

eat!

June 2006

MARK ZEE on
dating and fame

**More than just
Moose and Maple**
An eclectic experience
with Canadian food

Thais that Bind
Awaken your senses
with Thai dining

**Hale, Hearty and
Sporty**
A drink for the road

No Moo, Just Rice
New milk for the new age

Crazy for Dates?
Heed the need

Rice Rice Baby!

**Gain nutrients,
not weight**

\$2.50



Daddy Indulgence

After all that planning for Father's Day treat, you have to make sure the meal ends on the perfect note. Order PrimaDeli's truffle indulgence (\$33.90/kg, at least 3 days in advance) – a luscious cake with thick, indulgent truffle cream spread between layers of chocolate sponge, and topped with fresh strawberries and redcurrants. Available at all PrimaDeli outlets (tel: 6256 3333) from June 1-18.



Lazy Oatmeal

Oatmeal isn't for everyone. It's sticky and chewy, and not exactly a quick option for those who want breakfast on the go. The quick and lazy solution? Magnolia Lo-Fat Hi-Cal Oat Milk (\$3.20), a blend of high-calcium low-fat fresh milk and oats that is fibre-rich, vitamin-packed, and even lowers your cholesterol level. Available at all supermarkets and convenience stores.

Saintly Meats

Espirito Santo, the gourmet butchery, is said to have the largest range of meats in Singapore. Besides the everyday chicken, turkey and pork cuts, gourmet meats such as Wagyu and Angus beef, and foie gras are also available. Customers can have their meats marinated, stuffed and roast-tied at no extra cost. If you plan to do it yourself, take a look at their recipe library and browse the condiment shelves for sauces, spices and marinades. If you're pressed for time, roasting services are available for just \$10. Espirito Santo is situated at 376 River Valley Road (intersection of Zion Road) and #B1-83B Parkway Parade.



Coffee with Zing

If you think coffee picks you up, wait until you try PerkReishi (\$19.90). The finest roasted Brazilian coffee beans are blended with organic reishi (ling zhi), which has been known to increase stamina, boost energy levels and overcome fatigue. Reishi is also said to improve short-term memory and increase mental capacity. Down a mug of it before that big presentation or examination and you might just witness its effectiveness. Available with or without sugar and creamer, at Cold Storage, Jason's MarketPlace and Guardian Pharmacies.



Best of Both Worlds

If you're a fan of Hong Kong cafés (cha chan teng), you must be familiar with yuan yang, the coffee-tea hybrid. You can now experience the same delicious drink anywhere you want with Owl's instant 3-in-1 yuan yang coffee-tea mix (\$3.80). Available at all leading supermarkets and provision shops.