



ISSUE 21

# CAMPUS

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ISSUE 21:

## CONTENTS

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**04: Bizzare Foods in Asia**

Bring a strong stomach...

**06: Wander-ful Taiwan**

Sweet Taiwan

**08: Cover Me Campus**

See our 6 finalists and go behind the scenes!

**11: Zombie Apocalypse**

A food survival guide

**12: Wine Pairing**

How it inspired our writer

**17: Campus Cookout**

Go behind the scenes at Palate Sensations!

**18: Food Blogger**

An interview with 2 foodies

**19: Foodie Goodies**

Some holiday gift inspirations

**22: Drinking Rules**

Hangover prevention & cures

**23: Best of Both Worlds**

Unusual desserts in Singapore

##### REGULAR STUFF:

13: Cheat Sheet: Tea&Coffee  
14: The List: Indulgent Food  
15: Bloggers Have Their Say  
20: Out & About  
22: Every Last Morsel

INCLUDES 12-PAGES OF  
The Green Special

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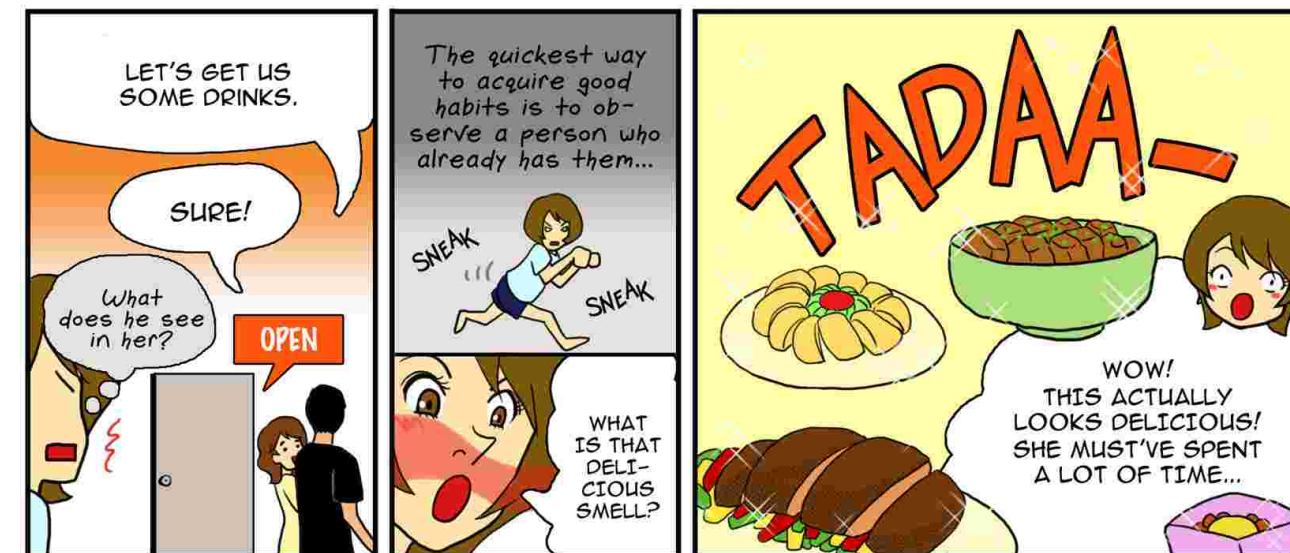




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"If you model yourself after someone with good habits, you yourself can cultivate good habits."



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# BIZARRE FOODS IN ASIA

BY SHARMAINE CHAN

Singapore is home to many famous delicacies like chicken rice, laksa and chili crabs. On the other hand, we also have stranger things like the infamous durian that's known for its strong stench and the dark green coloured century eggs opined to appeal only to acquired tastebuds.

Delve into the stranger side of our local delicacies, as we reveal some bizarre foods that will make the hair on the back of your neck stand and your stomach reflexes work twice as hard. Try not to gag as you read on to find out more about these odd foods and where they can be found.



## MALAYSIA

### Pig's Brain Soup

A local delicacy in Malaysia and well-known in Singapore, rumour has it that eating an animal's brain could lead to an increase in ones' intelligence. Other superstitious beliefs also include eating fish eyes for better vision, chicken feet for stronger legs or downing a cup of tiger penis wine to help.... Well, you get the story.

Typically, a bowl of pig brain soup is drank alone just before going to bed so that the nutritional benefits of the brain and herbs can be fully absorbed. It should also not be eaten with acidic fruits such as oranges, as it is said that it might hinder the body from utilising its benefits.

Need to ace that test? You know what to do.

## JAPAN

### Shirouo no Odorigui (Dancing Icefish)



It has often been said that the fresher the food is, the better it tastes. The Japanese, however, have taken this to a whole new level.

Shirouo no Odorigui, also known as dancing icefish are tiny transparent fishes that are best eaten alive. Ardent fans of this delicacy often associate their eating experience of this fish to drinking herbal jelly - a slight difference is that you can actually feel the fish 'dance' in your mouth before it glides smoothly down your throat.

## CHINA

### Fried Insects and Sea Creatures



You either love them, or you hate them. As you take a walk along the streets of Beijing, don't be surprised to notice that every alternate store is abundant with the aroma of... Fried insects and bugs on a stick.

Tarantulas, starfishes, scorpions, centipedes and even seahorses are just a few of the many insects and sea critters you may find displayed on trays for tourists to gawk at in horror at the expense of stall keepers joking amongst themselves. It's worth the try but be careful though. You would not want to go back with an upset tummy.



## PHILIPPINES

### Balut

"What is this?!" you ask. Wait for it...

Balut are duck eggs that have been incubated until the fetus is feathery and beaky, and then boiled alive. Once you crack the egg open, you will see a small duck, with its eyes closed, veins on its belly, and small undeveloped wings sprouting at its sides. The bones give the eggs a uniquely crunchy texture. It has been said if you eat something raw, it is best if it's dipped in salt. A lot of salt. Bon appetite!

## TAIWAN

### Duck Tongue

An extremely popular dish among the Taiwanese and a staple menu item in their night markets and restaurants, duck tongues taste the best when it's fried. Famed for its crisp surface that is combined with a soft chewy and creamy interior, this dish has a melt-in-your-mouth effect. A brief marinating period, followed by a quick frying in a shallow pool of oil does the trick for this dish. So next time you head to Taiwan to try their all-time famous smelly tofu, don't forget to try this out too.



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These days, with a profusion of dessert cafes and patisseries around Taiwan, it's hard to resist a taste of such sweet offerings, especially when they look so pretty. From local-style sweets to fancy patisseries, here's a look at some of the most popular places in Taiwan to get your sweet tooth fix.

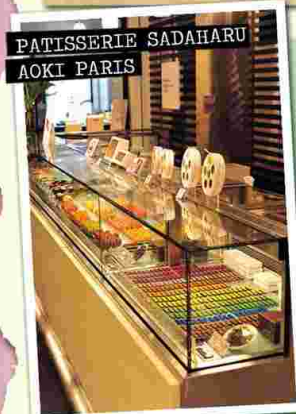


# WANDER-FUL TAIWAN SWEET TAIWAN

TTB-AD

## PATISseries

French patisseries are all the rage in Taiwan, with many confectioneries helmed by patissiers trained in France and Italy. Here's your chance to taste some of the prettiest looking desserts you've ever seen.



PATISserie SADAharu  
AOKI PARIS

### PATISserie SADAharu AOKI PARIS

[www.sadaharuaoiki.com](http://www.sadaharuaoiki.com)

Located at the basement of Formosa Regent Hotel, Patisserie Sadaharu AOKI Paris is an explosion in colour. Macarons, Chocorons and Bonbons Maquillage of every shade grace the cool display.

