





FHA2018- Anyone can cook, only the Fearless can be great!

Congratulations! SHATEC Graduation Class of 2017



#### **EDITORIAL TEAM**





Interview- Behind

Every Champion Chef is A Great Mentor



Industry Soundbites

Dessert fiends. rejoice- We can now have our Cake and Fat it!



Alumni Say

An Open Letter from Chef Eric Low. President, SHATEC Alumni 2018







Sumptuously Yours

Charity Gourmet Night 2018 at The Sapling

photography and how to 'Gram it'

Fantastical food

#### CHIEF EDITOR'S NOTE

The in Stuff

4 Food Trends

to be Hungry For in 2018

onjour! 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 goodnews 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 muscled through a repertory 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 hospitability 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



# F0008 H0TEL ASIA 2018

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

ood & Hotel Asia (FHA2018) returned for the 40th year on 24-27th 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 SHATEC'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 SHATEC 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!



Poached Cod Roulade, Slow Baked Scallops Mousse with Crab Meat, Squiz Ink Batter Prawn with Saffron Parsnip Puree and Seasonal Vegetables, Shellfish Butter Foam By Berwin Chow, Gold Medalist

#### SHATEC's Honours Roll for FHA 2018

#### 30th National Cocktail Competition 2018 (Student Category)

- . Tring Hong An Certificate of Achievement (Finalist of the Student Category)
- . Cheng, Chen Certificate of Participation

#### Culinary Challenge - Neptune's Catch

- Berwin Chow Sing Yong Gold Medal
- Ken Ho Jia Hui Bronze Medat
- Kim Sueng Wook Bronze Medal

#### Culinary Challenge - Two to Tango

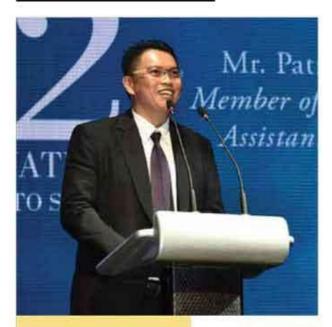
- . Alex Ng Zheng Yang Bronze Medal
- Chew Keefe Bronze Medal
- . Irretin Chow Vane Bronze Med
- Kelvin Chu Yu Xun Bronze Medal

#### Pastry and Baking - Dress the Cake

- Nguyen Thi An Na Silver Meda
- Teng Jing Heng Bronze Medal
- Vu Thi Hien (Tessa) Certificate of Participation



### CONGRATULATIONS! SHATEC GRADUATION CLASS OF 2017





HATEC'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 600 graduands from Culinary Arts, Pastry and Baking, F&B, Hotel Management and Tourism disciplines. Furthermore, awards and scholarships were presented to the most outstanding grandaunts 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

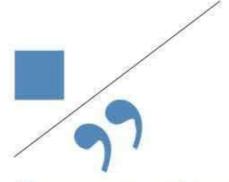


# "AT YOUR SERVICE": WHAT IT MEANS TO BE A BUTLER TODAY

### "Butler 101: Are you ready to be the Alfred to Batman?"

n essence, a butler is a gentlemen'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 Wanye. Both personas 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 butlering 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 a 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!**

n the densely saturated dining scene in Singapore, trends are momentary fads like how our favorite Avengers crumbled 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 tocal 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.







# #SHATEC GUIDE

# TO FANTASTIC FOOD PHOTOGRAPHY

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

ver 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 doggo (or cat!).

But how can you transform a seemingly boring plate of kopitiam "char kway teow" to a Michelinstarred 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.







#### 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.







#### 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 'chope' your seat!). It's your story, so curate your own masterpiece.



# A GREAT MENTOR





HA 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 War 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

#### TELL US ABOUT YOUR JOURNEY AS A CHEF- HOW DID IT ALL BEGIN?

#### Chaf Tuck Wait

My parents are hawkers and I've started helping out since secondary school. Eventually, I went to SHATEC.

I was always passionate about cooking and would like to learn and understand more about food. The journey began

#### HOW WOULD YOU DESCRIBE YOUR STYLE OF COOKING?

#### Chef Tuck Wait

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.

Everything is perfectly done, perfectly cooked and

#### FIRST IMPRESSIONS- HOW DID THE MENTORING BEGIN?

I was attached to Marina Mandarin Hotel as a trainee. After my graduation, I came back to work full-time.

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.





#### HOW ABOUT NOW?

#### Chef Tuck Wal

He has matured definitely, but there's still room for improvement on skills and knowledge.

#### HOW WAS CHEF TUCK WAI AS YOUR MENTOR?

#### Chinfoliati

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 valuable 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 Wais

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 cost 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?

#### Chet Tuck War

I had good teachers that guided and groomed me during my career. I'm merely paving 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.



When I see passion with consistency, that's the person I want to mentor.

- Chef Tuck Wai



## DESSERT FIENDS, REJOICE:

# WE CAN NOW HAVE OUR CAKE AND EAT IT!

Less is More the Wave of Sugarless Baking

ot 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 volumefor-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:

- Beat Butter, lemon zest & inulin till creamy
- O2 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
- Out 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 Alumn, in time to come, more graduates will be part of this family too. Our alumni stand at 30k strong today with many as global industry leaders running some of the best hospitality brands internationally.

As a leading hospitality education institution, SHATEC bask in the grory 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 fulfil 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 it is 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 glamourizing about being a chel, 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, Tame 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 Epicurean

#### 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 adpartation of the full letter written by Chef Eric Low. For complete letter, please refer to http://www.shatec.sg/anopen-letter-from-chef-eric-low-alumni-president-2018/

## SHATEO'S DUO TAKING ON WORLDSKILLS

kin 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 Sharmaine 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 grew 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

### AT THE SAPLING



@thesaplingbyshatec



@the.sapling

crumptiously 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 staring Chefs!

Make your reservations now at www, thesapling.sgl



Tokens of appreciation presented to Mr Tan Chuan-Jin (1st Left), Mr Chris Teo (SHATEC's Board Member) (Second Left) and Chef Nixon Low (1st Right).



Charity Gourmet Night 2018 was held at The Sapling



Mr Tan Chuan-Jin signing on his donated photographic prints



"Kurlbarra" Barramundi - Carrot Ginger Purée, Semi-dried Tomato, Potato Fondant, 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 Cress

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\*www.skillsfuture.sq/studyawards



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