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四川豆花飯莊
Si Chuan Dou Hua Restaurant

FOR IMMEDIATE RELEASE

CHANGING THE WAY DINERS PERCEIVE CHINESE VEGETABLE-FORWARD CUISINE

The vegetable-forward menus will be launched in conjunction with a 'Love, Hope & Peace' exhibition at the UOB Art Gallery, encouraging a greater appreciation of the environment.

邀台北客座厨师一同合作的“蔬食宴”将再次让您思考‘人文餐饮’的概念。促销将和 ‘爱，希望与和平’画展一并举行。

(Singapore, 30 March 2016) – In a serious attempt to bridge the gap between Chinese and Western chefs in pursuing the concept of eating green, Singapore's pioneer Sichuan restaurant will host **Guest Chef Sean Xue (薛永鸿师傅)** from **Yang Ming Spring (阳明春天)** - one of Taipei's leading vegetarian restaurants - from **4 to 29 April 2016** at TOP of UOB Plaza. Partnering Si Chuan Dou Hua Restaurant's Executive Chef Zeng Feng (总厨曾锋师傅), the duo has designed two unique vegetable-forward menus that will change the way diners look at vegetable-based Chinese cuisine.

Double-boiled Bird's Nest in Pear Vessel
(水梨炖宫燕)

Stir-fried Fresh Peas in Vermicelli Nest
(米网甜豆仁)

While Western chefs have been quick to adopt and champion the concept of conscious eating for the environment, Chinese restaurants have been less active in doing so. Si Chuan Dou Hua Restaurant took its first steps earlier this year with the unconventional vegetable-only Premium Truffle Yusheng during Lunar New Year. It has also started growing a variety of vegetables and herbs at the alfresco terrace of its restaurant at PARKROYAL on Beach Road.

"A growing number of diners consider health benefits and the impact on the environment when they make their dining choices. Many are not yet ready to go vegetarian completely so it is important for non-vegetarian restaurants to also offer quality vegetable-forward menus that can suit this growing market of diners. With our new vegetable-forward offerings, both vegetarians and non-vegetarians can dine together here," said Ms Wee Wei Ling, Executive Director of Si Chuan Dou Hua Restaurant.

In conjunction with the promotion, a 'Love, Hope & Peace' (爱，希望与和平) art exhibition will be held at the UOB Art Gallery, featuring 13 oil paintings by international artist Dr. Sam Shee (施哲三博士), whose works are currently being showcased at Yang Ming Spring in Taipei. Dr. Shee's creations inspire introspection of one's life, and encourage greater appreciation of the natural environment.

Ancient Tree and Crane
(古树与鹤)

Sumptuous vegetable-forward creations (美味的蔬食菜肴)

Unknown to many, the creation of vegetable-based dishes requires a high level of innovation and perseverance, as chefs have a much lesser variety of ingredients to pick from, and yet have to deliver the same satisfaction as a non-vegetarian meal.

Available at $68 or $88 a person, the vegetable-forward menus designed by Guest Chef Sean Xue and Executive Chef Zeng Feng do not disappoint. Combining natural greens and tantalising Sichuan flavours, dishes are robust in flavours and every plated ingredient including the relishes must be savoured, for they all contain surprises for the palate.

The set menus begin with the **Beech Flower Honey Cooler (榉花蜜饮)**, a blend of pollen from Taiwan's native beech tree and longan honey. The concoction is rich in B-complex vitamins and contains 5 to 7 times the protein in eggs, packing in great benefits for the complexion.

Bird's nest may be commonly enjoyed in Chinese cuisine but instead of presenting it as a dessert, the delicacy is double-boiled without sugar and served in a pear vessel. The resulting taste is natural and healthful, with the bird's nest taking on the mild sweetness of the pear flesh.

