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SilverKris

APRIL 2020

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OF THE CANBERRA COUNTRYSIDE

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An idyllic scene
on the outskirts
of Canberra



All about balance

Town or country? It's an eternal debate, and one I am still not sure I can answer. I grew up in a pretty rural corner of England and have a huge love for the natural world. Yet, I have spent all my adult life happily living and working in big cities around the planet. Sure,

I often daydream of a simpler life, dwelling in some isolated bolthole, far from the people and pressures of city-living, but I'm also aware that I wouldn't last a week before I started to clamour for a dose of cafés, company and culture. Even more challenging would be my complete lack of any practical survival skills. Of course, the answer to the riddle – as with most things in life – is really a little bit of both. And that's exactly what we have on offer in this month's issue.

We kick things off with the growing number of quirky accommodation options, from luxury tents to historic homesteads, tucked away in the striking Australian landscapes just a short drive away from Canberra (page 38). These are countryside escapes made easy, the perfect solution for the time-deprived among us – and for those who don't want their nature too raw or remote!

From the Aussie countryside, we head back to the urban jungle, as we celebrate the upcoming launch of Singapore Airlines' new route to Brussels this October with a tour through the beautiful but often overlooked cities of Flanders (page 48). Following in the footsteps of painter Jan van Eyck, we discover how his story is intertwined with the rich history, culture and architecture on offer in Ghent and Bruges.

From the old, we head to the new, ending this month's globe-trotting with a visit to Manila. The city has seen a recent proliferation of restaurants championing an exciting brand of modern Filipino cuisine (page 58) that still leans on regional traditions and ingredients.

Whether you crave cutting-edge cuisine, inspirational art and history or a quiet country retreat, we hope you find the perfect balance on your travels.

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Senior Managing Editor

Ink

SilverKris

April 2020

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Travel tech

A device that reduces snoring, a palm-sized gizmo for light therapy and other intriguing gadgets to help ease the stresses of being away from home.



Power lunch

From elegant steakhouses to high-end Chinese, check out these Singapore venues offering the perfect executive lunch.



Feels like home

There's no better way to experience *hygge* – the Danish concept that connotes a mood of cosiness – than at one of these boutique Copenhagen hotels.



On two wheels

Singapore's small size makes it perfect for exploring by bike. Here are a few trails that'll allow you to take in some scenic views from your saddle.

CONTRIBUTORS



Journalist **Jil Hogan** has worked across various roles in publishing. In this issue, she takes us beyond Canberra's city limits (page 38). "I loved waking up to the chorus of native birds – being able to step outside, still barefoot, in the rugged Australian bush. At dusk, dozens of kangaroos would seemingly appear out of nowhere and mingle around the vines at the wineries."



Clodagh Kinsella is a travel and culture journalist. She guides us on a tour through Belgium's Flanders region, following in legendary artist Jan van Eyck's footsteps (page 48). "The once-in-a-lifetime opportunity to see many of the panels of the *Ghent Altarpiece* up close in a museum, as opposed to their usual cathedral setting, was absolutely unforgettable."



Manila-based writer **Angelo Comsti** is all about food. In this issue, he brings us into the kitchens of several star chefs working with modern Filipino cuisine (page 58). "I loved learning [more] about the creation process behind the chefs' inspiring dishes – from conceptualisation to plating – as well as discovering their views on where Filipino cuisine is headed."



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THE CHEDI
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ANDERMATT, SWITZERLAND

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Chefs in Manila are modernising Filipino cuisine, with innovative spins on traditional dishes



Belgium's Flanders region is celebrating master painter Jan van Eyck with a host of events and exhibitions



THE SQ

Your go-to
resource for
April's latest
trends across
travel, culture,
food, fashion
and technology

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News from the flight deck, destination updates and all the essential information you need for a superior travel experience with Singapore Airlines

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漫游指南针



Our cover this month is of Sweeney's Hut, an eco-friendly retreat outside of Canberra, taken by **Matt Beaver**. Read our feature story on where to stay when you need a break from city living on page 38.



Visit silverkris.com for inspiration for your next adventure

THE SQ

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GLOBAL TRENDS

Parks and recreation

National Park Week, from 18 to 26 April this year in the United States, sees free entry to all parks on the first day and a slew of special events throughout the period. Here's what you need to know about the country's massive national park system.

327 million

Visitors to the country's national parks in 2019. The Great Smoky Mountains National Park along the Tennessee–North Carolina border was the most popular, with 12.5 million visitors.

62

Total national parks in the US. The latest, White Sands in New Mexico, known for its immense dunes of glistening gypsum sand, was granted national park status in December 2019.

IMAGES: ALAMY STOCK PHOTO (MAIN, 1957); SHUTTERSTOCK.COM (INFULL BLOOM)

THE FINAL FRONTIER

The International Day of Human Space Flight falls on 12 April. Here are some landmark moments in the history of space exploration

Sputnik 1 is the first artificial earth satellite to be launched, heralding a new age of space exploration.

1957



1961

Soviet cosmonaut Yuri Gagarin becomes the first human to journey into outer space, with his capsule Vostok 1 completing a full orbit of earth on 12 April.

5.34

million hectares

Size of Wrangell-St Elias National Park & Preserve in Alaska, making it the largest national park in the US. Conversely, Missouri's Gateway Arch National Park, one of the smallest, measures just 36.8 hectares.

28,970

Total length of trails within the US National Park System. The longest is the North Country Trail, which crosses from New York to North Dakota and spans 7,400km.

86m

Depth, below sea level, of Badwater Basin in California's Death Valley National Park, making it the lowest point in all of North America.

IN FULL BLOOM

Where to spot cherry blossoms across the network this month



1921

Founding of Brooklyn Botanical Garden's Cherry Walk, the centre of the Sakura Matsuri (April 25 to 26), which celebrates Japanese culture.



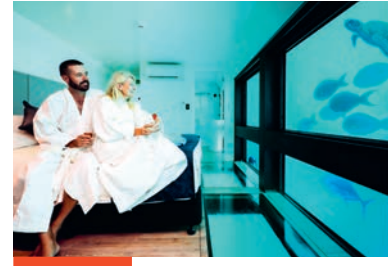
200

Cherry trees at Langelinie Park in Copenhagen, which hosts the annual Copenhagen Sakura Festival (18 and 19 April).



2

Cherry tree groves at Parc de Sceaux just beyond Paris. Bosquet Nord and Bosquet Sud are home to pink and white blossoms respectively.



1,500

Fish species that guests at ReefSuites – a new A\$10 million underwater hotel in the Great Barrier Reef – can try and spot, from the clownfish to the redthroat emperor.



600

Capacity at Lafayette, a music venue at lifestyle hub Goods Way in London, which debuted in March. It also hosts eateries such as Temple of Seitan and the bar Sweetwater.

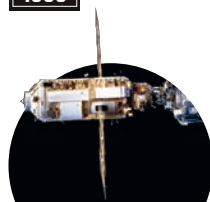


1969

The first humans – led by Apollo 11 commander Neil Armstrong – land on the moon. The event is broadcast on live TV worldwide.

