

## Foodfile



### JAM SESSION

**Danish Selection Fruit Spread:** Denmark's favorite fruit spread (from 1834) used to be only available in places like Taka's food hall, but is now in most supermarkets including FairPrice (yay!). The Danish ambassador who was present at the relaunch of this Danish favorite announced, "I either have my mother's fruit spreads or Danish Selection". You can't get better endorsement than this! A healthier and tastier option because this jam – made with a lot of fruit and less sugar – is slowly heated instead of boiled. Their marmalade with chunks of orange is super on toast, and Norman, the chef at the Royal Copenhagen Tea Lounge & Restaurant where the event was held, used Danish Selection Fruit Spreads to make cookies and cakes. Try unusual flavors like boysenberry and rosehip with apple.

– Tan Shee Lah

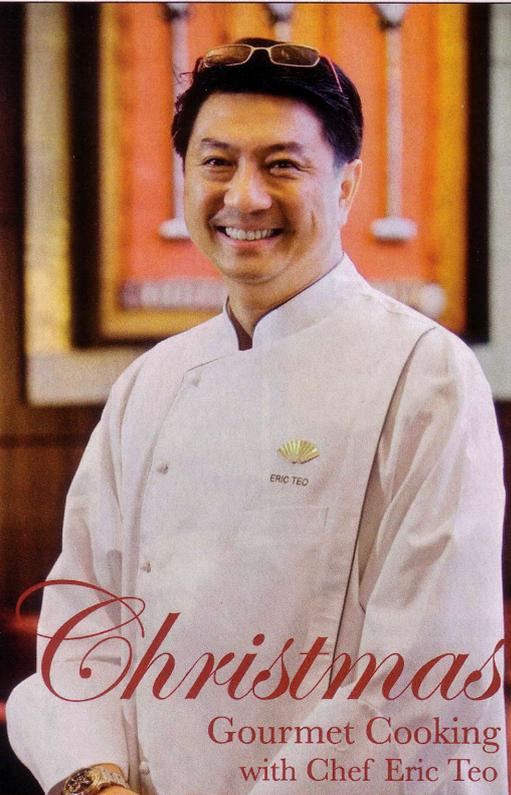
### SIZE MATTERS

**New 2-litre F&N Magnolia Milk:** If you buy milk regularly for the family, grab this pack of Fresh or Lo-Fat Milk this month and try your luck. Besides the calcium and minerals, this new packaging entitles you to enter a lucky draw where the top prize is a Mercedes Benz. Merc aside, it's a deliciously addictive milk. Tan Shee Lah says she can drink a litre a day!



### PUDDING

**Marigold Café Latte** pudding is a silky smooth treat. Low fat and a good dessert for home parties. Just chill and serve. ☒



Bring home the goodness of Christmas cheer through mouth-watering dishes by the heart-warming Chef Eric Teo.

Renowned for his Western cuisine, as well as his lively and fun personality, he will teach you the fundamentals and some secrets of his consistently delectable Christmas dishes. From preparation and stuffing to roasting and resting, listen and take note of the finer art of hosting and delighting your friends and family during this festive season.

### FREE EXCLUSIVE EVENT FOR LIFESTYLE READERS

Simply send in the completed coupon and you can be one of the 20 lucky winners to attend the Christmas Gourmet Cooking with Chef Eric Teo.

**Event:** Christmas Gourmet Cooking with Chef Eric Teo

**Date:** Saturday, 8 November 2008

**Time:** 3pm to 6pm

**Venue:** Geylang Serai Community Club

(Entry Submission before 24 October 2008)

Please send this entry to: The Management Committee Geylang Serai CC, 99 Haig Road, Singapore 438748

Yes, I want to attend Christmas Gourmet Cooking with Chef Eric Teo.

Name\*: \_\_\_\_\_

IC No\*: \_\_\_\_\_ Date of Birth\*: \_\_\_\_\_

Telephone\*: \_\_\_\_\_ (Hm) \_\_\_\_\_ (O) \_\_\_\_\_ (Hp)

Address\*: \_\_\_\_\_

Email Address\*: \_\_\_\_\_

Only shortlisted winners will be notified. \*Mandatory fields

Organised By:



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Eric Teo is the Executive Chef of the Mandarin Oriental, Singapore and the President of the Singapore Chefs Association. Chef Teo was recently featured as a judge on Mediacorp's culinary show, Star Chef, and was named Best Executive Chef of the Year at the World Gourmet Summit Awards in 2006 and 2008.