

The love for cooking runs in the blood. A passion that is so contagious, inspiring and nurturing that Ryan Huber, Valerie Teo and Timothy Chia indulge their whole life in ingredients and recipes, following in the footsteps of their parents.

Huber is now the managing director of Huber's Butchery, a name renowned for gourmet meats in Singapore. While Teo, the lady in the trio, has started a Good Food Heals movement and is in her own words, a "natural juice therapist" and "healthy recipe developer". For Chia, while he is now serving the nation (conscripted), the budding chef hopes to study at the famous Culinary Institute of America in the US, apprentice at restaurants and help his mum run her Creative Culinaire cooking school and Caffè Pralet bistro. Their stories are further explored in the following pages coupled with secret family recipes tagged with heartwarming memories.

MAKING PEOPLE HAPPY

The sliced veal Zurich style with rösti is the best dish Ryan Huber has ever eaten. It is a speciality dish from Zurich in Switzerland where his father Ernst Huber grew up in. The older Huber globe-trotted and worked in many establishments before settling down in Singapore. In the 70s and 80s, he was the executive chef at Hilton Singapore and Dynasty Hotel (now Marriott Hotel). Soon after, he opened the European-style butchery and delicatessen in 1994.

Talking about the other featured recipe, pork cordon bleu with mashed potato and salad, the younger Huber declared that his father makes the best mashed potato and salad dressing. It was also the very first recipe that his father taught him when he was a child.

"I have always looked up to my father as a role model and his passion for food had rubbed off on me. What I remember is that I would see him for a few hours per week, mostly on the afternoons when he occasionally came home during split shifts. He had a library of photos he took of the animals at the African safari while he was cooking at a lodge and many photos of his culinary life. I was an inquisitive child and would pore through them when I was not in school or playing football.

"He had hundreds of food pictures, neatly arranged and displayed. When I asked him about the food pictures, he



Ryan and Ernst

Culinary Legacies

If the art of cooking is an inheritance, what would it be like in the hands of the next generation? Katherine Oh has a tête-à-tête with three personas, the offspring of famous chef parents

would passionately explain how they prepared the foods during competitions in a short time when he was part of the Singapore culinary team. His passion and dedication to his work has been a great inspiration to me. I had considered cooking as a career but he advised me that cooking at home and in a real kitchen is very different. He persuaded me not to take up cooking as a career as it is a tough job," reminisced Huber.

But that did not deter him from working part-time at Italian and American restaurants during school days to earn some pocket money. Finally, it was the hectic hours spent at the butchery during school holidays and festive seasons that helped him understand why the patriarch dissuaded him from the F&B line. But his passion for cooking never really fizzle out. He also credited his mother's sense of achievement when making meals for the family an inspiration, for he said, "It is the pride of making someone else happy, especially through cooking, which inspires me."

Finally, in order to stay in Singapore where family and friends are near, Huber left his job with BMW and convinced his father to employ him full-time. Now, the



Valerie and Anna



Timolby and Judy

managing director, he said, "He was almost 60 years old then and it was about time I helped take some load off his shoulders. Since, I have never looked back."

Now, an expert of gourmet meats and sausages, with a good knowledge of cooking techniques, he is able to advise customers on the most suitable cooking method for the different cuts of meat. This brings out the best quality of the meat and at the same time helps him win customer satisfaction.

CELEBRATION OF FOOD THAT HEALS

Valerie Teo's recipes were inspired by her mother Anna Phua, a celebrity cooking instructor and author of many popular recipe books such as *Active Vegetable and Fruit Enzymes*, *Zesty Southeast Asian Treats* and *Festive Delight*, among others.

"Learning about what real food can do for people excites me! I was influenced by my mom's passion for cooking; it was an ambition she knew since a teenager. I used to watch her write recipes into the wee hours and we often spend quality time shopping for books related to food and nutrition. We will study them together when we got home," Teo shared.

Bringing back fond memories are Teo's favourite hot and cold sesame paste dessert and smoothie; treats her mother always makes for her when she was young. Especially the cold banana sesame smoothie which made her recall an incident when she was admitted to the hospital for critically low potassium. By ingesting bananas, she was saved from the tormenting drip and soon after, she was discharged. She also shared her testimony on beating psoriasis – a skin problem which doctors have diagnosed incurable – through healthy eating and a juicing lifestyle. This convinced her on the healing potential of fresh foods.

"My mom has taught me to embrace and enjoy fresh fruits and vegetables since I was little. Thus, to share my love for all things fresh I wanted to share this unique *rojak* recipe

made by my mom. She is well-known for her local dishes. For my version, I have tweaked my *rojak* sauce for a higher nutritional content without compromising on deliciousness. The caramel *rojak* uses wholesome ingredients such as Medjool dates and Manuka honey. With these, we can easily have a healthier and flavourful version of caramel," she said.

