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FHA 2018 - Anyone can cook, only the fearless can be great!

Congratulations! SHATEC Graduation Class of 2017

EDITORIAL TEAM

Chef Aaron Chua
Miss Kelda Chua
Mr. Carey Kho
Chef Amy Lee
Mr. Jason On-yeng
Miss Chanel Chua
CHIEF EDITOR’S NOTE

Bonjour! Welcome back to another exciting issue of SHATEC Times! As the second quarter of the year is soon moving into the third, we cannot help but press on the good-news accelerator for two fulfilling terms of wonderful returns for Team SHATEC.

The first harvest of happiness came with the news of SHATEC’s successful renewal of the prestigious 4-year EduTrust Award for upholding high education and service standards. While we take immense pride in this achievement, we are equally humbled by the faith and trust which all stakeholders accorded to the SHATEC brand in making this possible. From the bottom of my heart, A big Thank You.

As the saying goes, “An apron is just a cape on backwards.” April 2018’s Food Hotel Asia saw Team SHATEC muscle through a repertoire of culinary, pastry and cocktail competitions like true blue superheroes in Asia’s leading and most comprehensive international food and hospitality trade event. Twelve students personally trained and groomed by a team of dedicated SHATEC trainers proved their mettle against comparable peers and industry professionals alike. Inside this issue, we bring you the arduous but rewarding journey undertaken by our students in flying the SHATEC flag.

Do not miss our special alumni features, which include an open letter by Chef Eric Low, also the President of SHATEC Alumni, as well as an exclusive interview with Chef Tuck Wai and his mentee. As SHATEC turns 35 this year, our alumni continue to blaze fabulous trails in the hospitality industry with their success stories and illustrious achievements. On this note, I extend a warm invitation to all alumni to join us in celebrating our 35th anniversary with Singapore Hotel Association (57th anniversary) on 27 September. Do refer to our social media platforms for more updates.

As always, we hope you enjoy the issue. Till we meet again.

Margaret Heng
Chief Executive – SHATEC
FOOD & HOTEL ASIA 2018

Anyone can cook, but only the fearless can be great!

Food & Hotel Asia (FHA2018) returned for the 40th year on 26-27th April earlier this year at Singapore Expo and Suntec City. It was bigger and better, featuring 4000 exhibitors hailing from over 70 countries and regions.

The FHA Culinary Challenge which showcased the crème de la crème from intense competition in the region had SHADEC’s finest culinary talents competing in various categories namely Culinary Challenge (Two-to-Tango and Neptune’s Catch), Pastry and Baking (Dress the Cake and Cold Plating Dessert), and the 30th National Cocktail Competition (Student Category).

There were grueling battles and heart-pounding action with over 100 students helping out as service crew and surveyors over the three-day event. The SHADEC team clinched a Gold medal and 4 Bronze medals in the culinary category, and a Silver and Bronze medal in the baking category.

It was a humbling and bountiful experience to be at the heart of the food and hospitality industry, engaging with talents, industry experts and professionals. Heartiest congratulations to the winners, participants and trainers who had worked hard for the competition!

SHATEC’s Honours Roll for FHA 2018

<table>
<thead>
<tr>
<th>Competition</th>
<th>Honours Roll</th>
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<tbody>
<tr>
<td>30th National Cocktail Competition</td>
<td>Ting Hong An - Certificate of Achievement (Finalist of the Student Category)</td>
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<td></td>
<td>Cheng, Chen - Certificate of Participation</td>
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<tr>
<td>Culinary Challenge - Neptune’s Catch</td>
<td>Benjamin Chew Seng Yong - Gold Medal</td>
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<td></td>
<td>Ken Ho Jia Hui - Bronze Medal</td>
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<td></td>
<td>Kim Sueng Wee - Bronze Medal</td>
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<td>Culinary Challenge - Two to Tango</td>
<td>Alex Ng Zheng Yang - Bronze Medal</td>
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<td>Chew Kee Fong - Bronze Medal</td>
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<td></td>
<td>Justin Chew Yong - Bronze Medal</td>
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<td></td>
<td>Kelvin Chua Yu Xun - Bronze Medal</td>
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<tr>
<td>Pastry and Baking - Dress the Cake</td>
<td>Nguyen Thi An Na - Silver Medal</td>
</tr>
<tr>
<td></td>
<td>Teng Jing Heng - Bronze Medal</td>
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<tr>
<td></td>
<td>Vu Thi Hien (Thessa) - Certificate of Participation</td>
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</tbody>
</table>