Their first Salon de Thé, Bellavita, has a cafe, gourmet food shop and gelato parlour under one roof at Xinyi, and offers

more delightfully arty pieces of delectable patisserie - from the classic marron tarte to sublime creations like cassis chocolate - that patrons can savour with a cup of tea.

*Cakes and goodies of every shade!*



### FRANCIACORTA MAISON DE PATISserie

[www.franziacorta.com.tw](http://www.franziacorta.com.tw)

A pioneer in French confectionery in Taipei, Franciacorta Maison de Patisserie prides itself on using traditional recipes and cooking methods. Their best-selling items are definitely macarons, which are made by hand from scratch following traditional recipes, and come in a variety of flavours and colours, including pink strawberry, green pistachio, yellow passionfruit and brown chestnut.

Other classic French desserts include Mille Feuille, L'Opera and the classic French sweet orangette - handmade candied orange peels (which have gone through a repeated pickling process for over a month) dipped in dark chocolate. As the space at Venji Street is small, all the pretty desserts are for take-away only.

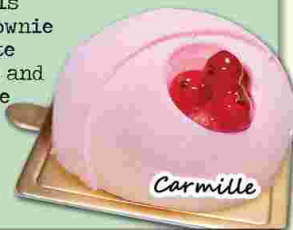
*Macarons are the best seller here!*

### PATISserie LA DOUCEUR

[www.ladouceur.com.tw](http://www.ladouceur.com.tw)

Tucked in a quiet area of Taipei's Da An district, this small cutesy patisserie is a very popular place for desserts. A cool glass case near the entrance displays pretty little cakes, chocolates, brownies and all things sugary.

The hallmark of La Douceur is its elaborately-designed desserts which taste as good as they look. Some noteworthy ones include Tahiti (a giant cream-and-jam-filled macaron that is served upright), Claude (a brownie cake made using 72% chocolate studded with chocolate pearls and generously coated in chocolate glaze), and Carmille (an elegant pink dessert with a redcurrant-filled cavity, studded with silver dragees).



*Carmille*

### SEASON CUISINE PATISSIARTISM



*One of their signature dishes, aptly named 'Plant'*

### SEASON CUISINE PATISSIARTISM

[fb.com/SEASON.CuisinexPatisiartism](http://fb.com/SEASON.CuisinexPatisiartism)

Those with a penchant for photogenic food will find Season a fun place to take your palate and camera. Their dishes incorporate elements of both desserts and savouries, resulting in a unique combination of flavours - for example, the Mushroom Chocolate combines crusted mushroom flakes, caramel and chocolate using molecular gastronomy techniques.

Their signature dish is simply named 'Plant', which looks like a mini potted plant with mint leaves rooted in 'dirt' made of crumbled chocolate and cookies that hide a scoop of homemade mint ice cream underneath. Traditionalists will find satisfaction in their made-to-order mille feuille which is assembled in front of diners.

## SPECIALTY STORES

From elaborate servings to cutesy interiors, check out some of Taipei's quirkiest finds.



DAZZLING CAFE 'SKY'

*Elaborate toast box desserts & fresh fruit teas*

### DAZZLING CAFE

[www.dazzlingdazzling.com](http://www.dazzlingdazzling.com)

This chic collection of 5 cafes is actually colour themed, and go by names like 'pink', 'sky', 'mint', 'sunshine' and 'blueberry'. While the decor is charming and glitzy, Dazzling Cafe is most popularly known for its elaborate toast box desserts, and each outlet has its specialty creation.

Be sure to try their cube-shaped toasts, topped with a variety of sugary goodness, including macaroons, fruits, ice cream, custard, truffle and chocolate sauce depending on the concoction. The result is a delectable piece of edible art, which goes nicely with their fresh fruit teas.

## CHOCOLATES

Chocolates aren't just for Valentine's Day (which happens in August in Taiwan) - they take centre stage for the rest of us chocoholics every day.

### HENRY & CARY

[fb.com/HenryCary](http://fb.com/HenryCary)

The darling chocolatier of Taipei, this quaint little shop has a glass display of its many chocolate creations in assorted shapes, colours and designs. From truffles to dark chocolate and rock chocolate, these candies are rich without going overboard. The brand is known for its handmade alcoholic chocolates, as well as tea and fruit chocolates.



### IS TAIWAN, IS CHOCOLATE



### IS TAIWAN, IS CHOCOLATE

[www.istaiwan.com.tw](http://www.istaiwan.com.tw)

From a simple interior decorated with canvas bags and crafts from local artists, Is Taiwan, Is Chocolate retails chocolate truffles, candies, cakes and more. Their products are made to suit the local tastebuds, and feature ingredients like oolong and matcha tea, while their dark chocolate concoctions are made without butter for a less sweet flavour.

Their handmade chocolates aren't overly fancy, and their pricing is affordable to most, including students. Some of their chocolate concoctions use ingredients like cornflake candy and multi-coloured chocolate, as well as lavender, rose and jasmine.

### HOW SWEET BAKERY



How Sweet!



*Egg pudding served in egg shells*

### HOW SWEET BAKERY

[www.howsweet.com.tw](http://www.howsweet.com.tw)

This bakery with a cute polar bear logo originated in Xinzhuang (Taipei), and today has many outlets island-wide.

Their very popular Egg Pudding (available in packs of 4 or 9) is a smooth egg custard pudding flavoured with Madagascan vanilla beans, and are actually uniquely served in egg shells! If you want to see how these are made, you can go for a factory tour at their Happiness Castle Tourism Factory in Wugu, Taipei.

### HELLO KITTY SWEETS

[www.hellokittysweets.com.tw](http://www.hellokittysweets.com.tw)

As you're walking along Da An Road, there's no way you can miss the huge Hello Kitty cafe/restaurant, which is almost exclusively decorated in pink featuring all formats of the beloved cat icon, right down to its food. For the uninitiated, patrons are limited to 15 hours at each table, and a minimum spending of NT\$300 (\$\$12) is required.

This pink parlour also has a wide variety of desserts that have Hello Kitty's face in every shape, colour and ingredient. Their custard pudding and chocolate cakes are moulded in a Hello Kitty shape, while other cakes are crowned with Hello Kitties made of pink chocolate.

### HELLO KITTY SWEETS



*Hello Kitty mania!*



*Simple, chic chocolate goodness*



### BLACK AS CHOCOLATE

[www.blackaschocolate.com.tw](http://www.blackaschocolate.com.tw)

Established by singer Stella Huang, the principle behind this chic chocolate salon is simplicity - both in their ingredients as well as their store decor. Their pure chocolate cakes come in 6-inch sizes which are categorised under themes like 'A Tease', 'A Rush' and 'An Overkill', with interesting flavours including Chocolate Cheese and Peachy Rose Lychee.

With a number of outlets in Taipei as well as Taichung and Kaohsiung, Black As Chocolate's outlets retail their chocolate cakes via a photo flip book. Their first sit-down cafe is in Xinyi, which serves brownies, truffles and fondue.

*For more sweet experiences, check out!*  
[www.taiwan.net.tw](http://www.taiwan.net.tw)

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# ZOMBIE APOCALYPSE FOOD SURVIVAL GUIDE



Someday, we could be on the verge of a zombie apocalypse, as bulletins revolving around viral outbreaks and mindless individuals choosing to gnaw on supple living flesh take the centre stage of every news channel.

So will the undead takeover really happen? Who's to know, but if survival is the name of your game then nourishment is the key to winning this imminent battle. Be sure to stock up on the following food items and you could be fighting the good fight a lot longer than the rest.