Teo also shared her philosophy on eating and cooking. She highlighted that she mindfully eats a high-raw diet as cooking most food above 42°C denatures the enzymes which are good for the body. When choosing ingredients for a meal, she likes researching on their nutritional value and eats them according to what her body needs.

"Cooking for myself is my way of loving my body. When I cook for others, I also enjoy sharing and loving people in ways words cannot express. I see cooking as the only art that can touch a person's five senses – visually, aromatically, audibly (the sound of biting into food), tastily and texturally (the different ways you can cut a vegetable, for example). A nutritious meal is a profound gift you can give a loved one," she expressed enthusiastically.

While Teo admitted it was pretty tough trying to fill the shoes of her mother, Teo is now in a league of her own with the launch of the Good Food Heals movement and business that educates and encourages children and adults alike on the healing potential of food. Kick-starting the programme was her first workshop with kids from low-income families, where she taught them how to make smart food choices on a budget every day. She will also be running more workshops where participants will learn what are the top superfoods that build up the body's immune system and how to make delicious smoothies.

Teo was recently certified as a natural juice therapist at UK's Juice Academy run by Jason Vale. She also got another food therapy certification from Ouyang Ying who is a renowned

food therapist and author in Taiwan and China. She will soon be taking a degree in traditional Chinese medicine as well.

MY MOTHER, MY MENTOR

Timothy Chia also grew up under the tender loving care of executive chef Judy Koh who is also the founder of Creative Culinaire. Growing up with her cooking, Chia has great admiration for his mother, also his mentor who nurtured his passion for the culinary. From the age of four, his mother would encourage and include Chia in her baking and cooking sessions.

He said, "She is different from other moms, she is the funky kind. She would expose me and my sister to many different things like allowing us to dissect a whole fish and letting us run around in the rain and roll on the wet grass just to have fun. When she cooks, I would stand by her side and help her with whatever simple tasks I could manage. I guess all these helped shape me into an adventurous person as I love to try out new things especially bizarre exotic food. It was this that fanned my passion for the F&B industry. As I grew older, I was sure that this is the only career I wanted to pursue – to be a great chef!"

At only 11 years old, Chia started from scratch learning from his mother at the culinary school together with the other students. He was offered no special treatment and his mother was frank with the appraisal of his creations.

"The cakes I baked were not always the best and my mom would not purposely praise me in class just because I am her son. It was definitely for my own good and I am proud that my mom did not treat me any differently. She is certainly my greatest mentor and every moment spent in the kitchen with her is precious."

The aspiring chef also loves cooking for his family for he said that the dinner table has always been a place where the family would bond. He gets deep satisfaction from watching his family finishes the food he cooked, which usually consists of Asian cooking like stir-fries and soups.

For the magazine, he has created a modern version of the oriental king abalone mushroom stir-fried with celery. For his other recipe – the rainbow salted caramel popcorn and spiced-rum apples, the rainbow salted caramel popcorn are remnants of his childhood where his mother would prepare popcorn for the family before going to the movies. Here, he has recreated it into a dessert that pays tribute to his mentor.

After completing his National Service, he hopes to continue working in a few more restaurants and cafes to learn and gain more experience. And when the time is right, his dream is to study at the Culinary Institute of America in San Francisco, and then come back to help his mother with her bistro and cooking school, to bring them to even greater heights.

苏黎世小牛肉伴 马铃薯煎饼

Sliced Veal Zurich Style with Rösti

煎小牛肉用料

小牛腰肉600克，切片
中筋面粉20克
橄榄油30毫升
盐适量
白胡椒粉10克
牛油30克
白洋葱150克，切碎
新鲜白蘑菇200克，切片
白酒100毫升
西餐烧汁100毫升
鲜奶油150毫升(乳脂含量35%)，拌打至半硬
固态
欧芹15克，切碎

作法

- 1 将小牛腰肉片均匀裹上中筋面粉。锅中放橄榄油，放入牛肉片，以大火煎不超过2分钟。将肉取出放在碗里，用盐和胡椒粉调味。
- 2 在干净的锅里，加入牛油，倒入洋葱碎翻炒出香。加入蘑菇片，翻炒约1分钟。
- 3 白酒下锅煮至减半，加入烧汁煮滚，加入打发奶油拌匀。
- 4 将牛肉片回锅加热，如有必要再调佐料。盛盘，缀以欧芹碎。

马铃薯煎饼用料

美国褐斑薯600克
盐适量
无盐牛油100克

作法

- 1 把马铃薯煮15分钟至熟，注意不要煮得太软。放置一边待凉，去皮后碾磨马铃薯，再用盐调味。
- 2 在不粘锅上均匀铺上一层约1公分的马铃薯碎，与一半的牛油用中火一起煎。用刮铲将马铃薯均匀摊平压薄，当锅底那面煎至金黄色后，翻面。
- 3 加入剩余牛油，炒至锅底那面呈金黄色。