Poached Cod Rosolada, Slow Baked Scallops Mousseline with Crab Meat, Squid Ink Butter Prawn with Seafan Parsnip, Purée and Seasonal Vegetables, Shellfish Butter Foam – By Benwin Chow, Gold Medalist.
Tessa’s steady hands during the Cold Plating Dessert Competition.

An Na’s final piece - Ratatouille: Clingking Silver during the Dress the Cake Competition.

Heng An blending her mocktail during the finals of the 37th National Cocktail Competition.
CONGRATULATIONS!

SHATEC GRADUATION CLASS OF 2017

SHATEC's 32nd graduation ceremony was held on 4th December 2017 at Kallang Theatre Singapore. The Guest-of-Honour was Mr. Patrick Tay Teck Guan (left) (Member of Parliament, West Coast GRC, Assistant Secretary-General of NTUC).

The ceremony saw over 800 graduates from Culinary Arts, Pastry and Baking, F&B, Hotel Management and Tourism disciplines. Furthermore, awards and scholarships were presented to the most outstanding graduates of the cohort.

The Inspiring Learner’s Award was introduced for the very first time in recognition of academic achievements by industry professionals who have embraced lifelong learning in upskilling themselves. The recipients of the inaugural award were Ong Chip Huat and Luah Hwee Kee from the Diploma in Culinary Skills (Part-Time).

If you have a passion for something, don’t give up halfway just because it takes a long time. Time and hardships will pass, and we will eventually get there.

– Nur Alisa Binte Suhaime

Nur Alisa Binte Suhaime (above), the recipient of the SHA Meritorious Award (Skills), also on the Chairman’s list from the Diploma of Pastry and Baking, delivered the valedictory speech on behalf of the graduating class of 2017.

Highlights of the event included performances by the winners (Sehgal Neha (left) and Hong Ting Jia (right)) of SHATEC’s Got Talent 2017 as well as the congratulatory speech by SHATEC alumnus, Mr. Alex Yang (above), Executive Assistant Manager of Mercure Singapore Bugis.

SHATEC congratulates the class of 2017 and wishes each individual happiness and fulfilment, and for all to walk the flower path ahead!
“AT YOUR SERVICE”: WHAT IT MEANS TO BE A BUTLER TODAY

“Butler 101: Are you ready to be the Alfred to Batman?”

In essence, a butler is a gentleman’s or lady’s personal service attendant. In fact, how much do we actually know of butlers? The inimitable Jeeves readily springs to mind, and so does Alfred, valet to billionaire Bruce Wayne. Both persons showed us that butlers weren’t simply household staff, not just one who manages the household on behalf of the “master” but one who is keenly attuned to the needs and wants of the master of the house.

In Singapore, most butlers ply their trade in hotels. Luxury establishments such as St. Regis and Raffles Hotel offer butler services to the well-heeled traveler. Depending on the needs of the individual, the many attributes of butlers include having a memorable experience for guests as if they haven’t left home. Their duties can range from being a superb luggage packer to handling all unpredictable needs and overseeing housekeeping, leisure, dining, secretarial, and personal affairs. In short, the art of buttering requires one to be the impetus of an unforgettable guest experience in a hotel.

I’ll prepare your usual breakfast: toast, coffee, bandages.
– Alfred Pennyworth

Being a dedicated personal valet on-call is a 24 hour one with great many sacrifices to be made, their personal life usually takes a backseat. Certainly not a life for everybody, but for the select few, a world of opportunities awaits. Are you up to the challenge?
FOOD TRENDS TO BE HUNGRY FOR IN 2018!