Five space agencies, from NASA (United States) to JAXA (Japan), jointly launch the International Space Station (ISS).

1998



2001

American entrepreneur Dennis Tito forks out US\$20 million to board a Russian spacecraft to the ISS, where he spends nearly eight days as the first space tourist.

NASA astronaut Christina Koch returns to earth after an incredible 328 days in space – the longest spaceflight undertaken by any woman.

2020



Architectural
brilliance
meets
traditional
cultural cues at
these design-
driven hotels

Rosewood, Bangkok

rosewoodhotels.com

A sense of place

Towering high above Bangkok's ritzy Phloen Chit district, the hotel's gleaming exterior is shaped like a *wai*, the traditional Thai greeting where palms are pressed together. Further nods to Thai culture mingle with chrome and luxurious leather interiors: silk wall coverings feature intricate Thai motifs, chandeliers akin to traditional hand fans hang from the lobby ceiling and mirrors etched with temple-roof-shaped gold leaf are found in the hallways.

Welcome home

From the entry-level studios to the multi-bedroom suites, all the cream-coloured rooms resemble an art collector's penthouse, adorned with art books, brass trinkets and lacquered candy jars, alongside marble-clad bathrooms. Butlers on call remind guests they're at one of Bangkok's most luxurious addresses. On



Spacious corner
Premier Rooms
feature fantastic
views of the
Bangkok skyline

the hotel's top floors are four private "houses" – the "smallest" spanning 189m² – that come with their own plunge pools, outdoor terraces and dining rooms surrounded by teakwood.

North meets south

On the 19th floor, signature restaurant Nan Bei brings out the best of China's regional cuisines. Designed by New York-based AvroKo and

inspired by the romance of the ancient Chinese folktale *The Cowherd and the Weaver Girl*, the interior carries shades of mustard and deep purple, with gleaming chrome chandeliers, exquisite marble inlay floors and sultry velvet upholstery. Just as remarkable is the top-notch Peking duck – carved tableside – and their take on *xiao long bao* (soup-filled dumplings), with black truffle and blue swimmer crab.



WORDS: CHRIS SCHALKX (BANGKOK), TRAVIS LEVIUS (CAPE TOWN) AND LEVIN TAN (PARIS)

GRAND
DESIGNS

Gorgeous George, Cape Town

gorgeousgeorge.co.za

Housed in heritage

Situated between St George's Mall and Greenmarket Square, this trendy hotel is spread across two restored heritage buildings: one Art Deco and the other New Edwardian. Both have been connected since the 1940s, with Cape Town-based architects Urbane Citizen keeping the original façades largely intact.

Industrial-chic interiors

Johannesburg-based Tristan du Plessis is the maestro behind the hotel's design. Exposed steel piping and raw concrete salute the original buildings' legacies, which are

brilliantly combined and contrasted with subdued tones, such as the dark olive chesterfield sofas and black high-end designer lighting, alongside contemporary artworks and assorted African curios from decades past.

Rooftop respite

Multi-functional hotspot Gigi Rooftop, on the sixth floor, is made of distinct, impeccably designed but delightfully fluid zones: The bookshelf-lined lounge shares space with the cocktail bar and dining area, which leads to a conservatory with lush plant-filled baskets suspended from the ceiling.



Making a splash

Cascading down 10 floors into an indoor-outdoor swimming pool overlooking the cityscape, a dazzling waterfall at the heart of the building references the peace and harmony that water symbolises in Thai culture. At its source, a seven-metre-high light installation made up of hundreds of illuminated metal birds resembles a night sky glittering with stars.

Extraordinary art

Dozens of contemporary works by Thai artists dot the property. Highlights include an abstract temple drawing by 2009 National Artist Preecha Thaonthong and a metal rendering of ancient Thai lettering by inter-disciplinary artists Jiradej and Pornpilai Meemalai. The mini-gallery on the lower-level lobby changes with the seasons, exhibiting emerging homegrown talent.



To book flights to these destinations, visit singaporeair.com

JK Place, Paris

jkplace.paris

A statement of place

Located in the city's 7th arrondissement, the property's unmarked white stone exterior suggests a formal air, but upon entering you'll find an almost Bohemian mix of design styles. There's a reception area clad in distressed oak, ornate marble fireplaces and cashmere throws flung over custom-furniture, all sitting alongside vintage finds such as Hermès lamps and a Jacques Adnet table.

Visual cues

Each of the 30 rooms is decorated with graphic,

geometric wool rugs by interior designer Michele Bönan. Forsaking the conventionality of walls, one suite divides the spacious room with a large, puzzle-like bronze box. Bathrooms are equally over-the-top, with chrome showers, pearl-inlaid fittings and even a full sitting area.

Luxury for within

Need to relax and unwind? You'll find a *hammam* (Turkish bath) and a lap pool in the basement. Afterwards, enjoy Mediterranean sharing plates at restaurant Casa Tua.





Gardens by the Bay

where Wonder Blooms

Singapore's Gardens by the Bay - Featuring over 1 million plants from 19,000 species

Showcasing the best of horticulture, sustainability and architectural design, Gardens by the Bay has blossomed into a must-see destination that's among the world's top 20 most checked-in places on Facebook (2015). Explore diverse plant life from around the world displayed in the spectacular Cooled Conservatories, marvel at Supertrees and dive into a 4D ride of a dragonfly's journey. Come, be inspired by nature where wonder blooms.



Flower Dome

Experience the cool conditions of perpetual Spring and discover 9 different gardens from Africa, America, Asia, Australia and Europe.



Tulipmania

Flower Dome - 10 Apr - 10 May

Fall in love with the romantic Dutch countryside as you wander through a vast field of tulips and an immersive burst of Spring colours.



Cloud Forest

Stand next to the 35-metre tall waterfall and descend through the surreal mist-filled Cloud Walk and Tree Top Walk.



Floral Fantasy

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Discover the local food scene, get active and experience a relaxing art-filled outing with our latest three-day itinerary to Singapore

DAY

1



1

Ahead of the **World Gourmet Summit** (WGS) – an annual celebration of Singapore’s dining landscape – dedicate the day to sampling the city’s culinary wonders.

Start with breakfast at **SR62** in **Tekka Centre** (2), next to Little India MRT station, by ordering Malay delights such as the *soto ayam* (spicy chicken soup) or the aromatic *mee rebus* (yellow noodles swimming in a thick, curry-like gravy).

With a full belly, wander around the wet market at Tekka Centre. A popular spot for chefs, the colourful warren of stalls sells ripe fruits and vegetables and fresh cuts of meat and fish.

From here, it’s a 20-minute walk to Raffles City Shopping Centre. Peruse the mall’s many stores before sitting down to lunch at the new **Tiong Bahru Bakery Diner** (3), an offshoot of the popular Tiong Bahru Bakery that’s beloved for its French pastries. The restaurant

has an all-day breakfast concept, with a sizable portion of the menu made up of plant-based dishes. Standout options here include fluffy brown butter pancakes and a chayote kimchi and mung bean salad.

