

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Food culture is the epitome of an ethnic culture. The diets of the East & West have significant differences in features, functions, objects & nature, which help in learning more about the different cultures. The Chinese focus on "unity of Heaven & human", while Westerners are more people-oriented.

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### Episode 1: Hot Pot

Chongqing hot pot focuses on spiciness & coarseness while Sichuan hot pot is on the numbing & spicy flavour. Fish head steamboat was a random idea from a simple fish soup by migrants from the south. Swiss Cheese Fondue is said to be invented by the shepherds. Have you ever tried Chili Cheese Fondue?

### Episode 2: Fried Chicken

Fried chicken is related to early African slaves. Korean fried chicken shops saved many during financial crisis. The craze for fried chicken and beer has swept across Korea during World Cup. Taiwanese consume 87.6 million pieces of chicken cutlets a year. Why Ayam Penyet must be smashed with hammer?

### Episode 3: Spicy

Why chili is known as pepper in Europe? The best chili eaters are the Thais, Mexicans & Filipinos. Chili was introduced to China in Ming Dynasty & the first chili eaters were from Guizhou. Sichuan people like numbing- spicy due to their peppercorn cultivation & it's the soul of Sichuan cuisine.

### Episode 4: BBQ

Northeast China BBQ uses granulated cumin and Sichuan BBQ uses chili noodles. Beef brisket in Texas BBQ is smoked & grilled at low heat & is the soul of American BBQ. The development of Korean BBQ pork belly is related to the workers' death due to lung disease & it's said eating BBQ meat can cure.

### Episode 5: Soup

A good bowl of Cantonese soup is about rich flavour & nourishment. The taste is derived from brewing time & nourishment from ingredients. Hainanese Mutton Soup & Taiwanese Herbal Pork Rib Soup are seasonal tonic soup. Korean Ginseng Chicken Soup originated from the past when pork is unaffordable.

### Episode 6: Hamburger

Hamburger was originated from Hamburg and initially it was beef patty made from minced beef. Only later in US, hamburgers were bread with meat. Rou Jia Mo is Chinese hamburger. Improved version of Kou Rou Bao is smaller and with various fillings. Some creatively replace hamburger buns with mantou.

### Episode 7: Roasted Pig

Roast pig was originated from Guangxi. Cantonese roast pig has different roasting methods. Roast pig stuffed with glutinous rice is burned with flames to remove the smell and increase the fragrance. The Spanish Suckling Pig has a fruity aroma and Italian Roast Pork Roll has a unique taste of herbs.

### Episode 8: Breakfast

In early years, British nobles showed off their wealth by taking sumptuous breakfast before hunting. What is the difference between American, English & Continental breakfast? Taiwanese & Shanghainese like soy milk with fritters in the morning, while Hong Kong people love pineapple buns and milk tea.

### Episode 9: Beef

Well-done steak was eaten in the early days as half-done steak was known as unhealthy. In the 19th century, steak was a political banquet dish in New York. Raw beef tartare was originated from the horse meat that was placed on the side of the saddle during the cavalry expedition in Mongolia.

### Episode 10: Vegetarian

There are two types of artificial meat - plant-based meat & cell cultured meat. To satisfy human's desire for meat, fake meat products are becoming more & more simulated. Soybeans & peas are the main ingredients. Plant protein sources are natural, healthy and delicious as compared to animal protein.

### Episode 11: Dumpling

Dumpling & paper money in Song Dynasty were known as "jiao zi". Wonton is called "chao shou" in Sichuan, bian rou' in Minnan. It was brought to Russia & Eastern Europe during the Mongol Empire & spread to Nepal & Tibet, which is known as momo. Ravioli & tortellini in Italy vary in fillings & shapes.

### Episode 12: Wrap

People in the past tried to make elixirs in order to achieve immortality but later evolved into Mei Gan Cai Kou Rou Bing. Mexican Taco, which is originally named as dynamite, is soft tortilla but turned into deep-fried and crispy tortilla in America. Sushi rolls made with daikon skin are amazing.

### Episode 13: Dessert

Cruffin is a trending hybrid dessert in recent years & has layered texture of a croissant & shape of a muffin. The New York Times has dubbed Kouign-amann "fattiest pastry" in Europe. The Japanese combine the springiness of American muffin with the fluffiness of soufflé to make into soufflé pancake.

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