In the density saturated dining scene in Singapore, trends are momentary fads like how our favorite Avengers crumpled to dust when Thanos snapped his Infinity Gauntlet-clad fingers. From the intriguing transparent tea, cheesy food pursuits, poke bowls to the recent dirty bread and ugly pretzels – you name it, we ‘gram it. (probably queued for it too!)

The rising and ever-evolving adventurous palates of the modern diner present a constant challenge to chefs, the need to go beyond the obvious to create novel and new tastes with sustainable concepts to remain relevant in the dining scene. As we sailed past half of the year, let us share with you what’s the upcoming food trends for the rest of 2018!

#1 THE RETURN TO NOSTALGIC COMFORT FOOD

Diners will be craving for the familiarity and simplicity of their childhood. Granny’s recipe will be back in vogue as chefs’ focus on recreating the classic local favourites and enhancing them through their own interpretations.

#2 LOCAL INSPIRATIONS

New local inspired foods will become dominant. Chefs coming up with these creative dishes infused with local flavours will look at local grown produce or local ingredients. There will also be a popular rise of street food but with a modern twist allowing chefs to put their creativity to the table.
#3 ALL ABOUT SUSTAINABILITY

Due to the need for reduction in food waste and to continue to a “greener” environment, the “root stem” trend entails using every part of the vegetable and fruit to create new flavours and nutritional dishes. Although not a new idea, this is fast becoming a global trend.

Sometimes the skins, peels, roots and leaves of vegetables and fruits are more nutrient-dense than the “more edible” parts of the vegetable or fruit and chefs are capitalising on this by coming up with creative ways of using all the parts of a vegetable or fruit. So successful is this trend, that chefs are extending the same concept to meats.

#4 VEGGIE FOODIE

Not a new trend but again fast gaining acceptance from diners is healthier eating. From reducing fat and sodium intake, healthier eating now encompasses increasing vegetable or plant-based protein intakes. There will be a rise in usage of vegetables or plant-based proteins in diets such as kale, avocado and chia seeds. Chefs are formulating innovative veg-centric dishes using fermented or pickled veggies as a side dish.
The SHA TEC GUIDE
TO FANTASTIC FOOD PHOTOGRAPHY

Simple tips on how to focus, remove the negatives and let the creativity snap into place (Puns intended!)

Ever since Instagram, food photography became incredibly popular; providing that platform for anyone to showcase their delicious meals. Open up your albums and you'll see more of what you had for lunch that day than your lovely grandma or pet dog (or cat!).

But how can you transform a seemingly boring plate of kopi kiam "char kway teow" to a Michelin-starred plate from heaven? We've roped in Chef Cao Hui (aka passionate and professional photographer) to give us some insider tips on taking that mouth-watering Instagrammable photo of your grub.

**NATURAL LIGHT**

The best photographs are well lit with natural light. Use what nature gives you- a window light or a bright light source to allow as much natural light to shine on your subject as possible. If the sun is not on your side, direct a soft or filtered light on your plates.

**PRO TIP 1**

**CHOOSE THE BEST AND BRIGHTEST INGREDIENTS**

Remember how Chef Gordon Ramsay roasts home cooks on twitter, it's all about the presentation and ingredients! Blemishes and imperfections stand out when you use subpar ingredients in food photography.

**PRO TIP 2**

**COLOURS OF THE RAINBOW**

Make your dish pop by adding colours and textures into the mix. Naturally colourful and complementary tones with toppings and accents add dimension to your photo (say chocolate cake, a contrast of red strawberries and white icing sugar!)
IT'S ALL ABOUT THE ANGLE!
Find, stage and frame for that perfect flattering angle. The easiest and most fool-proof is capturing at 45° angle. Go straight-on or top-down (flat lays), the ultimate Instagram angle. Do avoid side-facing shots and run from being one dimensional.