In the afternoon, browse **The Farm Store** at the nearby National Design Centre, where you can pick up locally made jams by Straits Preserves, plus a fun assortment of other food-related items such as colourful plates that showcase local breakfast items and adorable cushions shaped like *kueh tutu* (steamed rice-flour cakes).

If you feel your energy levels flagging, make a beeline for Capitol Piazza for two new sweet retreats. **Carmen’s Best** has opened its first outlet outside the Philippines and serves its immensely popular artisanal ice cream. **Tiger Sugar**, the brown sugar bubble tea outfit, has also debuted a dessert booth, offering the likes of taro lava and red bean soup



2

with Taiwan black sesame rice balls.

Return to your hotel to freshen up before dinner at one of the WGS venues, such as Open

Farm Community, Tamarind Hill or Nouri.

Other events during the summit include a Caribbean dinner at One Farrer Hotel and a gourmet brunch at Labrador Nature Reserve.

Another dining option, away from the WGS crowds, is **Mott 32** (1) located in Marina Bay Sands. It serves fine Chinese dishes such as a signature crispy sugar-coated Peking duck bun and crispy prawns with salty egg yolk and oatmeal.

Over at Maison Ikkoku, a short cab ride away, the new venue **SLING** presents playful interpretations of the iconic Singapore Sling cocktail. Try the SLING-a-pu-ra, which comes accented with tropical fruits and herbs.



3

INSIDER TIP



Cynthia Chua, founder of Tiong Bahru Bakery “[My favourite place to go is] Lau Goh Teochew Chye Thow Kway at Zion Riverside Food Centre for their black and white carrot cake.”

DAY

2

INSIDER TIP



Betsy Chen, co-founder of Off Duty Pilates "My favourite [running] route takes me from Henderson Waves bridge all the way down to Labrador Park. It's 9km long with gentle slopes and is a great way to explore the city, outside of the city!"



The **Singapore Badminton Open** – where the sport's top players will battle it out for a US\$408,000 prize purse – is scheduled to return this month (7–12 April), and serves as suitable inspiration for a day of sport and activity.

Start things off on the right foot with your very own impact adventure. Choose from varying levels of intensity, depending on your stamina and endurance, with a morning workout session at either **Off Duty Pilates, boOm** (boxing) or **Absolute Cycle** (spinning), all located within the Downtown Core.

Afterwards, power up with some eggs, smoked salmon, croissants and avocado at **My Awesome Cafe** (1) located in a homey, heritage shophouse on Telok Ayer Street.

Next, make the short walk to Chinatown MRT station and take the North East Line to HarbourFront. Leave from Exit D to catch the Marang Trail, which signals the start of the **Southern Ridges** (3), a 10-kilometre walk that connects various green spaces and parks in this part of the city-state.

Among the highlights are the awe-inspiring and undulating **Henderson Waves**,

Singapore's highest pedestrian bridge set 36 metres above the road, alongside tranquil trails through secondary forest.

Meander your way to **Masons** for lunch, a bright and airy restaurant set within a colonial black-and-white bungalow dating to 1935. The menu offers everything from Asian classics such as kung pao chicken skewers to pizza, pasta and Western eats including juicy slow-cooked ribs.

Eat well, as you'll need energy for the afternoon Trails of Tan Ah Huat bike tour with

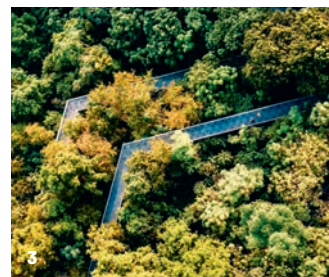


Let's Go Bike Singapore. It explores and compares modern Singapore to life on the island back in the 1920s, with stops at Kampong Glam, Chinatown and Fullerton Bay.

Reward your exertion with a 90-minute Asian Heritage treatment at the **Fullerton Spa**, one of their many targeted, holistic therapies.

For an intimate dinner, Raffles Hotel's recently opened **Butcher's Block** (2). With an open kitchen and 44 seats, it is perfect for sampling meats that have been smoked, grilled and slow-cooked over a wood fire.

Round out the day at **PONG Singapore** at Clarke Quay, a bar where craft beers, cocktails and digital beer pong lure those looking for some old-fashioned fun with a distinctively modern twist.



GET ACTIVE

Other ways to get your heart racing in the Lion City

**iFly Singapore**

Relish the sensation of skydiving without the hassle of jumping out of a plane at this Sentosa Island experience.

Mandai Rivers

Paddle the waterways with tour company Kayakasia to explore one of Singapore's most important mixed mangrove areas.

Ketam Mountain Bike Park

The tranquil island of Pulau Ubin has bicycles for rent and is home to 10 kilometres of trails set around a former granite quarry.

SURF COVE by Wave House Sentosa

Scheduled to open this quarter, it will feature a Double FlowRider two-person surf machine.



Mpumalanga
Kruger National Park



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Inspiring new ways

DAY

3



After two days exercising the body and the taste buds, it's time to address the mind, with a dive into Singapore's cultural and artistic scene.

Begin with breakfast at the new 24-hour **Café de Muse** in Isetan Scotts. Its second-level dessert café opens from 11am to 9pm, but the main level operates around the clock, serving up delicious, fluffy waffles and decadent full English breakfasts.

Once you've had your fill, embark on a **public art trail** that shadows Singapore's most famous shopping street, Orchard Road. Start your journey at The St. Regis Singapore, where you'll find the sculpture *Reclining Woman* by Fernando Botero. There's also *Nutmeg and Mace* by Kumari Nahappan located outside the main entrance of shopping mall ION Orchard.

INSIDER TIP



Saskia Joosse, founder of Pop and Contemporary Fine Art
 "I am especially fond of the mural *Mid-Autumn Festival* [by Yip Yew Chong]. It shows Singapore's *kampung* spirit – the positive attitude among neighbours and a sense of understanding within the community."



Further down the stretch, outside 163 Penang Road, you'll catch sight of the bronze sculpture *Dancer* by Singapore-based Sun Yu-Li and the iconic Pop Art work *Love* by artist Robert Indiana.

As its name suggests, **Arteastiq** in Mandarin Gallery pairs art and tea, with a beautifully presented selection of high-tea sets served from 1pm onwards and on-site painting sessions. Drop by for an early afternoon bite to boost your energy levels.

Aficionados of the Pop Art genre can also book an appointment at the **Pop and Contemporary Fine Art** office on Orchard Road, which sells works by renowned names such as Andy Warhol, Burton Morris, Keith Haring, Yayoi Kusama, Damien Hirst, Robert Longo, Roy Lichtenstein and Takashi Murakami.

Also situated along Orchard Road, **SUPER FREAK Boutique**

(2) showcases locally designed clothing and jewellery, while **Design Orchard**

(1) is a combination retail and incubation space for more than 60 local labels. The latter is the perfect spot to pick up some unique local souvenirs for yourself or your loved ones.

Pretty black-and-white tiled floors and sleek furnishings complement the artfully presented plates of pasta at the new **LINO Pasta Bar** (3) at Shaw Centre, which will be tonight's dinner spot. There are lots of dishes to choose from, such as the pumpkin cappellacci with brown butter, sage and balsamic, and the fusilli with basil pesto and turkey breast.