## BRAIN CANDY

A little hard to find, but often sold in specialised candy shops, a brain candy is your best bet to distracting the lumbering zombies. Fling a candy or two in their direction and you might just manage to throw off the zombies for a few minutes so that you can plan your exit strategy. Besides being the best decoy, this chewy candy is also a great source for a temporary energy boost.



## CANNED FOOD

Even with the 'use by' and 'best before' dates, canned and jarred items have the best shelf life. Excluding the rusting that might take place under certain clammy conditions, canned foods are virtually indestructible. So think baked beans and sweet corn the next time you go grocery shopping - but be sure to get can openers too - if not, you've pretty much set yourself up for starvation.

## TWINKIES

Do not let the dismal news of Twinkies productions coming to a halt hinder you from stocking up on this delicious crème-filled snack. Alternatively known as the immortal delight, Twinkies are a relatively long-lasting confectionery. Just a word of caution though - while they're definitely tasty tidbits, moderation is essential because you don't want to be a butterball when the zombies come feasting.



## CAFFEINATED PRODUCTS

When the zombie apocalypse does happen, there will be no time to catch a few winks, as you would always have to be up in arms and ready for any surprise lurking around the next corner - making insomnia is the best defence to keep you and your loved ones alive. So load up on all those caffeinated products - from energy drinks to coffee - and you could just be delicious enough to frighten away the zombies.

## POWER BARS

Zombies are predatory by nature, so to be one step ahead we would always have to be on the lookout for safer locations. With all that travelling, we can't be expected to lug around carts of food, so power bars are your best option. They're light, tasty and you can be sure your energy levels will be constant throughout your nomadic journey.





# Wine Pairings

by Marion Ang and Nicolette Pereira



With a profusion of places to have a tippie these days, it won't hurt to know your wines (if you don't already, that is).

To start with, there are five categories of wine - namely red, white, rose, sparkling, dessert and fortified wines. The difference in the wines are dependent on where they originate, and the blends of grape varieties the wine is made from.

If you are new to wine, rose wines would be the best choice for you as they are often light and somewhat sweet. Among the five types, the sweetest is the dessert wine. As the name implies, this wine is meant to be drunk as an accompaniment to or as a dessert course.

Finding the right wine to match with your dinner may seem like a tough decision. With the ever-changing variety of flavours and fusions available these days, here is a guide to help you match your food. There are no hard or fast rules and the key is to enjoy your wine.



## Red Meat

Red wines have a strong distinct taste which go well with the intense flavours of beef or lamb. As the festive season approaches, try a glass of rich and fruity *Bordeaux* with roast lamb.. For simple grilled meat dishes, pair it with a Rioja (a dry and classic red from Spain), as food and wines of the same origin usually fit well with each other. For meats with a spicy marinade, go for a sweet and fruity wine such as an *Australian Shiraz*, but for slightly zesty or Greek-styled dishes, opt for a less fruity and more acidic Italian wine such as *Chianti*.



## Pasta

Pasta sauces are the key when choosing the right wine, as you wouldn't want to overwhelm the taste of the dish. Balance out a bowl of thick and creamy Carbonara with a dry, white *Italian Soave* wine. Tomato-based sauces are slightly trickier to pair with, but the *Montepulciano d'Arbruzzo* proves to be a good choice with its rich, intense taste. As with Italian food, it is best paired with Italian wines - indulge in your spaghetti alle vongole and other seafood pastas with crisp, dry white wines such as the *Frascati*, *Verdicchio* or a dry rosé.



## White Meat

Chicken is a versatile meat that can be prepared grilled, roasted or baked, and can be marinated with endless flavours. White wines have a lighter taste and less body to enhance the flavours of herbs that are normally used in chicken dishes. Pour a cool glass of *Chardonnay* to accompany buttered chicken, or sip on a refreshing *Sauvignon Blanc* with a plate of grilled chicken with herb sauce.



## Curry

Let's not forget about Asian delicacies. Curry dishes with their strong, heavy sauces match well with the *German Riesling*, a sweet wine with a heavy body that balances out the spiciness perfectly. It also pairs well with Indian food in general, as the sweetness beats the heat of Indian Cuisine.

## Desserts

Sweet and savoury cakes or pastries can be difficult to match with; if the dessert is sweeter than the wine, the wine may taste bitter or acidic. Have a slice of lemon cake with sweet and light *Riesling* or *Moscato* with airy, fluffy chiffon cakes. If you're sweet-toothed and love chocolate desserts, a young *Ruby Port* which is very sweet and low in acidity pairs well with it.



# Cheat Sheet

by Nicolette Pereira & Marion Ang

## #20 Tea & Coffee

Roasting methods and quality of beans give different flavours



## COFFEE

### ORIGIN

Coffee as we know it is basically derived from either from either Arabica or Robusta beans, and the 'varieties' - like Kilimanjaro and Sumatra - are generally names of the location they're grown in.

### HISTORY

Legend has it that a man from Ethiopia noticed goats eating berries from a certain plant that made them restless at night. He reported it to the head of a monastery, who discovered it kept him awake during prayers. Coffee soon spread to the Arabian Peninsula, and the rest is history.

## COFFEE AROUND THE WORLD



Ethiopian clay coffee pot

### Ethiopia

Known for its unique coffee ceremony, Ethiopian green coffee beans are browned in a pan and ground with a pestle. Using a rod called zenezena, the beans are crushed then boiled in a clay pot over an open furnace and served in tiny cups.

### Greece

Super strong and thick, Greek Coffee is prepared in a briki (special pot) over a stove. Served with bitter coffee sludge at the bottom and a foamy head, one tiny cup traditionally takes hours to drink as it's meant to be sipped loudly.



Slurp!!!

Have to wait for 8 hours for this cup of coffee



### Japan

If you're dying to try something new, try the Japanese-styled ice drip coffee, a concoction made with cold water dripped from a high tower for 8 hours, resulting in a cup of coffee boasting a good body and close to no acidity at all.

### South India

Like ice drip coffee, South Indian Coffee is dripped very slowly for several hours. Boiled milk is then added, and then frothed by pouring it from cup to cup, a la teh tarik.



Served in steel cups



## TEA



### ORIGIN

While there are many varieties of tea today, the basic tea (whether it's Oolong, Green or English Breakfast) comes from one plant - *Camellia sinensis*. The amount of roasting and blending is what gives tea its different flavours.

### HISTORY

Emperor Shen Nong was said to be responsible for the discovery of tea in 2737 BC. While resting one day, leaves from a nearby plant landed into his cup of boiling water, infusing it into a brown, aromatic liquid. After he tried it, the rest, as they say, is history.

Cups should be pre-heated

## HOW TO BREW TEA

The key to brewing a good cup of tea lies in its intricate steps. The tea pot and cups are always pre-heated with boiling water to allow the full flavour of tea leaves to be released. The darker and drier the leaves, the hotter the water with a longer brewing time. Green and White tea are prepared at lower temperatures to prevent cooking the leaves.



## TEA AROUND THE WORLD

### Morocco

A cup of invigorating Moroccan tea consists of green tea leaves swirled with boiling water, dried, and stirred into another cup of water with sugar and spearmint leaves, making it delightfully sweet and refreshing.



Moroccan whisky

Usually with cardamom

### India

Commonly drunk across the world, the Masala Chai Tea is a mixture of black tea, sweetener, milk and spices. Traditionally consumed hot and sweet, the spices are soaked overnight then simmered in the morning with the tea leaves and milk.



### Tibet

Tibetan Butter Tea (or po cha) is a uniquely sweet-salty tea that is traditionally made from black tea and salt that's churned with a lump of butter and milk... squeezed from a yak. We suggest non-Tibetans to drink this unusual tea like a soup!

Soup or tea?