GETTING CREATIVE
It all boils down to your creativity and ingenuity; be bold and play around with new ideas. Create and style the environment with props and accent pieces or anything you can get your hands on. (Flowers, dishware, or even that pack of tissue to ‘chops’ your seat!), it’s your story, so curate your own masterpiece.
BEHIND EVERY GREAT CHEF IS A GREAT MENTOR

An Interview with Chef Tuck Wai & Chef Jack Lee

FHA 2018 may be done and dusted, but we are stoked to feature this exclusive interview with SHATEC alumni at Marina Mandarin Singapore, Chefs Jack Lee & Chan Tuck Wai on their culinary journey and aspirations.

Under the tutelage of Executive Chef Tuck Wai, Chef Jack was awarded 3 Gold medals and Best Chef of the year Award, the very same award received by Chef Tuck Wai in 2012.

TELL US ABOUT YOUR JOURNEY AS A CHEF- HOW DID IT ALL BEGIN?
Chef Tuck Wai:
My parents are hawkers and I’ve started helping out since secondary school. Eventually, I went to SHATEC.

Chef Jack:
I was always passionate about cooking and would like to learn and understand more about food. The journey began at SHATEC.

HOW WOULD YOU DESCRIBE YOUR STYLE OF COOKING?
Chef Tuck Wai:
It’s all about the produce- bringing out the freshness and clean flavours, keeping it simple. When I was younger, I would focus on the technique and complex flavours.

Chef Jack:
Everything is perfectly done, perfectly cooked and flavourful.

FIRST IMPRESSIONS- HOW DID THE MENTORING BEGIN?
Chef Jack:
I was attached to Marina Mandarin Hotel as a trainee. After my graduation, I came back to work full-time.

Chef Tuck Wai:
Honestly, I did not notice Jack since there are lots of staff at the hotel. He was hardworking, eager to learn, went the extra mile than full-timers. Good attitude but big ego. He was arrogant in the past and couldn’t take criticisms well. I gave him a hard time intentionally to humble him.

Special thanks to Marina Mandarin Singapore for providing venue for interview and photoshoot.
HOW ABOUT NOW?

Chef Tuck Wai:
He has matured definitely, but there’s still room for improvement on skills and knowledge.

HOW WAS CHEF TUCK WAI AS YOUR MENTOR?

Chef Jack:
Chef would always think of his staff first before himself. He’s also patient and approachable, and he’d be there to guide and teach you till you get it.

TELL US ABOUT YOUR EXPERIENCE AT THE FHA 2018- ANY MEMORABLE INCIDENCES?

Chef Jack:
I’m honoured to have participated in the competition, getting to learn from Chef Tuck Wai and gained invaluable knowledge. It’s a memorable experience for sure.

Well, training was...like Hell’s kitchen. It was intensively tough, going at it after work hours, past midnight. I was nervous and afraid of Chef Tuck Wai as he was very strict and found fault with almost everything I did. But I’m also very grateful— he was training with me without any complaints.

Chef Tuck Wai:
As a certified judge, there’s a point in fault finding. Judges pick on the slightest and finest details; if you wore your gloves, turning off the stove and if your plates are hot and clean. The competition is based on a point system where every mistake costs you a point.

I was training Jack based on the national team level and he has the potential beyond merely winning a gold medal. The challenge is what differentiates the best chefs from the gold medallist; accomplishing all with the least points deducted.

WHAT MAKES YOU A GREAT MENTOR- YOUR HOPES FOR CHEF JACK?

Chef Tuck Wai:
I had good teachers that guided and groomed me during my career. I’m merely paying it forward, passing down all I’ve learned.

It’s too early to say for Chef Jack now, but I would like to see him grow and achieve new heights.
DESSERT FIENDS, REJOICE: WE CAN NOW HAVE OUR CAKE AND EAT IT!

Less is More - the Wave of Sugarless Baking

Not gonna lie but among all the dessert trends, doubling down on sugar reduction doesn’t sound particularly sexy. Yet as dietary preferences are steering towards healthier indulgences, there’s a rising demand for naturally flavoured sweets.