Ryan Huber



Stir-fried Sliced Veal Ingredients

600g milk-fed veal loin, sliced
20g plain flour
30ml olive oil
salt to taste
10g white pepper
30g butter
150g white onions, finely chopped
200g fresh white button mushrooms, sliced
100ml white wine
100ml brown sauce
150ml cream (35% milk fat), whipped until semi-stiff
15g parsley, finely chopped

Method

- 1 Coat veal loin pieces evenly in plain flour. Stir-fry in olive oil over high heat for less than 2 minutes. Transfer to bowl and season with salt and pepper.
- 2 Add butter to a clean pan and sweat onions until fragrant. Add mushrooms to sweat for another minute.
- 3 Add white wine and reduce to half. Add brown sauce and bring to a boil. Add semi-whipped cream and stir.
- 4 Add meat back to pan to warm it up and season to taste. Dish out to garnish with parsley.

Rösti Ingredients

600g US russet potatoes
salt to taste
100g unsalted butter

Method

- 1 Parboil potatoes in water for 15 minutes until tender but still firm. Set aside to cool before peeling skin. Grate potatoes and season with salt.
- 2 Put nonstick pan on medium heat and spread a thin layer (about 1 cm) of grated potato. Fry with half the butter. Press potato flat with spatula. Flip over when bottom turns golden brown.
- 3 Add the rest of the butter and fry until bottom is golden brown.



HUBER'S
Bistrot



蓝带猪排配马铃薯泥与沙拉

Pork Cordon Bleu with Mashed Potato and Salad

蓝带猪排用料

猪小里肌4块，每块120克	鸡蛋2个
火腿4片	面包糠200克
格鲁耶尔芝士4片，每片30克	橄榄油30毫升
中筋面粉50克	柠檬1个，切成4个角

调味料

盐适量	白胡椒粉10克
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作法

- 1 拍松猪小里肌块，双面用盐和胡椒粉调味。在肉块上铺上火腿片，铺上芝士片，然后对折。
- 2 把猪排均匀裹上中筋面粉，沾上蛋液，再裹上面包糠。轻轻按，使更多的面包糠嵌入肉排，抖落多余的面包糠。
- 3 不粘锅放入橄榄油，用小火至中火将猪排煎至金黄色。搭配柠檬角。

马铃薯泥用料

马铃薯600克	盐适量
无盐牛油100克	豆蔻粉3克
温全脂牛奶120毫升	综合生菜叶适量
白胡椒粉3克	

作法

- 1 马铃薯去皮后用放了少许盐的水煮熟。沥干，压成马铃薯泥，加入牛油搅拌的同时，加入牛奶拌匀。
- 2 加入胡椒粉和盐调味，撒上豆蔻粉。

沙拉用料

芥末30克
蛋黄酱60克
盐5克
白胡椒粉5克
巴萨米可醋(意大利黑醋)60毫升
橄榄油80毫升

作法

- 1 在大碗里一起拌匀芥末和蛋黄酱，加入盐和胡椒粉搅拌，并同时慢慢倒入巴萨米可醋拌匀。
- 2 慢慢倒入橄榄油，迅速搅拌以避免油醋分离。一旦充分混合，将沙拉酱淋在菜叶上即可。

Pork Cordon Bleu Ingredients

4 pork escalopes, 120g each	2 eggs
4 slices ham	200g breadcrumbs
4 slices Gruyère, 30g each	30ml olive oil
50g plain flour	1 lemon, quartered

Seasoning

salt to taste	10g white pepper
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Method

- 1 Pound pork escalopes flat and season both sides with salt and pepper. Lay a slice of ham followed by the cheese on top of each escalope. Fold the escalope in half.
- 2 Evenly coat the escalopes with plain flour. Dip in beaten egg wash and coat with breadcrumbs. Gently press as much breadcrumbs onto escalopes and then shake off excess.
- 3 Fry escalopes on low to medium heat in a nonstick pan with olive oil until golden brown. Serve with lemon wedge.

Mashed Potato Ingredients

600g potatoes	3g white pepper
100g unsalted butter	salt to taste
120ml warm full-cream milk	3g ground nutmeg

Method

- 1 Peel potatoes and boil in slightly salted water until cooked. Drain then mash potatoes. Stir in butter, then add milk while stirring continuously.
- 2 Add white pepper and salt to taste. Sprinkle with ground nutmeg.

Salad Ingredients

30g mustard	60ml balsamic vinegar
60g mayonnaise	80ml olive oil
5g salt	some mesclun
5g white pepper	

Method

- 1 Whisk mustard and mayonnaise together in a large bowl. Add salt and pepper. Pour in balsamic vinegar slowly while whisking until evenly combined.
- 2 Slowly pour in olive oil and whisk very fast so that oil and vinegar do not separate. Once fully combined, drizzle over mesclun and serve.