If you still have room for dessert, the **Janice Wong** store in Paragon is open until 9.30pm and supplies artistic sweet treats courtesy of the lauded Singaporean pastry chef, whose creations have been described as edible art. – **By Sanjay Surana**



ART ABOUT TOWN

Where to see great outdoor sculptures

Singapore River

Pieces such as *First Generation* by Chong Fah Cheong act as a window on local life in the years gone by.

Raffles Place

The 18.5m high *Momentum* by David Gerstein (left) represents progress, as seen in the surrounding district.

Singapore Botanic Gardens

This Unesco World Heritage site houses many sculptures, including *Flight of Swans* by Eng Siak Loy.

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Far-out festivals

From the weird to the downright wonderful, these annual traditions are worth seeing

Words by Imogen Rowland
Illustration by Nathalie Lees

THE COOPER'S HILL CHEESE-ROLLING AND WAKE

This annual ritual (held on **25 May** this year) dates back to the early 1800s and takes place in the Gloucestershire countryside, near the city of Cheltenham. It sees an eight-pound wheel of Double Gloucester cheese rolled down Cooper's Hill, pursued by competitors who attempt to catch the runaway round. Think that's strange? Add in the fact that Cooper's Hill has a gradient of 50%, so it's not just the cheese that speeds downhill; racers themselves often hurtle out of control in pursuit of the dairy prize. This isn't for the faint-hearted – or the lactose-intolerant.

PUMPKIN FESTIVAL

This **September** and **October** will see Ludwigsburg – located about two hours south of Frankfurt – throw the world's largest pumpkin celebration. You'll be able to see hundreds of thousands of the winter squash get fashioned into large dinosaur sculptures; processed into beer and fritters; or pitted against each other in a grand weigh-off. The biggest draw, though, is the Pumpkin Canoe Regatta, where individuals race on Castle Lake with hollowed-out gourds as their boats.

BAY TO BREAKERS

As a tradition dating back to 1912, this entertaining annual footrace in San Francisco (scheduled to be held on **31 May** this year) sees a throng of runners dashing a whopping 12km in the wildest costumes imaginable – think everything from Sesame Street characters to a rollercoaster. The festival was in fact born from a natural disaster – in the wake of the devastating 1906 earthquake that shook the coast, the city's residents conceived of the race to lift public morale. The first event attracted less than 200 starters; today, it attracts upwards of 70,000 runners.

BOUN BANG FAI

Also known as the Rocket Festival, Boun Bang Fai is a much-loved annual event on the Laotian calendar and is held in local villages **throughout May**. Part fertility festival, part prayer for rain, Boun Bang Fai sees locals construct elaborate rockets from bamboo poles and gunpowder, which are launched into the sky as an offering to the gods to bring rains in the coming wet season. Alongside the highly anticipated launching of the rockets, the festival also involves music, dancing and colourful street processions, and is believed to date back to pre-Buddhist times.

LA TOMATINA

Were you told not to play with your food as a child? Well, in the town of Buñol in Spain, it's obligatory to do so on the last Wednesday of August, when La Tomatina takes place (**26 August** this year). A huge food fight played out with about 150 tonnes of ripe tomatoes, the whole town turns red in a tradition that dates back to the 1940s, when an accidental food fight broke out during a parade. Today, the event attracts around 20,000 participants and starts at 11am – or earlier if someone successfully removes a leg of ham from a greased pole hoisted in the town square.

THE GREAT NEW ZEALAND MUSTER

This small town in the north of King Country on the North Island is unofficially considered the world's sheep-shearing capital. To celebrate this plaudit, each year, the town hosts a festival (held on **4 April** in 2020) celebrating all things related to sheep, from speed-shearing competitions to wool-centric craft stalls and more. The day's climax is the running of the sheep, which sees hundreds of animals herded along Te Kuiti's main street in a race to the finish line – roughly by the six-metre-high statue of a sheep shearer.

Off the scales

Why the fin-to-tail trend is reeling in diners across the globe

Fin-to-tail dining has long been practised in Asia, where fish heads, livers and even eyeballs are considered delicacies in many cultures. But the concept, which entails eating just about each and every part of the fish, is relatively unheard of in the West – at least till now.

Enter **Lyon's Seafood & Wine Bar**, a new North London restaurant that champions the fin-to-tail approach. Here, head chef Talia Prince utilises underused cuts and offal in dishes such as charcoal-grilled fish belly skewers with soy and ginger, and miso hake collars with seaweed mayo.



Lyon's joins a small but growing list of fin-to-tail restaurants outside of Asia. Among its fish dishes, Michelin-starred **Elkano**, near Bilbao in Spain, serves up *kokotxas* (cod throats) three ways: grilled, confit and *al pil pil* (in a traditional Basque sauce of olive oil, garlic and chilli). And at **Saint Peter** in Sydney, an award-winning seafood restaurant helmed by talented young Aussie chef Josh Niland, dishes such as

barbecue Murrumbidgee Murray cod head, and Terrigal wild king fish stomach on an XO crumpet steal the show.

It's not just seafood restaurants getting in on the trend. In San Antonio (located three hours from Houston), Texan restaurant and microbrewery **Southerleigh** is renowned for its fried snapper throats, served with a Creole mustard remoulade.

The question ultimately is: will diners be hooked?

This page, from above
A dish of crumbed Spencer Gulf Tommy Ruff, horseradish gremolata and wild fennel mayonnaise from Saint Peter; Southerleigh's fried snapper throats



WORDS: DELLE CHAN; IMAGE: JOSHUA NILAND (SAINT PETER); ILLUSTRATIONS: GIOVANNA GIULIANO

All about keto

The global ketogenic (low-carb, high-fat) diet market will be worth US\$15.6 billion by 2027*, and restaurants are already cashing in. Melbourne's **The Burger Block** has pizzas featuring an almond flour base, Singapore's **Seriously Keto** stocks low-carb, gluten-free loaves and pastries, Mumbai's **Kale and Kaffe** has a specialised keto menu including aglio olio zoodles (zucchini noodles), and in LA, **Belcampo's** burger rolls boast just 5g net carbs.

*Ketogenic Diet Market to 2027 / Research and Markets



FLOWER POWER

Not just pretty to look at, edible plants are also big on taste and health benefits

Hibiscus

Native to many countries, such as India and Hawaii, the trumpet-shaped hibiscus can be any colour from orange to white and can taste tart and tangy, yet sweet. Try the spot prawns with a hibiscus harissa at **Il Fiorista** in New York.

Fun fact: There are 679 species in the world.

Violet

Mostly found in temperate countries in the Northern Hemisphere, it has purple petals with heart-shaped leaves. At **Top Paddock** in Melbourne, the ricotta hotcake comes with edible flowers, including violets.

Fun fact: The ancient Greeks used violets to sweeten their wine.

Chrysanthemum

Yellow to red in colour, they are native to northeastern Europe and Asia. Sample their distinctly herbal undertone in the white chrysanthemum gelato served at Singapore's **Birds of Paradise**.

