

The Culinary Exchange

Speakers:

Janice Wong, artist and chef

Rahul Mishra, fashion designer

[Text on screen]

THE EXCHANGE

THE CULINARY EXCHANGE

Episode 2

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Despite being a global culinary hub, Singapore has limited land for agriculture and relies on innovation to maximise local ingredients.

We united a Singaporean chocolatier and a Mexican chef to explore how urban farms can transform scarcity into opportunity.

[Text on screen]

SINGAPORE

[Janice]

Singapore is actually a city within a garden. We only have about 1% of our land to grow agriculture, so we do have a lot of different concepts, such as these beautiful urban farms. My name is Janice and I'm a chef and an artist.

[Text on screen]

JANICE WONG

ARTIST & CHEF

[Janice]

I was really inspired to become a chef because of my passion for chocolate and all things sweet. So I started this journey to plant a thousand cocoa trees in Singapore.

The vision was actually to produce cocoa for our next generation.

[Rosio]

My name is Rosio Sanchez and I'm a chef. I started as a pastry chef working in Michelin restaurants.

[Text on screen]

ROSIO SANCHEZ, CHEF

I started as a pastry chef working in Michelin restaurants, but I left pastry to cook Mexican food. I realised that more people should know how good Mexican food is.

[Janice]

Now we're here in Edible Garden City. It's one of the urban farms in Singapore and, you know, urban farms are so important in this land-scarce city Singapore because it helps also to solve our issue of food security and I get our produce fresh every single day.

You know, in the past we never really had this.

[Rosio]

The goal was really to create three incredible dishes that have never been done before, showcasing different techniques and fresh, local ingredients together on the plate.

[Text on screen]

Fruit Aguachile

[Rosio]

One of the things I love about Mexico is all of the fruit stands with the chillies and the spices that you get on the corner and I wanted to create something where it has that same effect in a dessert.

For me it was making this spicy aguachile.

You know it's a very traditional Mexican technique where it's just like fermenting the skins of typically pineapple, but the mango is gonna be amazing.

[Text on screen]

Chocolate H2O

[Janice]

And we have the chocolate H2O dessert that featured Singapore chocolate. The Singapore chocolate has never been used before. It's like how do you even start to create something?

Well, we took the fresh pulp, after that, basically started grinding the chocolate beans, then we just mould it into this cacao pod that just mimics the freshness of the cacao fruit, so when people crack into it, they can actually enjoy the mousse together with the fresh pulp.

[Text on screen]

Mole Manchamanteles

[Rosio]

Singapore has so many great ingredients, so I wanted to use a fruit mole for a main dish and in this dish I wanted to really highlight the mole using upcycled chocolate, but also all the local fruits and spices that I could find.

[Janice]

So Rosio and I wanted to really create three beautiful dishes that hero local ingredients and also techniques that were undiscovered.

[Rosio]

Our main goal was to have our guests find it delicious and also to surprise them that this all came from Singapore.

I think that's the amazing thing about cooking and gathering people together, you want everyone to have a good time and everyone to enjoy it and if you can make them think a little or learn something that's... that's a definite plus.

You know, I had such a great time with my friend Janice, coming to Singapore, looking at the urban farm, collaborating on all these wonderful dishes.

[Janice]

This is an extremely special dinner that we cooked together with Rosio because I took so much inspiration from her and her culture in Mexico, all types of flavours. But most importantly, it's about how creative we can get taking raw ingredients just from our gardens and creating just beautiful, simple dishes that's delicious.

[Text on screen]

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