# THE LIST

## Exorbitant Food

For the love of food, many would go extreme ends to satisfy a craving. However, if a moment on the lips means digging deeper into your pockets, would you still be interested in the indulgence? If the foodie in you is still ready to eat at any cost, then we've compiled a list of food items that might pique your interest when you are eventually rolling in the dough.

### CHOCOPOLOGIE CHOCOLATE BY KNIPSCHILD

At \$3,185 for 450grams, this exclusive morsel is considered to be the most prized chocolate in the world. Delicately made by the reputable Danish chef, Fritz Knipschildt - his culinary creation is exorbitantly priced because of the ingredients he uses, which includes Valrhona cocoa (a French chocolate manufacturer near Lyon) and black truffle.



Made with Valrhona cocoa & black truffles

### DENSUKE WATERMELON

Touted to be the cheapest fruit in the world, watermelons are also hands down ubiquitous. The one exception though is the Densuke Watermelon, grown only on the northern island of Hokkaido, with an estimate of 65 harvested every year. This black melon is not just known for its unparalleled sweetness, it also breaks the bank with its price tag of \$7,500.



Very rare! Only 65 are harvested every year!

### MATSUTAKE MUSHROOM

Regarded as a symbol of longevity and often sent as a ceremonial gift by the Japanese, the Matsutake Mushroom is Japan's answer to the black truffle. Alternatively known as the Pine Mushroom, this stumpy-looking delicacy is prized more for its unique aroma of sweet and spice. Prohibitively priced at \$1,000 for a mere 450grams, the Matsutake Mushroom is undoubtedly the world's most expensive mushroom.



World's most expensive mushroom

### SALVATORE'S LEGACY COCKTAIL

Valued at \$10,757 and made in London, the Salvatore's Legacy is the priciest cocktail made. Concocted using vintage drinks which includes a 1778 Clos de Griffier Vieux Cognac, 1770 Kummel Liqueur, 1860 Dubb Orange Curacao and two dashes of 1900s Angostura Bitters - this heavenly elixir packs a punch as it is not only the world's 'oldest' cocktail, it is a Guinness World Record Holder too.



World's oldest cocktail!

### C6 PIZZA

With gold trimmings and jewels, any dish can usurp the title of most expensive menu item, but with the C6 - the ingredients used do make up the large bulk of the price tag. Known for being a light, hearty pizza and priced at \$450 each, some of its fancy toppings include: lobster thermidor (a mixture of cooked lobster, egg yolks and cognac or brandy), black Alaskan cod and a side dip of Russian Osetra caviar.



All the expensive goodness of the sea

### BLACK IVORY COFFEE

Bumping Kopi Luwak off the pedestal of most valuable coffee bean in the world is the Black Ivory Coffee. Pegged at \$1,300 a kilogram, this speciality brew is extremely rare and refined. Made from beans eaten and digested by Thai Elephants and sold exclusively only at four holiday resorts in the Maldives and one in Thailand, this beverage is best acclaimed for its 'floral aroma and nutty taste'.



Enzymes from the elephants make the coffee less bitter

by Marion Ang and Sharmaine Chan

# The WWWorld of Food Bloggers

This is the absolute dream job for food lovers - to be surrounded by endless plates of delectable cakes, hot piping bowls of noodles, mouth-watering dim sum and sizzling hotplates. This profession requires you to travel across Singapore (and maybe the world), snap photos of your meals, write about what you ate that day, and the best thing is, you are paid for it (if you're good enough)! Digging deeper into the lives of two food bloggers, Daniel and Dawn share their take on what goes on behind-the-scenes.

## Daniel Ang

Resident radio DJ and fitness instructor, Daniel Ang has been blogging about his gastronomical adventures since 2008. With humble beginnings, it started out as just a hobby on the side line but now the polytechnic lecturer has since gained a loyal following and created his own main domain, [www.danielfooddiary.com](http://www.danielfooddiary.com) to cater to all his readers.

"Mornings are spent researching on new restaurant openings then I'll head to 2-3 food tastings in the afternoon," says Daniel. He wraps up the day with more research, writing and photo-editing. Throughout the day, he constantly updates on Facebook, Twitter and Instagram on-the-go. "Just imagine how busy a food blogger can be!"

Daniel candidly hints that with regular food tastings comes a great amount of exercising too, in order to manage his weight. "My blog is updated 4 to 5 times a week, excluding my own freelance writing. You definitely need the drive and passion to carrying on writing, to keep delivering the best," revealed the 34-year-old.

With plans to publish a book and open a small ice cream or cake shop, it seems that his food journey doesn't simply stop at writing. His advice for aspiring food bloggers? The more you do, the better you get. "Your taste buds, writing and photography skills have to be 'trained'."



Photos by Daniel

## Dawn Teo

If there's anyone that loves food more than life itself, it's Dawn Teo. A quirky, high-spirited 19-year-old girl with a thirst for writing, adventure and gastronomy, she began her blog at the age of 14 as nothing more than simply an avenue to vent. However, swing by her blog today and you'll find mouth-watering pictures of her quest to find the best-hidden finds and local delights in Singapore, coupled with her own twists for those who have a penchant for everything sweet and buttery. The unique name "[Dodgydumpling.com](http://Dodgydumpling.com)" points you to a blog for food lovers and not for the faint hearted.

Enter Dawn's blog and you'll be delighted by the photographer's clean and light-hearted pictures of her creative concoctions - all hand-written and designed on printable recipe cards for her readers. "My latest recipe was a twist to the usual pate a choux - I used a self-developed coffee crème instead of crème patisserie in my profiteroles. My relatives whom I was baking for are die-hard fans of caffeine!"



To keep her blog fresh with new content, she looks to food apps and immerses herself in her own imagination for new-fangled ideas: "I would be in class, thinking about swimming in chocolate, and the next moment I would be engrossed in 'foodgawker' (a wonderful recipe app), browsing and creating recipes in my head."

The world of food blogging isn't just a job or career; it's a lifestyle. For Dawn, it's more than just capturing visuals of cakes and pastries. "I like remembering the great food I eat with the people I love. Every dish I photograph carries a memory. Terribly cliché, but I like to reminisce about fond times through vivid visuals of delicious food."



Photos by Dawn



# Cooking just got easier

By Cristie Kennedy

In need of quick inspiration for a meal, but clueless on where to find the best recipe to dazzle your guests? Basil Pesto Pasta, Seafood Pizza, Crème Brûlée and Fudge Brownies are some of the many food items we enjoy savouring but endlessly ponder upon making. But, three different cooking shows offered me a chance to venture out and cook up a feast I never thought I could.

Having watched Nigella Express, Take Home Chef and Rachel Allen Bake!, I have been spending more time in the kitchen cooking, rather than peeking into the fridge occasionally for snacks.

Could chocolate mousse be as simple to make as seen on Nigella Express? When I tried making this dessert with 2 cups of marshmallows, 250 grams of dark chocolate, 50 grams of butter and a teaspoon of vanilla extract, I began wondering how it would turn out. Once the batter had been prepared and set aside in the fridge, I excitedly awaited the end result. That night, I treated my family to a chewy and light chocolate mousse. I still enjoy making this when my friends come over.

## Chocolate Mousse

2 cups of marshmallows  
250 grams of dark chocolate  
50 grams of butter  
A teaspoon of vanilla extract



I have always thought that baking was a difficult art to master until one Christmas episode of Rachel Allen Bake! featured my all-time favourite pastry: cinnamon rolls. I still remember my first attempt; though the rich cinnamon scent and taste were present, the shape and size of it looked rather funny. They looked much better the second and third time I tried it.