Fun fact: The Chinese utilise them as a natural remedy for inflammation.

SOMETHING'S BREWING

In Asia, small-batch kombucha producers are tapping into local flavours



Taboocha, Hong Kong

Using organic tea, flavours include Geung (goji berry, green tea and ginger) and Woof-Long (oolong, osmanthus and orange peel). taboocha.com



Bombucha, Mumbai

They have 16 flavours: try the refreshing Mango Turmeric, made using organic Alphonso mangoes, or the Smoky Oolong. bombucha.in



Wonderbrew, Kuala Lumpur

This spot uses organic produce to brew the likes of Purple Pari Pari (fermented green tea, butterfly pea and lemongrass). fb.com/mywonderbrew

Capitol Hill, Seattle

Sitting upon a crest that rises above downtown, Seattle's Capitol Hill district reflects some of the city's best personality traits – including its love of the arts and music, its thriving food and drink scene and its strong independent streak. With humble beginnings as a chunk of forest broken up by farms in the late 19th

century, the area grew alongside the rest of the surrounding region, gradually seeing a mix of residences and businesses move in. Today, many of those buildings now house restaurants, breweries and bakeries, and the district has blossomed into one of the best places to check out what's exciting in the Emerald City. – *By Megan Hill*

From left
The Art Deco
exterior of the Seattle
Asian Art Museum;
inside the Seattle
Asian Art Museum

IMAGE: URBAN ARTWORKS
(RICHMARK LABEL BUILDING)





Creative fix

Experience the neighbourhood's arts and culture hubs

Seattle Asian Art Museum

Located at Volunteer Park, this stately museum, housed in a 1933 Art Deco building, recently reopened after two years of renovations. That included the addition of a large, glass-enclosed extension into the park. Inside, you'll find paintings, sculptures and artefacts from all corners of Asia, with the exhibits covering around 1,500m². seattleartmuseum.org

Seattle International Film Festival (SIFF)

Don't let the "festival" part of the name fool you: this is a year-round initiative that hosts regular screenings at

three venues around the city, including the SIFF Cinema Egyptian on Capitol Hill. Audiences can view documentaries, independent films and restored classics inside a grand, historic building. siff.net

12th Avenue Arts

This spot is a standout independent arts hub. "[The building's two flexible theatre venues are] rooms with moveable seats, drapes and lighting, so that the audience almost never sits in the same room twice," says Greg Carter of Black Box Operations, which runs the theatre spaces. blackboxoperations.org

Art for the masses

Where to find the best street art in the area

Rainbow crosswalks

As a nod to Capitol Hill's history as the centre of Seattle's LGBTQ+ community, the city painted two rainbow pedestrian crossings on 10th and 11th avenues.

Signal boxes

These traffic-light-powering boxes sport Art Deco-inspired graphics that creatively announce the intersections where they're placed. Find them spread along Broadway Avenue.

Richmark Label building

This label factory (pictured) is wrapped in colourful art from a menagerie of nine street artists and muralists.

Red Chair Salon

The mural here came as part of a renovation of the building housing the salon. Find it along 15th Avenue, between East Harrison and East Thomas streets.



"CAPITOL HILL HAS BEEN THE EPICENTRE OF ARTISTS AND ART CREATION FOR A CENTURY, AND THE SPIRIT OF THOSE CREATORS LIVES ON"

Beth Barrett, artistic director of SIFF

CAPITOL HILL



This page, from top
The restaurant Cook Weaver; delicious pasta dishes at Carrello



Feast on this

Top spots in the district to drink and dine

Chef Nathan Lockwood has been a fixture on Capitol Hill since 2011, when he opened his Italian restaurant **Altura**. It specialises in elaborate, multi-course meals that have earned it a reputation as one of the best in Seattle.

Late last year, Lockwood opened a new Italian joint, **Carrello**, across the street. It's made a splash with its fresh approach to Italian food, with a menu combining traditional handmade pasta dishes.

When he's not busy cooking, Lockwood heads to **Cook Weaver**, which focuses on dishes from Europe and Asia. Recent items on the seasonal menu have included beer-battered nori dumplings with kimchi and tahini sauce, as well as braised lamb shoulder with carrot noodles, kale and Castelvetro olives.

And sushi bar **By Tae** has wowed Lockwood with its nigiri and handrolls. Chef Sun Hong uses whatever he can get his hands on that's fresh, but diners can expect dishes featuring the likes of scallops, salmon roe and pea shoots.



New in town

Fresh food spots to check out in the area

Half and Half Doughnut Co satisfies the sweet tooth with a rotating cast of treats. Options include the pineapple bacon fritter and cinnamon twist. Not into sweets? There are also breakfast sandwiches, sous-vide eggs and espresso.

Meet Korean BBQ takes a modern approach to Korean barbecue, as premium meats such as American wagyu zabuton hit the flames on tabletop grills, complemented by sauces and seasonal banchan dishes.

The jewel-toned décor at **Zaika** sets the stage for a parade of modern dishes laced with Indian flavours. Snacks such as the panko-breaded cottage cheese sticks pair well with inventive cocktails including their chai Old Fashioned.

Ramen, udon, donburi and tonkatsu are the focus at daytime destination **Rondo Japanese Kitchen**. Come evening, the spot becomes a cocktail den complete with drinking snacks and perfectly fizzed highball cocktails.



"MY WIFE REBECCA AND I LOVE THE ENERGY OF THE HILL. IT'S THE FIRST PLACE WE LIVED IN SEATTLE AND IT FEELS LIKE THE CENTRE AND SOUL OF THE CITY TO US"

Nathan Lockwood, owner and chef of Carrello and Altura



After dark

Nightlife thrives on Capitol Hill – here's where you should go

As co-owner of the live music venue **Neumos**, Steven Severin is a veteran of the city's music scene that Capitol Hill sits at the very heart of. "Seattle established itself as a music city in the early '90s and never looked back. Emerging musicians and artists, as well as arts, music and nightlife lovers came from all over," he says.

The area is home to the highest concentration of music venues and dance clubs in the city, starting with Neumos. Here, nationally recognised indie musicians gather in the always-packed, intimate space.



This page, from left
The exterior of live music venue Neumos; watching a band play in Capitol Hill

"I can [come here] – a concert venue that's also a part of Seattle's music history that just keeps going strong – and check out an artist before they break out and head to arenas. Lizzo, Adele and Muse have all played here on their way up," Severin says.

On Capitol Hill, it's easy to pair a night of music and dancing with food and drink. "I'm super excited for chef Shota Nakajima's **Taku**," he says. "It's an Osaka street-food-inspired eatery with deep fried kushikatsu and Japanese highballs for late-night snacking and drinking."

Severin's other go-to is **The Highline**. "It's a great metal and punk rock bar that features great local musicians as well as artists from all over the world. They also have a great vegan menu that they serve before the distortion starts blasting out the doors."

Through the years

A timeline of Seattle's rich music history

1945 Record producer, musician and songwriter Quincy Jones moves to the Seattle area aged 12.

1959 Jimi Hendrix plays his first ever live performance, inside Seattle's Temple De Hirsch Sinai synagogue.

1989 Soundgarden, with frontman Chris Cornell, becomes the first grunge band to sign with a major record label, bringing the Seattle-created genre to national attention.