As pastry chefs take the focus off sugar, there’s room to add nuances in creating amazing flavours and yet producing lighter desserts. Using less sugar isn’t always easy because it does more than make your food tastes sweet. Sugar has many desirable functions in baking: it affects the texture, moisture and shelf life of the food. So, chefs often have to develop creative fixes when laying low on sugar in recipes such as utilizing sugar alternatives ranging from artificial sugar, sugar alcohols (polyols) to natural sweeteners.

Artificial Sugar
Artificial sugar doesn’t create the same bulk as normal sugar. They possess elevated sweetening power and leave an unpleasant aftertaste. Hence, they are often used in very small amounts. As for polyols, they are sweet carbohydrates and are used volume-for-volume in the same amount as sugar is used.

Natural Sweeteners
The most common natural sweeteners used in desserts are honey, stevia (a sugar substitute that comes from a plant). Inulin (a natural storage carbohydrate present in plants), coconut palm sugar, molasses etc. All these sweeteners contain calories with the exception of stevia.

Inulin
Inulin which is obtained from chicory is gaining popularity now as its caloric content is only half of the regular cane sugar. Its neutral taste and texturizing properties have made a one-to-one substitution with sugar possible. It is only 21% as sweet as cane sugar. With a high fiber content, it has immense ability to absorb water which is an invaluable asset in baking.

Here’s our special delish recipe for you to try out. Enjoy!

SUGAR-FREE SHORTBREAD COOKIES

You will need:
225g butter
75g inulin
350g Plain flour
15g cornflour
1 pc of lemon zest

HAVE A GO:

01 Beat Butter, lemon zest & inulin till creamy
02 Add sieved plain flour & cornflour to blend into a dough
03 Roll the dough between 2 sheets of plastic to 1 cm thick
04 Chill for 30mins
05 Cut into uniform rectangular sizes
06 Bake at 170°C for 20 mins
AN OPEN LETTER FROM

CHEF ERIC LOW,

PRESIDENT, SHATEC ALUMNI 2018

Dear SHATEC Family,

It’s a great pleasure to pen this open letter to all of you as the new President of SHATEC Alumni. In time to come, more graduates will be part of this family too. Our alumni stand at 30k strong today with many of our global industry leaders running some of the best hospitality brands internationally.

As a leading hospitality education institution, SHATEC bask in the glory of many success stories by her alumni, thanks to the strong foundation and SHA’s high expectations dated from the days on the Nassim Hill Campus.

The alumni committee aspire to reach out, keeping the SHATEC spirit alive and burning and hopes to fulfill the late founding CEO, Mr. Pakir Singh’s vision in building cohesion among different generations of graduates to share and network together. Furthermore, we would like to invite past graduates to share stories of achievements and how SHATEC had opened the door for their journeys.

The hospitality industry isn’t the easiest industry to work in nor is it the highest paid; either it’s tough, yes but tough times don’t last, tough men do. Mind over matter; this industry offers you far greater rewards and satisfaction than any other if you overcome those initial tough years of climbing from the bottom of your career ladder.

I entered the door when there’s nothing glamorous about being a chef, a time without social media nor celebrity chefs on Masterchef TV. Till today, after covering three-quarters of the globe with work travel, I still have not stopped learning. Being a chef is no longer just about cooking; fame or how many Michelin stars anymore.

I ask all aspiring young chefs here, “What does the word CHEF mean to you?” For me, it simply means to cook, host, educate, and feed the people around you wherever you are on this planet. It is just so straightforward.

Eric Low
President SHATEC Alumni 2018
Chef Activist
Founder
Lush Epicurian

Background:

Chef Eric Low is an author, food science enthusiast and television personality. He champions Teochew heritage cooking and has published 3 award-winning cookbooks reviving many a traditional Teochew recipe. His recent professional projects and activism work include judging at international culinary competitions, creating and providing mentorship programs to a new generation of young chefs and advocating food waste reduction through the creative use of ingredients. When not hard at work, he plays Teochew percussion music or spends time with his 4 pugs.

