

Name :

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Members
of your team :

FUSION COOKING

We are privileged to live in a country with many cultures. Each culture came with its distinct cuisine, which uses characteristic ingredients and techniques. However, as our country becomes more cosmopolitan, the fusion of food from different cultures becomes common. In this activity, you take the 'best of all worlds' by experimenting with new recipes using some of the herbs, spices and food plants in your school garden.

Project Objectives

Your team has to:

1. Identify some common local herbs and spices (in the school garden, if these are available).
2. Select a few herbs and carry out research on these plants, health benefits and recipes that use them.
3. Find out what "fusion cooking" is. Create a new recipe by integrating recipes from different cultures. Give your new recipe/dish a name.
4. Cook your new dish.

Equipment/Materials

Optional: A Guide to Herbs and Spices (Singapore Science Centre Guide Book), ingredients for their recipe.

Suggested Steps

Session 1:

1. Observe and identify some herb and spice plants (in the school garden or those given by your teacher).
2. Go to the computer room to do research on these herbs and spices e.g. health benefits and some recipes that use them. Find out what fusion cooking is.
3. Brainstorm your team's own new fusion recipe. Write it out, give it a creative name and submit it to your teacher for feedback.

Session 2:

4. Obtain the ingredients and try cooking your team's fusion recipe.
5. Ask your teacher and friends to try and feedback on the new dish.
6. Make a short class presentation about your team's fusion dish.

Tips

- Imagine you can combine western and/or eastern tastes! The possibilities are endless!
- Note the types of herbs and spices that some cuisines often combine (e.g. ginger and lemon grass for Thai dishes).
- You can recreate someone else's fusion dish, but do give credit to the original chef!