Creamy bacon and sausage pasta

Ingredients are a crucial part of any dish – modify them or use them as they are. Host Curtin Stone of Take Home Chef showed me how ingredients like eggs, bacon and basil could be used to create a stuffed omelette or even a Frittata. Excited as I was when I first tried this in my oven, I began experimenting with more ingredients. Soon I had developed my own frittata fusion with spices and chunks of sausage and cheese. This has become a dish that I mostly prepare on weekends for breakfast.



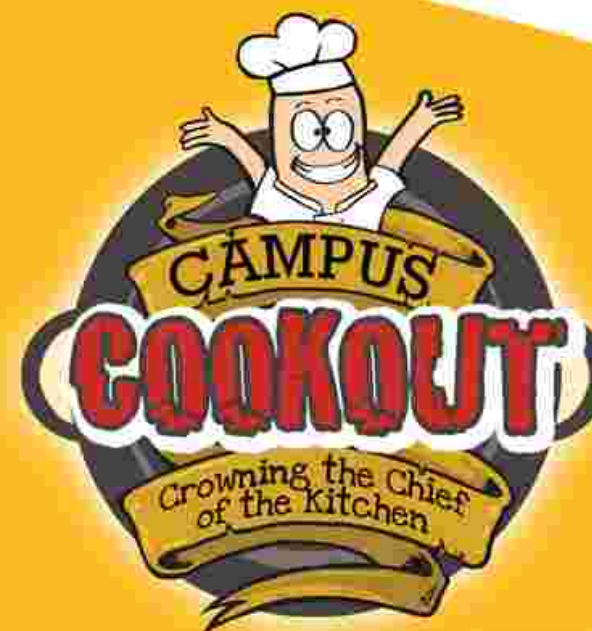
Shepherd's Pie



Madiera Cake

This dessert sparked my baking endeavours. I then moved on to making chewy nutella cookies and Cinnamon-Apple Walnut Torte – the simplest recipe to bake in my opinion. It's made with flour, eggs, light brown sugar, cinnamon, walnuts, Granny Smith apples, cranberries, sugar and an optional dollop of ice-cream, and can be served as a pie or a muffin. Though I made it as a muffin, I hope to make it as a pie by adding pecan nuts instead of toasted walnuts.

It's funny how I picked up cooking skills from TV now that I think about it. Through each dish and recipe I've tried, I've learnt more and more. So if you're looking for culinary inspiration, all you need to do is grab a remote and tune in. I'm sure you'd end up cooking that meal you never thought you would.



Palate Sensations  
Venue Sponsor

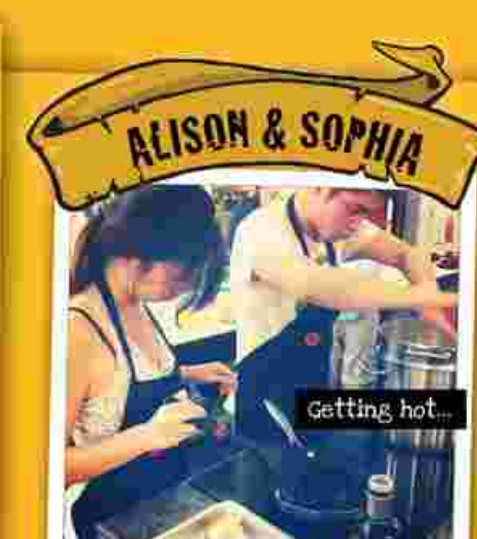
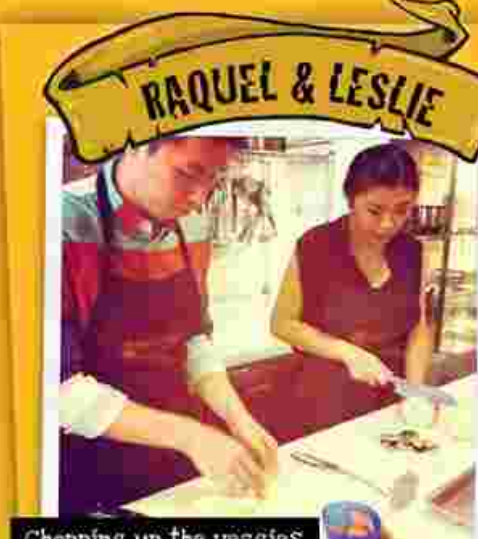
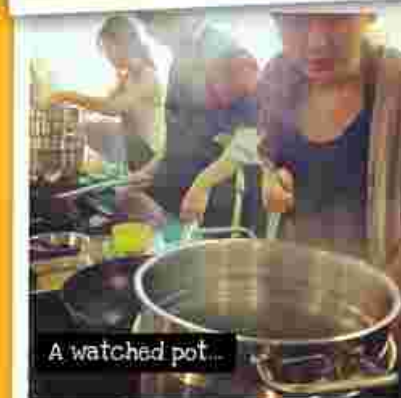
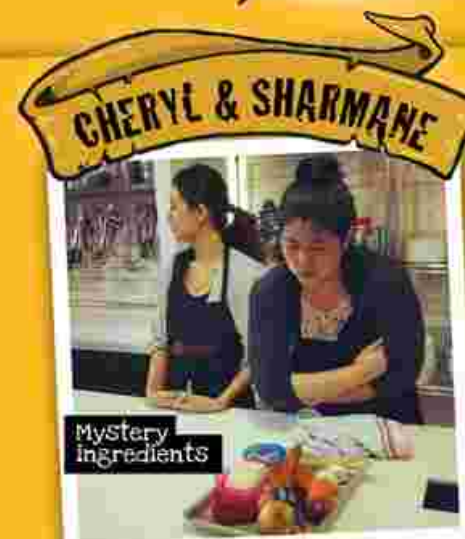
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## IN THE KITCHEN WITH OUR FINALIST'S!

From hundreds of delicious entries, we've selected 3 finalists who brought their cooking buddies to Palate Sensations Cooking School on 21 November, where they competed against each other to make the best dish with the mystery ingredient: PASTA!

THANK YOU ALL FOR YOUR PARTICIPATION!



Congrats to Cheryl & Sharmane for the most creative use of honey, winning them \$100 and MoneySpree goodies!



Head Chef Charlotte

**WINNER!**

CONGRATULATIONS to Raquel and her partner Leslie who win a 3D2N Bali trip courtesy of Maybank & STA Travel!

Check our Facebook page for more behind the scenes photos!



# WORD ON THE WEB: CAMPUS BLOGGERS HAVE THEIR SAY

Our two resident bloggers - Olivia and Kesavan are back, and to kick-start this food-themed issue they've chosen to share with us their worst dining experiences. Read on to find out what went dreadfully wrong, even before they started eating!

## Q: TELL US ABOUT THE WORST DINING EXPERIENCE IN A RESTAURANT.

My atrocious dining experience happened 2 years ago at one of the 'supposedly' most highly recommended restaurants to dine in. My parents visited me from Korea for our reunion dinner and I reserved a table for three there with no hesitation. However, my fantasy of having a voracious dinner ended once I arrived at the restaurant. It was overcrowded and the reservation I made did not seem promising. After a long queue, we were directed to sit at one corner of the restaurant with a pathetically small table, only because we were such a petite group. Not surprisingly, I had to compete fiercely to get the attention of the waitress and even escort her back to our table for the order. Frankly, I couldn't remember how the food tasted but I believe nothing could taste good under such circumstances, especially when the waitress welcomed you by letting you know when you had to leave even before you settled down. Worst of all, we had to pay the 17% service charge, which made me wonder for what and to whom I was paying this for. I felt that I deserved a discount for being a temporary waitress at my own table and being such an independent customer.

It has been 2 years since my first and probably the last visit to that Singapore version of Hell's Kitchen. That atrocious experience made me realise that 17% has to be earned - restaurants and waiters have to value their customers as much as their food and work ethic. I guess all in all, no food tastes better than a hospitable smile. So, everybody, sourire et bon appetite (smile and have a good meal)!



