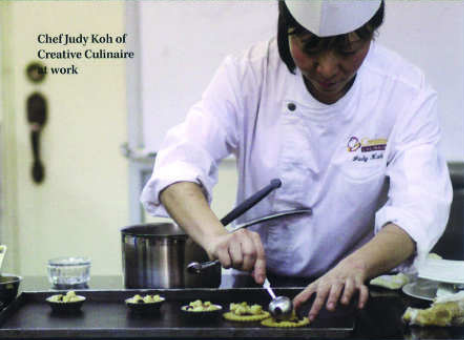
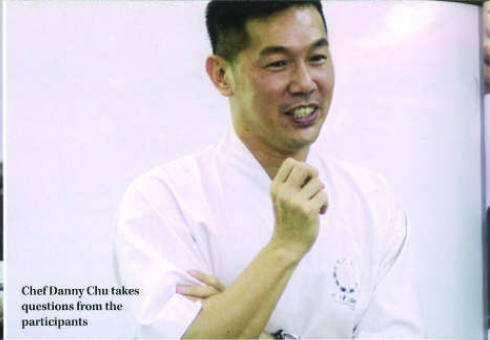


Chef Judy Koh of
Creative Culinaire
at work



Chef Danny Chu takes
questions from the
participants



R E : C A P

Eat Fresh Stay Healthy

The magazine held its second Silver Platter event, *Eat Fresh, Stay Healthy* on 24 August. If the overwhelming turnout is anything to go by, then it looks like silvers *do* want to stay healthy by eating fresh.

It was some fine way to spend a Saturday morning: good food galore prepared by good people. First there was Chef Judy Koh, founder and principal of Creative Culinaire, who demonstrated her special recipe of Wholemeal Guava

Tart plus shared plenty of tips on health baking. Next, we had Chef Danny Chu of Enso Kitchen, Singapore's first and only purveyor of Zen cooking to introduce Japanese Zen cuisine. Chef Chu whipped up two dishes, introducing us to the taste of authentic mirin. It's easy to end up with less-than-authentic mirin apparently (read "More About Mirin," page 73).

The event ended with a presentation on "Mood Enhancing Foods" by re-

nowned Naturopath Ketki Vinayachandra who served generous portions of food samplings. So it started with food, got midway with it, and finally ended with more of it... no wonder the crowds came! Look out for the next Silver Platter event. **SL**

Check out our next Silver Platter event on healthy eating, themed Guiltless Pleasures, 27 November, Saturday. For details, visit www.silverlinings.com.sg/events.

Participants
listen intently



Ketki Vinayachandra
shares about "Mood-
Enhancing Foods"