

## **Queenstown Unveils first Community-crafted Culinary Collection Cookbook<sup>1</sup> where Heritage Meets Health**

*Singapore, 11 July 2024* – Growing up, due to financial hardship, Waing Waing’s grandmother had no means to provide meat-only meals. So she cooked curry incorporated with a variety of vegetables into their meat dishes, to keep the cost down, yet keeping the family filled. Mdm Helen learnt how to make bubur chacha from her mother and they would have it always at family gatherings. The twist that Mdm Helen made to this recipe was that she makes the tapioca balls herself for the personal touch.

2 This recipe collection, first of its kind, is a comprehensive compilation of traditional and healthier recipes curated by the Queenstown community, in partnership with Alexandra Hospital's Dietetics Department. The ground-up project began as an idea sparked by Catherine Koh, Head of the Dietetics Department, who was interacting with the residents of Queenstown and the seniors at Lions Befrienders Active Ageing Centre at Mei Ling Street during their monthly cooking workshops.

3 Residents living in Queenstown were invited to contribute their treasured family recipes, where were then prepared with students from Temasek Polytechnic (TP)’s School of Applied Science, Diploma in Food, Nutrition & Culinary Science, as their final year project with AH’s Dietetics Department. Together, dishes were crafted that not only transcended heritage and family heirloom recipes, but also resonated across ethnicities and cultures, and most importantly, promoted better health and nutrition. Catherine said, “The inter-generational project aims to preserve heritage recipes and adapt them for better health to prevent and manage chronic diseases that have been common among seniors. The project involved seniors sharing their culinary legacies and students adapting the recipes to healthier versions, tested and refined through taste tests with the seniors.” The health goals are to conserve good health through healthier home-cooked meals and to prevent and manage chronic diseases associated with ageing, such as diabetes, high cholesterol, and high blood pressure. This is achieved by reducing the use of oil, choosing healthier oil, reducing high-sodium sauces and seasoning, increasing the fibre content by adding a variety of vegetables, and ensuring a balance of nutrients in each dish. The adapted recipes are designed to be inclusive, not only catering to individuals with dietary restrictions and chronic health conditions, but there are recipes adapted for vegetarians and Muslims too.

4 Under the guidance of Temasek Polytechnic lecturer, Ms. Siti Saifa Hussain, and AH Dietetics Department, the students prepared the dishes, making modifications to the traditional recipes, such as using brown rice and reducing the use of oil and sodium, to accommodate dietary restrictions and chronic health conditions. With the strong support from the Queenstown Strathmore Avenue Zone Residents' Network and Lions Befrienders Active Ageing Centre @ Mei Ling, who connected enthusiastic residents to pair up with the students in the cooking, the recipes featured healthier rice alternatives, lean meat options, a

---

<sup>1</sup> Download a free copy via [https://for.sg/tothrq: Treasury of Traditional and Healthier Recipes Queenstown.pdf \(ah.com.sg\)](https://for.sg/tothrq:Treasury%20of%20Traditional%20and%20Healthier%20Recipes%20Queenstown.pdf%20(ah.com.sg))

variety of fruits and vegetables, and recommendations for oil and seasoning choices. Additionally, the recipes are categorized by ethnicity (Chinese, Malay, Indian, Others), and a symbol denotes vegetarian-friendly dishes. Nutrition information panels are included for each recipe, along with a glossary of heritage ingredients to aid in recognition.

5 Each recipe is accompanied by detailed instructions, nutritional information, and tips for preparation. Notable recipes include Chicken Rice, Braised Chicken with Potato, Lotus Root with Peanut Soup, Sweet Potato Green Bean Soup, and Bubur Cha Cha in the Chinese section; Mee Birthday and Assam Pedas in the Malay section; and Tandoori Chicken and Butter Chicken in the Indian section. Each recipe is adapted to be healthier, with lower fat, sodium, and sugar content while maintaining traditional flavours, and making it suitable for individuals with dietary restrictions or chronic health conditions.

6 Lions Befrienders Executive Director, Ms Karen Wee said, “This is a wonderful ground-up initiative where the collaboration with the residents fostered a sense of community and provided support for seniors, while keeping them healthy and engaged in their favourite pastime.”

7 Mr Melvin Poon, AH Head of Allied Health Professionals said, “This is just the beginning of more community partnerships in the future, through infusing these recipes as part of not only the community’s healthy cooking workshops, and also considering to introduce them into our inpatient menu.”

8 Mr Eric Chua, Advisor of Queenstown ward and Senior Parliamentary Secretary for MSF and MCCY was guest-of-honour, and he said, “The recipe is a culturally rich and health-conscious cookbook that preserves the culinary heritage of the Queenstown community while promoting nutritious adaptations to beloved recipes. It serves as a bridge between generations and cultures, encouraging shared experiences and healthier lifestyles through mindful cooking and eating.”

The online copy of the 23-page recipe is available on [www.AH.com.sg](http://www.AH.com.sg). Download a free copy via [https://for.sg/tothrq: Treasury of Traditional and Healthier Recipes Queenstown.pdf \(ah.com.sg\)](https://for.sg/tothrq:Treasury_of_Traditional_and_Healthier_Recipes_Queenstown.pdf%20(ah.com.sg))

-End-