1991 Seattle grunge icons Nirvana release their second studio album, *Nevermind*. The same year, Pearl Jam hits the mainstream with their debut album, *Ten*.

2006 Seattle folk-pop band Fleet Foxes (pictured) release their very first EP.



"THE ACTION ON CAPITOL HILL IS UNPARALLELED IN SEATTLE. EVERYTHING STARTS HERE: FASHION, MUSIC, FOOD"

Heong Soon Park, owner and chef of Meet Korean BBQ



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**WESTERN
AUSTRALIA**

Photos: Top - Quokkas. Left to right - The Pinnacles, Lobster Shack, Crawley Edge Boatshed, Hutt Lagoon, Rainbow Sea Container, Nature's Window

This month's global briefing from a Singaporean perspective is brought to you by sustainable architect Jason Pomeroy, symphony conductor Kahchun Wong and chef and food waste reduction advocate Lisa Tang

*Illustrations by
Stuart Patience*



**JASON
POMEROY**

**The founder of
Pomeroy Studio
on the importance
of building
sustainable
communities**

Future-proofing a city and sustainable design are ultimately about climate change resilience. We will need new developments to be green power stations in their own right rather than tap into the local grid; need new economic zones within city limits where fruits and vegetables can be grown on vertical towers or in rooftop gardens; and to rethink our use of space – to breathe new life into abandoned or underperforming buildings.

Creating a sustainable community is not one-size-fits-all. Current environmental, economic, cultural, spatial, technological and social issues must be considered, while also thinking of what might be needed in 20 to 50 years.

In Gävle, Sweden, the original 19th-century Låkerol candy factory, where the famous lozenges and pastilles were made, is being transformed into a mixed-use development. Pomeroy Studio was commissioned to design the complex's two new residences for couples, young students, families and retirees, which means that the towers must be flexible to the needs of vastly different demographics, while also ticking all the future-proof boxes.

We also had to adapt our tropical inside-outside design aesthetic to the Swedish way of life. We designed enclosed winter gardens that can completely slide back to create an open-air extension of the living space; perfect»

for residents to enjoy the Swedish summer months, which are getting warmer and longer. There are also sky courts and sky gardens, rooftop vegetable farms and a jigsaw of social spaces to indulge in one's love of *fika* (Swedish coffee-and-cake break).

Additionally, we used local timber – which has been the bedrock of Swedish architecture for centuries – in our construction. We optimised natural light and ventilation, for good low-energy design, and implemented energy-efficient smart technology, such as wind turbines and solar panels, driving down the running costs of the building.

A lot of times, people look at our buildings and say, surely that must be a high-end, expensive development, but no, it's actually coming in at the same cost, if not slightly cheaper, than a conventional building. It's entirely possible to build affordable, environmentally sustainable housing, but people can sometimes get the basics wrong.

But we also need to be flexible and open to adapting our urban spaces. In Amsterdam, for instance, autonomous boats are providing alternative transportation in the central canals; recycled Nissan Leaf car batteries are used to store the solar power generated by

“We will need new developments to be green power stations in themselves”

solar cells on the roof of a football stadium; and a disused dock has been turned into a floating residential community called the IJburg. They are also harvesting rainwater for beer production, then using the brewed wheat, hops and barley as feed for cattle.

Embracing technology and sustainable culture makes the most out of every resource and generates new products and businesses along the way. This frugal mindset works exceptionally well for the circular economy, which more of us need to adapt to. We need to start asking ourselves how we can maximise every single piece of the puzzle and make our lives more sustainable. – *As told to Lydia Vasko*



KAHCHUN WONG

The Singaporean chief conductor of Germany's Nuremberg Symphony Orchestra on the importance of music as a development tool for young people

My experiences taught me that access to music is a right, not a privilege. I came from an average working-class family, and my first contact with music was by accident. In primary one, my mathematics teacher handed me a consent form recruiting new members for the brass band. I brought this form home for my parents to sign without any idea of what it entailed. Clearly, joining the band ended up being a pivotal point in my life.

At first it was the camaraderie and friendships that kept me interested and playing. Being part of the band taught me discipline and teamwork – to practise alone and in a group, and to learn to work together with others who are playing different instruments.

These are just some of the cognitive and psychological life skills that can be imparted through exposure to music. And like other non-academic pursuits

such as sports, learning music can also allow one to develop qualities such as respect and patience.

For the past three years now, I have been working »

50–100

Number of musicians in a typical symphony orchestra.

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closely with the kids at Child at Street 11 in Singapore, a non-profit organisation dedicated to providing quality early education for children from diverse backgrounds, such as special-needs kids or those from low-income families. One of the kids, a six-year-old, used to bite and hit his friends to express anger about his parents' divorce. Through music, he found a channel for these emotions and now aspires to be a conductor. If you think of music as an international language, you realise the ways children can learn to express themselves beyond words.

More than expression and creativity, it is also about listening. Playing music, or being exposed to music, naturally hones the ability to listen. It has perhaps played a part in my ability to pick up languages easily, simply by hearing how they are spoken. This has become crucial in establishing rapport with the different orchestras I work with around the world – to not just come together to make music, but also bridge the differences in our cultures.

“Learning music can also allow one to develop qualities such as respect and patience”

If this quality of listening is extended to our community, I believe that it could inspire more mutual understanding, respect, empathy and love. I am still learning from the kids that I teach, who in turn inspire me with their wonder for the world. Ultimately, my journey is a lifelong pursuit of music, and I will always remain a student of what it teaches me. – *As told to Xiangyun Lim*



LISA TANG

The co-founder and chef of Kausmo on food waste and how we can take measures to address it

Singapore has a long way to go in terms of our sustainability efforts, but we're not alone. According to the Food and Agricultural Organization of the United Nations, roughly 1.3 billion tonnes of food – about a third of food produced – is wasted per year, with fruits and vegetables such as roots and tubers having the highest wastage rates of up to 40 to 50%.

Even before produce hits the supermarkets, large quantities are wasted due to aesthetic filtering, which is particularly relevant in Singapore, where plenty of our food is imported. For instance, bananas that are green on their ends but yellow in the centre are considered overripe by importers, because their retail clients – for business and logistical reasons – need them to sit on the supermarket shelves for as long as possible. Such produce will usually get thrown away even though it could still be sold.

It's necessary to increase the awareness of such filtering as, with an understanding of this process, consumers might be more appreciative of what produce is naturally like, and not just how it shows up in the supermarket or wet market.

This can help to ease the standards that retailers and importers have, ultimately reducing unnecessary food wastage.

Kausmo was created for this exact reason. By working with ingredients that have been aesthetically filtered out, because they are overstocked or oddly shaped and sized, my restaurant manager Kuah Chew Shian and I reduce food wastage while educating our customers about overall thoughtfulness.