**OLIVIA KIM**

> A GIRL IN HER 20S SEARCHING FOR HER PRIME TIME  
[HTTP://WWW.OLLY-GOES-MAD.TUMBLR.COM](http://www.olly-goes-mad.tumblr.com)



**KC**

> QUIRKY, WEIRD AND LOVES TO WRITE.  
GO FIGURE.  
[HTTP://YOUHAVENOPOWAH.BLOGSPOT.COM](http://youhavenopowah.blogspot.com)

I've had my fair share of bad experiences in restaurants. Let me share with you my worst one.

My family and I headed out for dinner and visited a new restaurant. It was well furnished and looked very posh. However, it was a case of not judging a book by its cover. So, we got our seats and patiently waited for one of the waiters to approach us, but none came. After 20 minutes of idling, we had to approach one of the waiters to place our order. And I'm not even getting to the worse part!

The waiting time for our food was absolutely excruciating. We expected the food to arrive in 20 to 30 minutes but we waited a solid hour for our food, leaving us hungry and boiling with anger! To top it off, the service was terrible. The waiter arrived with a dish we didn't order and insisted it was similar to what we ordered and that we should just take it.

We gave the waiter an earful and left immediately. After writing in to the management, we found out they closed down a week later. And that, my friends, was the worst experience I've ever had in a restaurant.

## a basket of foodie goodies

Trying to figure out what to give your friends for Christmas? Unlike cheesy sweaters or socks, we all know that food works well with anyone. Here are some suggestions for your foodie hamper...



### Party In Your Mouth

Cadbury Dairy Milk is back with 2 wacky fun-filled flavours. The first of this Marvellous Creations series is the Jelly Popping Candy Beans which is filled with popping candy, chewy jelly bits and chocolate beans. The second bar - Jelly Crunchie Bits has more of a bite to it with its crunchy morsels and thick jelly bits. Both are available in 300g and 50g.



### Instant Full Roast Coffee

For those enamoured with the aroma of freshly roasted coffee beans, the answer is UCC's Suniyaki Blend. Known for being robust and with an intense kick, this beverage is a must have for any coffee lover. Another of UCC's signature found in most homes in Japan is THE BLEND 117, which is specially selected out of 500 blends for its strong but smooth flavour. Both blends are available in 90g bottles.



### Express Espresso

illy's Iperespresso coffee capsules are little pockets of perfectly measured 100% Arabica coffee that only need to be slipped into the sleek Francis Francis coffee machine to brew your coffee from capsule to cup. The coffee doesn't come into contact with the machine, so minimal cleaning and maintenance is required. The result is a perfect, richly aromatic espresso shot in an instant.



### Noodles in a Cup

During exam periods, you can save the hassle of cooking with Nissin's Cup Noodles. Their 2 new flavours - Cream of Chicken and Black Pepper Crab - lets you enjoy the best of both worlds, whether you feel like a simple chicken broth or a spicier flavour with peppery crabs! If you can't decide, we suggest you have both.

### Healthy Honey

Manuka honey is a wonder food known for its antibacterial and health-enhancing properties. Pure New Zealand UMF Honey in particular, contains an additional 'Unique Manuka Factor' (UMF) which gives it extraordinary healing qualities that can be used internally and externally. It's available from HoneySpree.





# OUT AND ABOUT

## GIVEAWAYS



### MOO-LAH TROIKA YOUNG URBAN RANGER

It's time to go shopping for the holiday season, and it's not a bad idea to flash a brand new wallet either. German brand Troika's full-leather Young Urban Ranger has a distinctive rustic look, with its crinkled surface and hand-stitched seams. The wallet has 5 card slots along with a zippered coin compartment, and is available in brown and black.

## CLEAN AND GREEN SOUND MARLEY FREEDOM COLLECTION CONQUEROR: MIST

Not many headphones can claim to be eco-friendly, but MARLEY's headphones are not only green (with buds made of wood and recycled aluminium), they sound very decent too.

These in-ear headphones are designed for deep bass (it's got a frequency response of 12Hz-22kHz), and unlike many bass-specific headphones, the treble level balances out the depth for a rich music experience. The gold-plated connector and fabric-covered cord are all designed for crisper sound, and for iPhone/iPad/iPod users, it's even more convenient to use as it features a one-touch button and volume control. What's more, 5 sizes of ear tips make sure that they fit your ears perfectly.



11 - 12 Jan 2013 | 11am - 4pm  
LASALLE College of the Arts  
Free Entry  
**LASALLE Open House**

You're young, you're creative, and you're bubbling over with creative energy... If you love the arts and want to learn how to earn a living doing what you enjoy most, visit the LASALLE Open House 2013 on 11 and 12 January, from 11am to 4pm. Early goodie bags await you. Application fees waived during Open House.

FOR YOUR CHANCE  
TO WIN TICKETS AND  
PREMIUMS, CHECK OUR  
FACEBOOK PAGE!

facebook  
CAMPUS.SINGAPORE

## MOVIES



### WRECK-IT RALPH

(20 December)  
Cast: John C. Reilly, Jack McBrayer, Sarah Silverman

Set in a video game world, Ralph (John C. Reilly) plays a 'bad guy' in a classic arcade game, but longs to be as well-liked as his game's good guy, Fix it Felix (Jack McBrayer). With the arrival of a modern, first-person shooter game, Ralph sees it as his ticket to heroism and happiness. He sneaks into the game with the intent to win a medal, but instead wrecks everything and accidentally unleashes a fatal enemy that threatens every game in the arcade. Ralph's only hope now is Vanellope von Schweetz (Sarah Silverman), a young troublemaking 'glitch' who might just be the one to transform Ralph into the 'good guy'.

### CLOUD ATLAS (17 January)

Cast: Halle Berry, Tom Hanks, Hugo Weaving

Directed by the Wachowski brothers, Cloud Atlas is based on the book of the same name which is an exploration of how the action of individual lives impact one another in the past, present and future. The adventure spans across centuries as one soul is shaped from a killer into a hero, and a single act of kindness in the past inspires a revolution in the distant future. Everything seems connected; an 1849 diary of an ocean voyage across to the Pacific; a rebellious clone in futuristic Korea; and the tale of a tribe living in post-apocalyptic Hawaii far in the future.



Golden Village Pictures

## GIGS



11 Jan 2013 | 9 pm  
Esplanade Concert Hall  
Tickets - \$69 - \$148  
**Two Door Cinema Club**

Hitting Singapore shores for the second time, the British indie trio Two Door Cinema Club will be performing on our shores after sellout tours in the UK, US, Europe, Australia, Japan and South America. The band has earned a devoted following and huge critical acclaim, with The Times calling them 'the band of the moment'.

17 Jan 2013 | 7pm  
Singapore Indoor Stadium  
Tickets - \$155 (floor standing) \$115 & \$85  
**Swedish House Mafia  
- One Last Tour**

Electronic dance group Swedish House Mafia makes their stop on our shores on their 'One Last Tour', with hit singles such as 'One', 'Miami to Ibiza' and 'Save the World'. Expect to hear songs from their second and final compilation album, Until Now, featuring singles like 'Don't You Worry Child' (their first number one single in the UK). The tour, which also makes its stop in Dubai, South Africa and the UK, has also seen sold-out concerts across the world.



19 Feb 2013 | 7.30pm  
Kallang Theatre  
Tickets: \$68 - \$128  
**Stars**

Canadian indie pop band Stars are returning to the Singapore after their almost sold-out crowd at the Esplanade in 2009. The 5-piece band consists of vocalist Torquil Campbell, keyboardist Christ Seligman, singer-guitarist Amy Millan, bassist Evan Cranley and Drummer Pat McGe. With over 14 albums and EPs, you can look forward to an impressive show this year, as the Stars perform songs from their latest album The North.

