

Food and Beverage highlights at CELC Symposium 2016

No journey to Singapore is complete without savouring its huge variety of cuisines. Throughout the 3 days at this symposium, sample from the wide array of local and international favourites.

Days 1-2 morning and afternoon tea: Enjoy a selection of sweet and savoury finger food during the tea breaks. See menu below.

Days 1-2 lunch: Experience authentic Singaporean foodcourt dining during lunch at the Flavours@UTown foodcourt on Level 2, Stephen Riady Centre, UTown. **Be sure to collect your lunch vouchers at the *Hospitality and Logistics counter* after your registration at the *Registration counter*.**

See below for the range of food offered at Flavours@Utown foodcourt.

Day 3 high-tea @ 1.00pm: This special high tea will feature Singaporean favourites like:

- crystal dumpling served in a bamboo steamer
- vegetarian roti *prata* (Indian bread) with curry
- wok-fried carrot cake (steamed mixture of radish and rice flour) with sweet sauce
- vegetarian samosa (fried or baked pastry with a variety of vegetarian filling, e.g. potato, onion, pea filling)
- chicken *ngoh hiong* (mixture of minced chicken and five-spice powder wrapped in beancurd skin and fried)
- fish ball in chilli crab sauce
- hot barley with gingko nut (sweet dessert)

There will be a live station with 1 chef on site serving *popiah* (soft crepe rolled with sweet sauce and chilli, sautéed turnips, lettuce, beansprouts, egg and chopped peanuts).

Tea breaks at 10.30am and 3.50pm on 25 and 26 May, 2016

Morning tea	Afternoon tea
Honey drumlet Veggie sandwich Mini apple strudel	Tropical fruit salad Veg samosa Sliced butter cake
Chicken siew mai Vegetarian pizza Mini custard puff	Almond jelly with longan Mini swiss roll Spring roll

Experience Singaporean food court dining

A “must-do” for tourists to Singapore is to experience dining at hawker centres and foodcourts. The Flavours @ Utown Foodcourt offers a wide selection of local and regional cuisine. Choose from stalls offering Chinese, Malay, Indian, Indonesian, Japanese, and Western food.

Therefore, get a taste of the Singapore foodcourt experience during lunch at the 2016 CELC Symposium. The conference package includes vouchers for dining at the Flavours @ UTown foodcourt on 25 and 26 May 2016. Collect your vouchers at the Hospitality and Logistics counter after your registration. Then, during lunch, simply queue up at the stall of your choice, inform the server of your selection, and pay with the voucher.

All stalls are self-service. This means that you’ll need to wait to collect your food, then find a seat at the tables.



Mixed vegetable rice, also commonly known as economy rice, mixed rice or *chap fan*, is common in Singapore, Malaysia and Thailand hawker centres and food courts.

Popular dishes include sweet sour pork/fish, braised sliced potato with pork, ginger chicken, steamed three-yolk egg (combination of century egg, chicken egg and salted egg), fried/steamed fish/chicken, curry vegetables/chicken/fish, assorted stir fried vegetables like spinach, broccoli and prawn, cabbage, eggplant, and many more. These dishes are usually served with white rice and sometimes soup.

Simply select from the range of pre-cooked dishes displayed in the stall window, and inform the server of your selection. Common combinations are two meats and one vegetable, or two vegetables and one meat.

Tantalize your taste buds with the spices of **India** from a range of vegetarian and meat dishes. Popular choices are the *dosai* (a thick crisp crepe made from rice flour and black lentils), *chapati* (a flatbread found in India, Bangladesh, Nepal, Pakistan and Sri Lanka), and *prata* (flat bread fried in ghee, crispy on the outside, soft on the inside) served with vegetarian and meat-based curries.

If you’re feeling adventurous, try the chocolate banana *prata* or the savoury cheese *prata*.

Alternatively, try the vegetarian, mutton or chicken *biryani* (rice cooked with spices) with assorted curries and dishes.





Ban mian is a type of handmade noodle. In this stall, it is served in fish and bean curd soup, or “dry” with minced pork and mushrooms.

Simply select either a *ban mian* dish of your choice or a set meal from the menu on display. Local favourites are the *zho jiang u mian* (wheat noodles served with stir fried minced pork/beef in soybean paste), the tom yam *ee mian* (egg noodles served in spicy Thai soup) and the fresh mushroom *ban mian*.

Fishballs, handmade fish paste spheres, are common in Hong Kong, China, Malaysia and Singapore. Order a bowl of fishballs in soup, or eat them with a variety of noodles served in soup or dry (served with lard, fried shallots, and chilli).

Alternative, go for the *yong tau foo* (vegetables stuffed with ground meat or fish paste). Simply select a minimum of 6 items and either have it with rice or noodles, dry or with soup or curry.



An Indonesian version of the Mixed Vegetable Rice, **Nasi Padang** (Padang-style rice) is steamed rice served with pre-cooked dishes, such as chicken, fish, beef, vegetables, and spicy *sambal* (hot sauce made from chilli peppers, scallion, shallot, shrimp paste, garlic, ginger, palm sugar, lime juice, assorted vinegars).

Nasi Padang originates from the city of Padang in Indonesia.

Simply select from the range of pre-cooked dishes displayed in the stall window, and inform the server of your selection. Common combinations are two meats and one vegetable, or two vegetables and one meat.

Also a must try at this stall is the *nasi lemak* (fragrant rice cooked in coconut milk and pandan leaf) served with egg, fried chicken or fish, fried anchovies and peanuts, slices of cucumber and a dash of *sambal*.

This stall is 100% Muslim-owned.





Enjoy **Japanese** cuisine at very affordable foodcourt prices. “Must-try” dishes include the salmon with mushroom and kimchi, *yaki udon* (stir fried Japanese noodle in soy bean paste), and ebi fried donburi (rice served with fried prawns).

Snack on assorted plates of **dim sum**, bite-sized dishes served in small plates or steamer baskets. A “must-try” are the *cha siew pau* (BBQ pork bun), chicken pau, spring roll, *siew mai* (pork dumpling), fried carrot cake, sesame ball fried prawn dumpling, and chicken glutinous rice.

Dim Sum is a Chinese Canton cuisine, and is best eaten with Chinese tea.

DIM SUM



JUICE BAR



Enjoy refreshing fruit juices and cut fruit at the **drinks** station, or try a range of local beverages, such as *bandung* (pink colour rose cordial syrup mixed with condensed milk, popular in Malaysia, Singapore and Brunei), iced Milo (chocolate flavoured malt drink), or the local iced coffee (*kopi*) and tea (*teh*).

Order coffee and tea like a Singaporean:

- *Kopi* = coffee with condensed milk
- *Kopi O* = coffee with sugar, no milk
- *Kopi O kosong* = black coffee, no milk, no sugar
- *Kopi C* = coffee with unsweetened evaporated milk and sugar
- *Kopi C kosong* = coffee with evaporated milk, no sugar

Add the word *peng* at the end of all of the above to get the iced version.

Replace *kopi* with *teh* for tea.