It is also important to consider the provenance of ingredients. In Singapore, we need to better support local organic farms growing native flora such as pep-eromia (an edible weed) and *ulam raja* (a native plant) for their higher nutritional benefits and flavour, and because they naturally thrive in our environment, unlike chye sim (originally from southern China), which requires more water and care to grow locally. In our restaurant, we try to raise the profile of these ingredients over imported ingredients, creating an appreciation for them and generating a more sensible demand.

Increased awareness among industry people has also inspired innovation in food sustainability. London's Silo, the first zero-waste restaurant, has plates made of recycled plastic and lampshades from a type of mushroom, while the food follows a closed-loop, full product utilisation approach.

Similarly, individuals can do their part to reduce food waste. Proteins should be viewed for more than their flesh: seafood heads and shells can be used to make broth and syrups for use in desserts and cocktails can be fashioned out of the pulp and pith of citrus fruit.

Food waste affects everybody. If our produce and the land it comes from are not cared for, eventually we might lose it all. – *As told to Charlene Fang*

1.3 billion

Tonnes of food wasted each year globally, according to the United Nations.





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“Which actor doesn’t want to play a part in a Bond movie?”

Oscar winner Rami Malek on playing a villain, some of his favourite cities and hitting the big time

As told to Emma Coiler
Portrait by Austin Hargrave



Before [accepting the role of Safin in *No Time to Die*], I wanted to have a discussion with Cary [Joji Fukunaga, the director]. I didn’t want the character to identify with any act of terrorism that reflected an ideology or religion. If that had been the case, I would have said no – but he quickly made it clear that that wasn’t his vision. After that, it was easy to say yes. I mean, which actor doesn’t want to play a part in a Bond movie?

[James Bond] is about as iconic as a film series gets, and has produced some of the most memorable villains in movie history. My character is unique and very complex. Daniel [Craig] called him misunderstood, and I think there is some truth in that.

Cary is a hugely talented director, and I am a big fan of his work. What he has done in *No Time to Die* is figure out what fans love about Bond movies and put it all together.

[The awards campaign for *Bohemian Rhapsody*] was a surreal time, but the biggest thing for me was getting to play Freddie [Mercury]. I know he is no longer with us, but I felt that I got to know him while preparing for the role, and I will always feel I have this connection with him.

After certain roles, it is inevitable things are going to change for you, and there isn’t much you can do about that. Having people in your life

IMAGES: AUSTIN HARGRAVE / AUGUST / CLICK PHOTOS;
UNIVERSAL PICTURES, ALAMY STOCK PHOTO (FILM STILL)

like family and friends [is] so important, because things do get a little crazy, and it happens almost overnight.

Critically, I think TV series are now getting the respect they deserve. They are also getting bigger budgets, so I am sure we are going to see some big new ones in the future.

It was a lot of fun [working on the video game *Until Dawn*]. Of course, gameplay is important – but I think we also achieved the creation of really unique and interesting characters within it.

Get used to the word “no”: that’s my advice [for non-white actors in Hollywood struggling to find their breakthrough]. I can remember being in my parents’ apartment stuffing résumés and headshots into envelopes, only to keep hearing the word “no”. I remember my dad saying, “This boy is tenacious!” And that stuck with me. So, keep on going and keep on believing.

Arabic was the language spoken in my family home when we were growing up. If I did do anything through film [that represented this part of my heritage], I would want to make sure it was authentic.

I keep getting these dream roles like Freddie [Mercury] and now a Bond villain. Of course, I still have aspirations, but I am just open to the future because you just don’t know what is around the corner.

Not everybody knows this, but Los Angeles – where I grew up – has a big Egyptian community. I think that’s

Below
Rami Malek in the upcoming Bond movie *No Time to Die* out in November; the actor as Freddie Mercury in *Bohemian Rhapsody*

probably because the climate is similar to [that of] Cairo. Even now, the city holds so many memories for me, and I spend Thanksgiving there with my family each year.

After college, I did the stereotypical actor thing and moved to New York, doing plays around the city. A lot of the series *Mr. Robot* was filmed there, plus they do the best pizza in the world, so what’s not to love?

I love London as well – it’s where I learnt to become Freddie. The more I walked around the city and discovered it, the more I fell in love.

[To feel like a flight has been productive] I might read a script, maybe binge-watch a TV series or try and listen to some music.

My top travel tip is to always pack more than one cell phone charger!



Slice of life

What’s a trip to the Big Apple without some legendary pizza?



Lombardi’s Pizza

Recognised as the very first pizzeria in the US, it has since relocated but continues to dish up its classic pies baked in a coal oven. firstpizza.com



Emily West Village

Famous for its rectangular pies, the menu includes the Pig Freaker, which combines powerful punches of bacon, kimchi, sesame and miso queso. pizzalovesemily.com



Industry Kitchen

With toppings such as foie gras, caviar and gold leaf, the US\$2,000 Guinness World Record 24K pizza must be ordered two days ahead. industry-kitchen.com

Time flies

Wherever in the world you choose to go, wearing the right watch for the destination is like having the perfect travel companion

Photography by Hosanna Swee and Tom Chng

Set styling by Haikel Shah



+5 GMT

Into the deep

Planning a diving trip to somewhere like the **Maldives**? Conquer greater depths with the **Rolex Oyster Perpetual Sea-Dweller** in yellow Rolesor, which combines Oystersteel and yellow gold. Robust and reliable, the watch is waterproof to a depth of 1,220m. To help divers safely and accurately monitor their dive and decompression times, the unidirectional rotatable bezel is fitted with a 60-minute graduated Cerachrom insert.

Oyster Perpetual Sea-Dweller
in yellow Rolesor by Rolex



-7 GMT

The great outdoors

With a rugged khaki green dial and matching rubber strap, the **Patek Philippe 5168G Aquanaut** already looks like the ideal watch to wear while traversing a destination like **Seattle**, where an adventure is never too far away. With a 42.2mm rounded octagonal case in white gold, the watch is powered by a self-winding Calibre 324 S C movement that is visible through the sapphire-crystal case back.

5168G Aquanaut in white gold
by Patek Philippe



+4 GMT

Defying gravity

Good weather and lot of open space means that **Dubai** is a skydiver's paradise, and the simple functionality of **Bell & Ross BR 03-92 Bi-Compass** makes it the perfect companion. Inspired by the analog instruments of aircraft cockpits, it resembles a sleek, yet quirky, vintage radio compass. The matte black ceramic case is scratch resistant and the watch dial is treated with matte black anti-glare to reduce reflections.

BR 03-92 Bi-Compass in ceramic by Bell & Ross



+1 GMT

Powder run

Before hitting the slopes of the idyllic ski resorts surrounding **Zurich**, make sure the timepiece on your wrist can handle the demands. The **IWC Portugieser Yacht Club Chronograph** is powered by the in-house manufactured 89361 Calibre and features a flyback chronograph function that's great for timing ski runs. Made in stainless steel with a black rubber strap and with a water resistance of 6 bar, it has no problem with the snow and still looks sleek enough for après-ski parties.