## PRODUCTIONS

13 - 16 Dec 2012 | 1pm, 7pm, 8pm  
Esplanade Theatre  
Tickets: \$50

**Sleeping Beauty**  
Presented by Singapore Dance Theatre

This festive season, the magical kingdom of castles, fairies, forests and spells come alive in the timeless fairytale story of Sleeping Beauty. Expect to see spectacular sets and over 150 stunning costumes take centre stage in one of the most famous classical ballets in the world. The troupe features some of the finest dancers from across Asia.



Till 17 Feb 2013 | 8pm  
Sands Theatre,  
Marina Bay Sands  
Tickets: \$55 - \$165  
**Jersey Boys**

Based on the award-winning musical of a 1960s rock 'n roll group, The Four Seasons, which comprises Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi, Jersey Boys has finally made its Asian debut in Singapore! It tells the true story of how four blue-collar kids become one of the most successful musicians in pop music history with over 175 million records sold worldwide.





BY OLIVIA KIM, KESAVAN LOGANATHAN + NICOLETTE PEREIRA

# DRINKING RULES

So it's the morning after the party, and you wake up feeling as though the weight of the world is resting on your head. You try to recall what happened last night but you hit a blank wall and experience a throbbing migraine. Does this sound familiar? If it does, you are having a hangover.

The next thing that comes to mind is how to beat the hangover. Although there is no instant cure, there are a few things that you can do both before and after the hangover to help save you from another bad hangover. All you have to do is to follow these **ABSOLUT RULES!**

## BEFORE DRINKING

### ABSOLUT RULE #1 FILL YOUR STOMACH

Yes, we admit that alcohol tastes better when having it on an empty stomach, but **NEVER** ever drink alcohol on an empty stomach. This is because if you do so, the alcohol will be directly absorbed from your stomach and transferred to the liver which passes it onto your blood stream. Once a certain amount of alcohol passes into your blood, it will only be a matter of time before you end up drunk.

### ABSOLUT RULE #2 WHERE YOU SIT.

You're probably thinking, why does sitting arrangement matter? but you can save yourself by trying not to sit near people who habitually fill everybody else's glasses and love getting people drunk. Your friends are probably just being playful, but if you value the friendship, get out of their sight for a while.

## AFTER DRINKING

So, assuming that you already made the mistake of drinking on an empty stomach, drinking way over your limit and are already in the "I am never going to drink again" phase, here are some things you can do then to minimise the effects.

### ABSOLUT RULE #5. GO TO THE TOILET

Because alcohol acts as a diuretic, it flushes out fluids from your body. Water helps to replenish these lost fluids. So, be sure to drink loads of water and pee often to flush out the alcohol from your body. Honey water and isotonic drinks are also effective when trying to get over a hangover.

### ABSOLUT RULE #3. BE LATE.

Never be an early bird when meeting friends for drinks unless you intend to drink a lot. Be flexible with your time and know when to leave. Drinking less is always the safest way to ensure that you don't get yourself drunk. The safest bet if you're a first timer is to stick with no more than a glass or two.

### ABSOLUT RULE #4. DRINK WATER.

Don't forget to drink water when you're drinking alcohol. This is to lower your chances of getting a hangover the next morning as water helps to neutralise the alcohol in your body. You face a higher chance of getting a hangover if the alcohol in our body is not completely decomposed yet, so avoid carbonated drinks while you're taking alcohol and drink more water instead!

### ABSOLUT RULE #6. EAT

Food might be the last thing on your mind when having a hangover, but this could be the best way to minimise your hangover period. Go for simple breakfast foods and drinks in the morning, such as toast and juice. Pop in a banana as well, as it will make up for the excess amount of potassium you lost during your drinking session.

Eating chocolate or half-boiled eggs is also recommended as both contain ingredients that decompose the alcohol in your body.

**NOW YOU CAN PARTY SMART AND NOT HAVE TO WORRY ABOUT THE HANGOVER THAT MIGHT COME THE DAY AFTER. CHEERS!**

# Best of Both Worlds

By: Suganya Manogaran and Chelladurai

Some curious desserts...

Think sweet treats and we all have an old favourite - like tiramisu or molten lava cake - we can name at the drop of a hat. However, with a new wave of adventurous chefs and curious epicureans, sweet treats have taken on a whole new direction.

So here's a list of 5 desserts that are not only unique twists on old favourites, they're ideal for a sinful Christmas treat! Just leave your diet plan until next year...

## CHOCOLATE PRATA SAUSAGE

The Chocolate Prata Sausage is a unique twist on three types of food, combining the best of sweet and savoury. With the prata pan-fried till it's crisp, it's then topped with dark chocolate fudge sauce and rolled with a sausage of your choice. While this dessert raises many eyebrows, you'll be very surprised at how well the ingredients go together.

**FOUND AT:** Gogo Franks

## APPLE CRUMBLE CHEESECAKE

Combined from two humble favourites - an apple pie and a cheesecake - the Apple Crumble Cheesecake is a medley of sweetness. With the tartness of buttery soft apples overlaying a healthy portion of creamy cheese filling and a crisp biscuit base, this twist on two classics will soon be a common sighting on every dessert menu.

**FOUND AT:** Le Bon Vivant

## TEH TARIK ICE CREAM

Are you a Teh Tarik lover or an ice cream lover? If you fall under both categories, then the Teh Tarik ice cream is definitely for you. This frozen dessert is a local concoction hand-made using the ingredients that make up this milky drink. So the next time you plan on drinking a cup of Teh Tarik, consider having it frozen to keep cool during a hot day.

**FOUND AT:** Island Creamery

## FRIED MARS BALLS

Deep-Fried Mars Bars - often served as a whole chocolate bar dunked in batter and fried - are proof that anything can be deep fried. Fried Mars Balls are slightly different, as this tasty treat is first chopped up then fried and before being drizzled with chocolate sauce. If you think you can handle more sugar, it can be additionally served with a scoop of ice cream.

**FOUND AT:** Chippy

## DONUT BROWNIES

Donut brownies are a combination of ingredients used in both brownies and donuts. A treat to both the eyes and the palate, this ring-shaped slice of heaven is served with a variety of glazes and toppings. Imagine the richness of a brownie in the shape of a donut, and you can imagine the sugar rush it would create.

**FOUND AT:** Browffee





# EVERY LAST MORSEL

Year-end festive dinners don't have to make a hole in your pocket! Feast on some comfort food in these pocket-friendly joints. Check our Facebook page for our '12 Days of Restaurant Deals'!

## SOFRIES

The crunchy and delectable Cereal Fries is one of their best-sellers and it leaves you with a sweet aftertaste. There is also a large variety of dips to choose from, ranging from wasabi to their famous Sofy Sauce. Highly recommended for fries fans.



The Star Vista #B1-05  
T: 6468 8940  
W: facebook.com/sofries.sg

## PIQUE NIQUE

Located along Orchard Road, this classic diner offers American comfort food that's satisfying yet inexpensive. From their Christmas collection, try the Biscuit & Gravy, a flavourful turkey breast braised in rich gravy and wedged between southern biscuits. It wouldn't be Christmas without sweets, so try the Banana Split - a banana cupcake studded with walnut and topped with French buttercream and chocolate ganache - and the tempting moist Red Velvet Log Cake which is layered with cream cheese.



Ngee Ann City Tower A #B1-01  
T: 6238 6705  
W: www.piquenique.com.sg



## SOGURT

This cheery chain of 5 yogurt shops serve unique flavours of frozen yogurt with a wide range of toppings. Simply swirl a cup of frozen yogurt yourself and add any of their colourful toppings!

