



LIFESTYLE

FOOD

YiFong & Eleanor's Kitchen

Yifong hosts her very first cooking-cum-talk show with her daughter Eleanor. Friends of Yifong would know she never knew how to cook and always hated cooking! But now, she even brings pots and pans to cook in China, where Eleanor is developing her acting career. In this brand new show set in a cosy little kitchen, both mother and daughter are going to host guests who have played important roles in their lives.

Hosts: Quan Yi Fong and Eleanor Lee

怡凤和妹妹的厨房

本地名嘴主持怡凤首次与女儿凯馨合作主持烹饪及谈话综艺节目。怡凤的朋友都知道她完全不会煮饭，更不爱下厨！然而，现在她竟会带着锅碗瓢盆远赴中国为女儿做饭！在这档全新的节目中，母女俩将在为她们精心而设的温馨厨房中设宴，招待在她们人生中扮演过重要角色的嘉宾。母女俩将与艺人朋友们话家常，聊聊彼此这些年来曾经历的酸甜苦辣。

主持人: 权怡凤 和 李凯馨

Language: Chinese

Episode: 10 x 60 minutes
Producer: Mediacorp Studios
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EP1: Chef Pung, Chef Charlie, Chef Eric Teo

Yifong is a changed person! She can now whip up a few good dishes in the kitchen, and this is all thanks to the celebrity chefs who have ever taught her how to cook. Hence, for a start, Yifong and her dearest daughter Eleanor invite three celebrity chefs to their first dinner at their very own kitchen. Will Yifong really meet the chefs' standards? Or is she going to make a mess in the kitchen?

EP2: Chef Pung, Chef Charlie, Chef Eric Teo

It is time for Yifong to flaunt her skills to her teachers! Chatting about the happy little things from past programmes and enjoying the meals they have prepared, the group spend a memorable evening in this cosy little kitchen. Eleanor also specially prepares little gifts for these chefs who have watched her grow up over the years.

EP3: Vivian Lai, Pornsak

Having been in the variety entertainment world for years, Yifong is bound to have made some confidantes! This episode Yifong invites "Aunty" host Vivian Lai and sunshine boy Pornsak who almost messed up in the kitchen! How does Vivian protect her children, and how will Pornsak's filial piety stories inspire Eleanor? The gang share their life stories as they cook and dine together.

EP4: Bryan Wong, Cavin Soh

Is Yifong really ready to give up her celebrity status or even leaves showbiz now? Her good friends Bryan Wong and Cavin Soh were once her comrades in variety shows but both have moved on to acting in dramas. As "seniors" in the industry, they seek joy in sharing their two cents' worth on drama acting with Eleanor. At a rare gathering like today, the trio tease one another just like old times.

EP5: Elvin Ng, Ada Koh

Yifong's beloved heartthrob Elvin Ng is here! She also invites the person who watches her and Eleanor mature over the years – her manager Ada. No local variety shows has ever seen a celebrity's manager come as a guest. What relationship do they share? Realising how the guests can hardly cook, Eleanor decides to whip up something against Elvin. Can this bunch really enjoy a sumptuous dinner today?

EP6: Guo Liang, Ben Yeo

Yifong's all-time co-host Guo Liang and Ben Yeo the little brother whom she dotes on are here! Yifong and Guo Liang have hosted countless shows together, but never have they appeared on TV together to cook. Eleanor sees hope with Uncle Guo Liang's presence and confides in him while dropping hints to her mother. Has Yifong got the hints? Meanwhile, Ben shares how Yifong almost poisoned him to death...

EP7: Ben Yeo, Christopher Lee

Yifong decides to invite Ben Yeo to her kitchen again, but she thinks he comes with an agenda this time! Christopher Lee joins in the fun and to share his culinary skills and acting experience. As they prepare their dishes, they talk about their children and views on parenthood. Yifong shares her experience with depression, little does she know that Eleanor has also suffered during those dark days.

EP8: Chef Eric Teo, Chef Eric Neo

The chefs are here again, it turns out that Yifong needs a favor from them! The presence of celebrity chefs suddenly turns the cosy little kitchen into a high-class restaurant. While they all get down to cooking their respective dishes, Yifong discovers the humorous side of Chef Eric Neo. Many years back, Chef Eric Teo gave Yifong a spatula. Today, she takes it out again and he is deeply moved.

EP9: Mark Lee, Addy Lee

It has been Yifong's plan to make fun of Addy today but seeing how he meticulously cooks in the kitchen, her heart softens. Her other guest today is Mark Lee, vastly different from her in terms of hosting styles but shares a memorable past. Mark comes today not with his specialty but a few pieces of life advice. The four of them have a tear-jerking heart-to-heart as they try their homemade dishes.

EP10: Cameo: Kym Ng, Dasmund Koh

To Yifong's regret, her two close friends are unable to come as guests. Thus, she specially arranges for a "food delivery" mission to thank and surprise these two important friends who were there for her during the toughest times. As the show comes to a wrap, will Yifong really complete the mission she has set for herself and Eleanor? Will her friends get to try her cooking and feel her sincerity?