Double-boiled Bird's Nest in Pear Vessel
(水梨炖宫燕)

Taro and Mushrooms served on Hot Stone
(芋香朴叶烧拼四川凉面)

Chilled Rose Vinegar
(玫瑰花草醋)

Another highlight is the **Taro and Mushrooms served on Hot Stone (芋香朴叶烧拼四川凉面)**. Julienned yam is steamed and served on a Japanese magnolia leaf, which gives off a subtle fragrance atop a hot stone. This is paired with the Chilled Sichuan Spicy Noodles, which complements the earthy flavours of the yam.

In between dishes, diners will be served a palate cleanser in the form of the **Chilled Rose Vinegar (玫瑰醋)**, commonly enjoyed in Taiwan for its digestive benefits.

Main courses are grand presentations of two types of mushrooms. **The Steak of Mushroom with Black Pepper Sauce or Sichuan Bean Paste (御品煎猴排)** is a monkey-head mushroom drizzled with a chef's special sauce, and takes more than two days to prepare as the mushroom is soaked under running water to soften its coarse fibres. The **Abalone Mushroom with Chinese Yam (淮山杏鲍菇)** on the other hand sees the abalone mushrooms coated with a marinade of Chinese herbs and flour, then fried till crisp. They can be enjoyed with the eye-pleasing wild berry or apricot relishes that decorate the plate.

The closure of the meal is as delightful as the journey. Guests will enjoy Si Chuan Dou Hua Restaurant's signature **Homemade Fine Bean Curd served with two toppings – Wolfberries and Chia Seeds (现制豆花拼枸杞子及嘉种子)**, before washing down the meal with **Oolong Tea** from Taiwan's highland mountains **(台湾高山乌龙)**. The beverage contains high levels of polyphenols, which enhance the breakdown of fats and lower blood cholesterol levels.

Si Chuan Dou Hua Restaurant's vegetable-forward menus are available at **$68** and **$88** per person from 4 to 29 April 2016 exclusively at TOP of UOB Plaza. UOB cardmembers enjoy 20% savings on set menus.

For enquiries or dining reservations, please call Si Chuan Dou Hua Restaurant at:

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An exhibition of Love, Hope & Peace

Le Passage
(天梯 - 懷抱大地)

Empowered Woman
(負荷)

The Red Bridge
(淡水晨光)

Throughout civilisation, food and art best represent how mankind has evolved. Showcasing 13 oil paintings by Dr. Sam Shee, 'Hope, Peace and Love' aims to encourage a greater appreciation of the natural environment through the arts, and is held in conjunction with Si Chuan Dou Hua Restaurant's special vegetable-forward menus launched in collaboration with Taipei's famed vegetarian restaurant Yang Ming Spring (阳明春天).

In a world damaged by global warming brought on by mankind's greed and avarice, choosing to go meatless is not just a dietary choice, but is a reflection of one's depth of values and attitude towards the environment.

Similarly, art expresses one's spiritual and cultural depth. As the saying goes, 'Arts is medicine for the soul', Professor Shee's art pieces encourage healing of the soul through introspection, at the same time spreading love and hope. His artmaking journey is closely intertwined with his practice of medicine – they follow the processes of observation, diagnosis and treatment. Just as he is a positive and confident person, his works exude uplifting energy, drawing viewers in with a sense of encouragement.

Date: 4 to 29 April 2016
Venue: UOB Art Gallery, atrium of UOB Plaza 1

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For more information and high-resolution pictures, please contact:

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About Si Chuan Dou Hua Restaurants
The Si Chuan Dou Hua group of restaurants is renowned for the quality and authenticity of its Sichuan and Cantonese dishes. Since its inception in Singapore in 1996, the group has successfully built a regional presence in Japan, Malaysia and Myanmar through its stable of six restaurants. The exceptional dining experience is complemented with a skilled Tea Master who combines acrobatics, gymnastics and dance in the traditional art of tea-pouring, as well as a selection of more than 30 types of premium Chinese teas from the adjoining Tian Fu Tea Room.

For more information, please refer to www.sichuandouhua.com.

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