617 Bukit Timah Rd  
T: 6468 8940  
W: www.sogurt.com.sg

## TUCKSHOP

Tuckshop is a hidden gem tucked away in Paya Lebar. With its laid-back and chilled-out atmosphere, it's a great place to catch up over a cup of coffee or a quick and satisfying lunch. Their signature Fish & Chips has a crisp batter with a soft and moist texture inside, paired with a warm bowl of homemade mushroom soup. Treat yourself to a delicate and light Creme Brulee Latte, served with mini cakes, to complete your meal.



178 Paya Lebar Road #07-02  
T: 6748 9308  
W: facebook.com/Tuckshop178

## FRESH HEALTHY CAFE

A casual and relaxing joint, this restaurant features a healthy menu of nutritious yet tasty grilled paninis, wraps, salads and fresh smoothies. Flavourful with every bite, the true blue set consists of a classic panini sandwich - fresh slices of spicy chicken and low fat dressing packed between slices of bread, grilled to perfection - which is served with a refreshing, freshly-blended Blueberry Smoothie to cleanse the palate and complete your wholesome meal.



Alexandra Retail Centre (ARC)  
#01-30  
W: fb.com/freshhealthycfe.singapore

## GARDEN SLUG

Tucked away in the east, Garden Slug is a quaint little cafe that offers rustic comfort food. Highly loved for their all-day breakfasts and Brownie Popsicles topped with a generous serving of creamy vanilla ice cream. Other must-try items include The Ugly Salmon Cake and Hansel's Meatball Pasta.



55 Lorong L Telok Kurau  
T: 6346 0504  
W: thegardenslug.com

## LE BON VIVANT

Located in the middle of Bukit Merah Central is Le Bon Vivant - a cafe that makes creamy cheesecakes in a variety of flavours, including Baileys and Earl Grey. This dainty cafe is also revered for its other desserts, including delectable Matcha Macarons and a potent Tiramisu cake. You can also get your savoury fix with their Take On Old Favourites like Ham & Cheese with apple slices and Quiche Lorraine. Top it all off with their variety of organic teas or coffee.

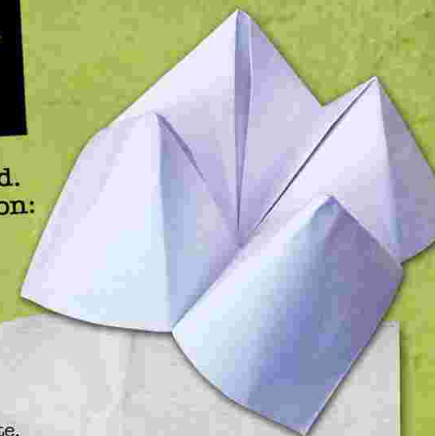


Blk 164 Bukit Merah Central #01-3625  
T: 6272 1338  
W: fb.com/LeBonVivantCafe

# STRESS

# RELIEF

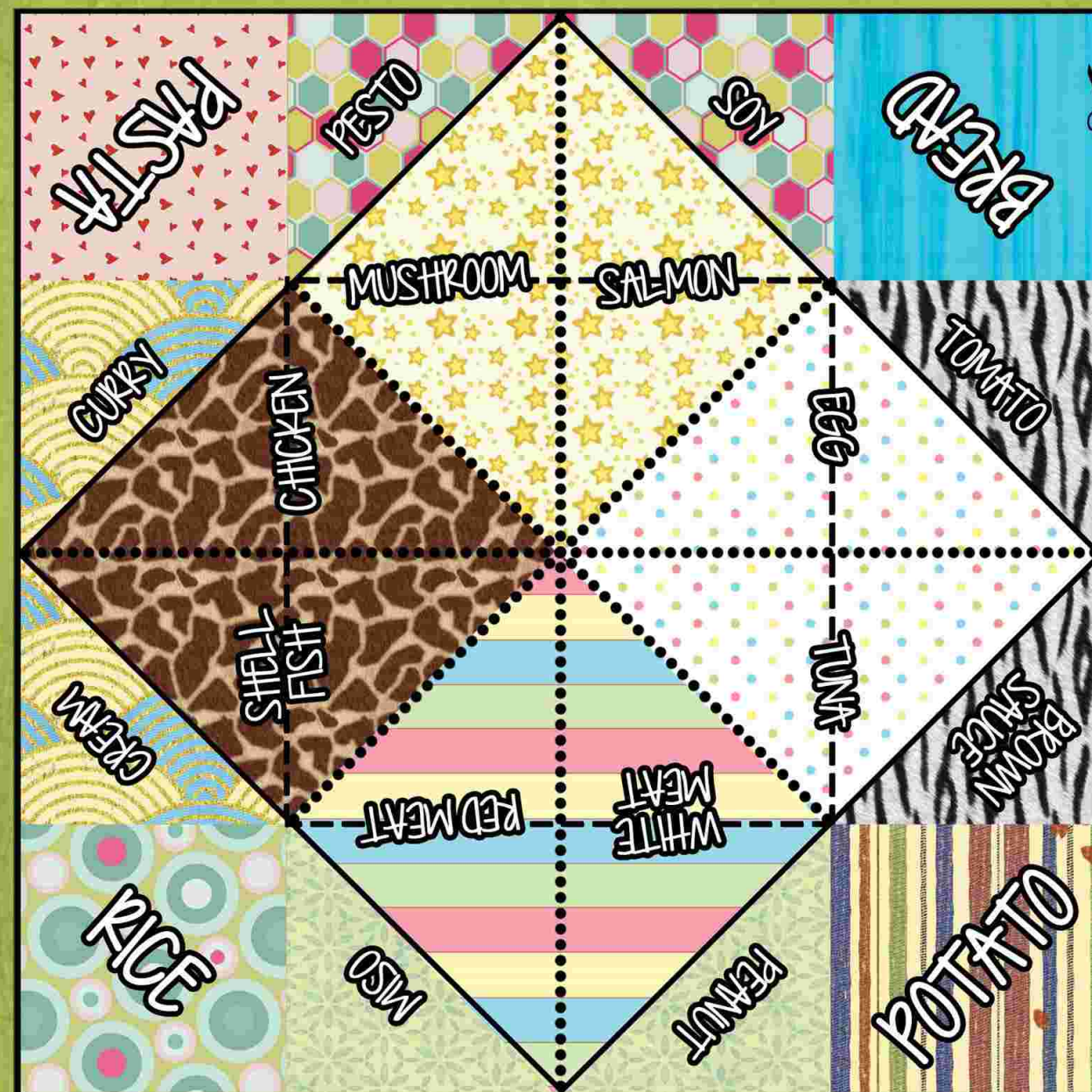
Your exams are (hopefully) over, and you're getting into the festive mood. Still, there's always some level of stress involved with the eternal question: what to eat? If you're one of those indecisive types (or tend to hang out with them), then we've got a solution for you: paper fortune tellers.



Don't know what to eat???  
Ask me!

## DIRECTIONS

1. Cut out this square template.
2. Fold along the lines. If you don't know how to fold it, shame on you. Fold the solid lines so that all 4 points meet, then flip the paper to its back, and repeat the process. Then crease the dotted lines by folding them inwards.
3. The result should look like the photo above.
4. Start the game by first picking your starch base, followed by your sauce (twice), and then open the final flap to reveal the filling!







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# CAMPUS

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Cover model:

Vincent Loh,  
winner of  
CoverMe  
Campus 2012

TODAY'S SPECIAL

Pasta dish created by  
CAMPUS COOKOUT 2012  
winners Raquel & Leslie

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Palate Sensations

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