第一集：冯洱迅，谭文荣，张添来

怡凤变了！今时今日的怡凤进得了厨房，出得了厅堂！她会下厨做饭，最功不可没的自然是曾经把一身厨艺传授给她的名厨们！怡凤和妹妹的第一次设宴就邀请到三位本地名厨来到这个她们母女俩的专属厨房！怡凤真的会达到名厨们的要求吗？还是会把厨房搞砸呢？

第二集：冯洱迅，谭文荣，张添来

怡凤要在师父们面前展现厨艺了！大家围着炉灶畅谈过去在不同节目中的点点滴滴，再品尝彼此精心准备的爱心餐，在怡凤和妹妹的温馨厨房度过一个最难忘的晚上。妹妹也不忘亲手制作小礼物送给看着她长大的名厨们。

第三集：赖怡伶，Pornsak

在综艺界打滚多年的怡凤，知心好友怎么少得了综艺咖！这一集请来大婶级综艺主持人赖怡伶及暖男Pornsak。大家在厨房里闹成一团！怡伶如何保护自己的孩子，Pornsak的孝顺事迹又如何启发妹妹？大伙在煮煮切切及欢笑声中分享各自的人生故事。

第四集：王禄江，苏栢诚

怡凤过去半年到中国照顾女儿，在那里生活了一段时间，如今真的可以卸下艺人身份吗？甚至想过暂别演艺圈？圈中好友王禄江和苏栢诚曾与怡凤在主持界并肩作战，现在也都各自往戏剧发展。后半段的人生里，这两位主持人都往戏剧发展，而作为“前辈”，两位乐于与妹妹分享演戏心得。好友难得相聚，大家不忘互相调侃，互相作弄……

第五集：黄俊雄，顾慧妮

世纪无敌美男子黄俊雄来做客了！除了怡凤心目中的男神，嘉宾名单当然少不了看着怡凤和妹妹成长的经纪人Ada！综艺节目邀请经纪人担任嘉宾，史无前例！艺人和经纪人到底是什么关系？妹妹对此有话说。碰上两位不会做饭的客人，妹妹决定也来试一试下厨跟俊雄PK！厨房内挤着一班不会做饭的人，今天还能吃上一顿丰盛晚餐吗？

第六集：郭亮，杨志龙

厨房迎来怡凤的最强搭档郭亮和她在综艺圈最疼爱的弟弟杨志龙。怡凤和郭亮同台主持节目的次数不在话下，两人同框下厨却是前所未有的。郭亮来做客，妹妹见到一丝曙光，找郭亮叔叔倾诉，似乎也借着他的口对妈妈传话。怡凤听到女儿的弦外音了吗？暖男志龙为怡凤和妹妹自创一道爱心面，也分享当年如何在做节目的时候差点被怡凤毒死……

第七集：杨志龙，李铭顺

怡凤决定再次邀请杨志龙来到她的厨房做客，志龙却来砸场！阿哥李铭顺也来凑一脚，分享厨艺和演戏心得！面对两位奶爸厨神，怡凤早有对策。大家在厨房里边做饭边聊起了父母经，谈论各自对孩子的要求。怡凤分享自己患忧郁症时的经历，让她意想不到的是在那段记忆模糊不清的岁月中，妹妹竟然承受过不少怡凤从来不曾知道的苦头。

第八集：张添来，梁明楠

这次又请来名厨担任嘉宾，怡凤没有朋友了吗？原来她有求于名厨！名厨来做菜，厨房瞬间升华为高级餐馆。做菜聊天的当儿，怡凤注意到了Chef Eric Neo搞笑风趣的一面，让人又好气又好笑！若干年前Chef Eric Teo送了一把锅铲给怡凤，如今怡凤再将锅铲拿出来，Chef Eric Teo心里感动万分。

第九集：李国煌，李荣达

怡凤今天本来打算好好整Addy一番，怎知他却不像往常那样多话，而是非常用心地在厨房里忙着，让怡凤不忍心下手。与怡凤主持风格迥然不同的李国煌也来做客，原来怡凤和他还有一段难忘的过去？而国煌今天带来的不是一道拿手好菜，而是一番语重心长的话。怡凤、Addy、妹妹和国煌一起品尝着三道家常菜，心里却是各种滋味。

第十集：客串：钟琴，许振荣

怡凤生命中很重要的两位朋友未能来到她的厨房，这成了她的小遗憾。因此，为了感谢对这两位朋友曾经陪她走过那段难熬的日子，怡凤特地安排了一个“送餐”行动，希望给两位朋友献上惊喜和诚意！节目来到尾声，怡凤能否顺利在厨房中完成她为自己和妹妹设下的任务？两位朋友又真的有机会品尝到她的厨艺，感受到她的诚意吗？