

## 3 FOOD & DINING

# Good Food from the Treasury of Good Heart

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A good person produces good things from the treasury of a good heart. And so we felt, when we tasted the heart-felt courses from Tonny Restaurant at Geyland Lorong 3.

In actuality, we were there to talk to Chef Tonny Chan (陳董發), 52, about the secrets to his success, but he gave us a surprise treat with a table of good food towards the end of our chat.

Tonny, who is from Hong Kong, has been in Singapore since 1989. The chef has gone through much in life to appreciate the goodness of life, and to bring that goodness through his culinary skills to his customers.

In 2002, he was co-winner of the Singapore Gourmet Hunt (金鼎獎) with his Crouching Tiger and Hidden Dragon (臥虎藏龍) dish, which

has since become his signature dish in his restaurant. As the name implies, it was inspired by Lee Ang's popular movie of the same name, which was released in the year 2000.

This lighthearted and healthy dish consists of egg whites, crab, and scallop meat jellied into a pearl-white mousse, which is then simmered in chicken stock to flavourful perfection, and then nobly rested on a golden-crust batter bowl. It felt like I was scooping up treasures from a golden censer as I savoured the dish with delight.

Rightfully so, it is seafood-fresh and flavourful, yet silky and gelish in texture, melting right in your mouth. Such a delight! Tonny had it all figured out when he created the dish—it is single-portioned for ease of ordering by customers, it cooks fast, and it is light and healthy.



Crouching Tiger and Hidden Dragon

Tonny gladly presented his other signature dish—Yam Shreds in Truffle Oil. Where truffles are in the picture, it has to be an upscale dish. Indeed it was, and it was not just about the glamour; this dish was so aromatic that the moment I took the first bite I had to struggle to suppress my incredible urge to engulf the whole dish in one go, as I was

sharing the dish with my associate. That's how tasty it is!

Another creative dish that Tonny shared is the Silkie Soup with Pureed Almonds. Silkie chickens have medicinal properties. The meat's slight bitterness was cleverly diluted and sweetened by Tonny's ingenious mix of northern and southern almonds. I experienced an air of freshness internally when I slurped the rich hot soup with pureed almonds.

Talking about refreshing food, the dessert that Tonny served



Yam Shreds with Truffle Oil



Citrus Jelly with Wolfberries



Chef Tonny Chan

was Citrus Jelly with Wolfberries. Looking at the bright, eye-catching picture I have taken, doesn't the dessert make you drool? Eating this dessert is a multi-layered experience. It begins cool, then sweetness engulfs your taste buds, and a hint of citrus squeeze wraps up the sensational experience.

Tonny came from a small village in Hong Kong and learned the art of Cantonese culinary early on before heading to Singapore. With more than 30 years of Cantonese culinary experience to his track records, it is no wonder that he has a steady stream of food-loving followers despite switching locations a few times in the past.

## Nicky Kim: Sharing Her Passion for Korean Cooking



Nicky Kim is cooking her favourite dish - Chilli Rice Cake or Ddukbokyi.

BY EPOCH TIMES STAFF

Nicky Kim loves sharing her passion for Korean food and culture with like-minded people. She is a regular contributor in Epoch Times' Food & Dining section, and teaches Korean cooking occasionally at private classes, corporate events and at the Korean Tourism Organisation (KTO). Her love for cooking began during her university days in Sydney, where she started attending various cooking classes available through Sydney Community College.

While Nicky craves for Singaporean dishes like Chilli and pepper crabs, prawn mee and laksa, she still misses her favourite Galbi

(Korean BBQ-Beef ribs), Nengmyun (cold noodles) and Gamjatang (pork bone stews with potatoes) back home.

Nicky divulges her two favourite restaurants that sell authentic Korean food in Singapore. She also shares with us her the recipe for her most popular dish: ddukbokyi, or chilli rice cake.

**ET: Hi Nicky! Can you tell us more about yourself?**

**Nicky:** I was born in Seoul but my family moved to Sydney when I was 14. As my parents were both working, I became the family chef. Back then, cooking was more a chore than pleasure. I was young, and had no idea of the pleasures that cooking could provide.

I relocated to Singapore 9 years ago for my marketing job. I noticed not many people cooked at home.

As I was scanning through what area I could be interested in, all I could think of was food. This made me realise what could be better than sharing my passion of food by teaching Korean cooking.

**NICKY KIM**

I used to cook various dishes and bring to the office. I loved having friends over for home-cooked

meals and I used to get lots of compliments. I also started a new hobby, growing herbs and vegetables on my balcony. I was never interested in gardening except watching my dad experiment with different vegetables and fruit trees. Since it was hard to find variety of herbs back then, I started my own little balcony farm to be self sufficient.

**When and why did you start teaching Korean cooking in Singapore? And why did you set up your Nicky's Kitchen blog?**

Before I started Nicky's Kitchen, I was studying my MBA and my final subject was on starting your own business (enterprise management). As I was scanning through what area I could be

Continued on next page >>