Editor’s note

This is an adaptation of the full letter written by Chef Eric Low. For complete letter, please refer to http://www.shatec.sg/an-open-letter-from-chef-eric-low-alumni-president-2018/
SHATEC’S DUO TAKING ON WORLD SKILLS

Akin to the Olympics, WorldSkills is a long-running competition for vocational trainees. It’s not always about the paper chase; your vocation lies where your talents meet the needs of the world. Hear what Shermaine and Sophin has to say about their journey through WorldSkills Singapore!

I would never have imagined seeing myself joining the WorldSkills competition when I entered SHATEC. Honestly, I was overjoyed, thinking it would look good on my resume as I volunteered to be a part of this competition. However, as the training progresses, I realised this is in fact the experience of a lifetime.

Having to juggle school work, a part-time job and training was relative difficult. The WSS journey wasn’t like what people think. I was nurtured and I grow to be more resilient, disciplined and hardworking that before.

Although there were disappointments and frustrations, I am very thankful for my trainers, family, and friends for all their support. Surpassing my limitations has better prepared me for the workforce.

“I am grateful to my SHATEC trainers for imparting valuable skills and knowledge to me. They truly inspire me to go further in this industry.”

- Sophie Ong

A trainer once said to me, “this is not a competition, it is a learning journey.” It was my chance to look and learn from my competitors’ strengths. Throughout these few months of training, I have learned that with every mistake I make, it is a step nearer to success.

Self-supporting my college expenses through part-time work, training was tough with sacrifices made in my time to study and be with my family. There were times when I felt like giving up, but I was reminded of the support from my trainers and my family. I had to pull through and make them proud.

Given a chance to choose again, I would still join WorldSkills. It was stressful and torturous at times but what I’ve gained is valuable memories and knowledge that I will never forget.

“I hope to create unique flavors and experiences for all my guests in future with my service. Their satisfaction will be my best reward.”

- Shermaine Sim
CHARITY GOURMET NIGHT 2018

SCrumptiously delightful and an absolute honor to have both Chef Nixon Low, Executive Chef of TungLok Group and Mr. Tan Chuan-Jin, Speaker of Parliament joining hands as Mr. Tan donated photographic prints to support the special-needs community on 18th May 2018.

The evening organised by the Enabling Village and hosted by The Sapling raised over $120,000 for TODAY Enable Fund towards enhancing the education, skills and employment prospects of persons with disabilities. This programme helps to fulfill the aspirations of persons with disabilities, backing programmes in building great empathy and inclusiveness.

In Mr. Tan’s speech, he rallied on the cause for inclusivity, raising awareness for the challenges the special-needs community face and turning vulnerabilities into strength.

“What other ways do we have to inculcate values? You can teach, you can talk, but I think it’s in the giving that the change happens… When we give of ourselves, when we are involved… in the process, you look at life very differently as well,” he added.

“And the wonderful thing is, all of us can do something about it.”

As events at The Sapling go, reflecting SHATEC’s vision for its students becoming nurturing influences and representing of the vibrant renewal of talent in the culinary scene—saplings are empowered to be more than just chefs. SHATEC is humbled to be part of this benevolent evening and advocates for being involved in making a difference for the special-needs community.

Don’t miss the opportunity to book a table at The Sapling for our exclusive gourmet night every month featuring different guest starring Chefs!

Make your reservations now at www.thesapling.sg!

“Kurlbarra” Barramundi - Carrot Ginger Puree, Semi-dried Tomato, Potato Pudding, Garlic Chives and Kale Ragout, Trout Roe Pimento Buerre Blanc

Charity Gourmet Night 2018 was held at The Sapling

Mr Tan Chuan-Jin signing on his donated photographic prints

“Kurlbarra” Barramundi - Carrot Ginger Puree, Semi-dried Tomato, Potato Pudding, Garlic Chives and Kale Ragout, Trout Roe Pimento Buerre Blanc

Chicken, Beets, Apples - Sous Vide Chicken Breast, Applewood Smoked Potato Mousse, Marinated Apples and Beets, Soft Boil Hen’s Egg, Local Greens
WSQ DIPLOMA IN
HOTEL AND
ACCOMMODATION
SERVICES
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