Portugieser Yacht Club Chronograph in stainless steel by IWC

WORDS: ANNABEL TAN; WATCH STYLING: ONG WEI SHENG;
LIGHTING ASSISTANT: DARRELL NEO; CREATIVE PRODUCTION: AMOS LEE



+8 GMT

Smart city

Like the high-tech city-state of **Singapore**, the slender **Bvlgari Octo Finissimo Skeleton** achieves form and function with an impressive, ultra-thin 5.5mm width that houses the high-performing, manual-winding BVL 128SK Finissimo Calibre. The watch is made in resilient matte black ceramic, which complements the slim skeletonised dial, showing off the beauty of its technical features.

Octo Finissimo Skeleton
in ceramic by Bvlgari



+8 GMT

Concrete jungle

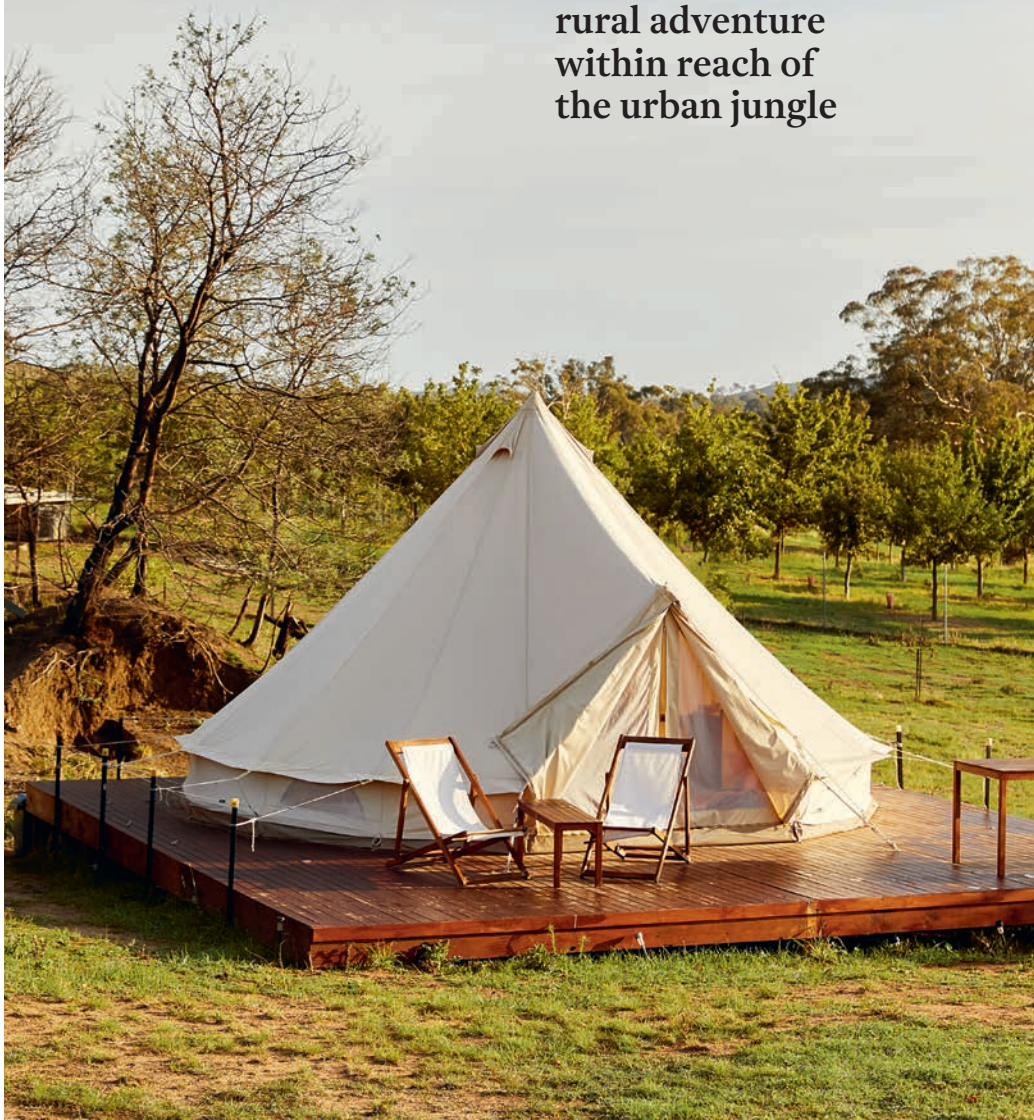
To get the most out of a vibrant fast-paced city like **Bangkok**, slip on a versatile watch that's practical in casual settings and still elegant enough for formal ones. Enter **Vacheron Constantin's Overseas Tourbillon** in stainless steel. It is slim enough to sit comfortably under a shirt cuff, while the mesmerising tourbillon at the bottom of the uncluttered blue dial is the sophisticated touch that stands out when your sleeves are rolled up. It comes with three easily interchangeable straps.

Overseas Tourbillon in stainless steel by Vacheron Constantin



EDGE OF THE CITY

Unique stays close
to Canberra offer
the chance of
rural adventure
within reach of
the urban jungle



*Words by Jil Hogan
Photography by Peter Tarasiuk*

From left One of the
tents at Naked Cubby;
Lake George Winery



S

itting on the timber deck outside a charming cottage, a glass of wine in hand, the silence rings loud in my ears. The odd rustle of leaves in the balmy summer breeze or the occasional far-off cry of a kookaburra are the only intrusions to the calm. In the stillness, giant gum trees cast long shadows in the late afternoon sun across wide expanses of brown, drought-affected grass. Every so often, a hare about the size of a small dog hops warily past.

It's a welcome change, to sit somewhere in silence with nowhere to be, and nothing specific to do. Indeed, Australia is world-renowned for these wide-open spaces and remarkable landscapes, though many can take days to reach from a major city. Out here on the deck, even though it feels like we're miles from anywhere, we're actually just a 30-minute drive from Canberra, at Tallagandra Hill Winery.

Traditionally, Australia's capital was overlooked by visitors in preference for Melbourne and Sydney, but Canberra is fast growing in favour, not least because you can sample the best of both worlds – the buzz of the city and an idyllic country escape.

Once only known as home to public servants, politicians and roundabouts, Canberra now boasts a lively dining scene, award-winning breweries and wineries, a jam-packed calendar and coffee that would make even the regulars at the laneway cafés of Melbourne sit up and take notice.

But, in less than an hour, you can leave the urban sprawl behind, swapping the rows of suburbia for gum trees, wildlife and sprawling hills.

And in recent years, the landscapes surrounding Canberra have become even more accessible thanks to a growing number of quirky accommodation options offering off-the-grid escapes when you need to get away from it all, and quickly.

Naked Cubby Collective

Just 20 minutes from the city, at Mount Majura Vineyard, lies this luxury glamping experience. Turn off the highway and you're greeted by a gently rising slope with acres of vines and two canvas bell tents tucked away among the rows of grapes.

When it opened in early 2018, the Naked Cubby was the first of its kind in the region and marked a leap of faith for the owners – young couple Erin Wilson and Daniel DiScipio – who launched the business on the side of their public service day jobs. "After travelling to other wine regions, we saw a bit of a niche market for the Canberra wine region because there weren't really any opportunities to stay on a vineyard," explains the soft-spoken Wilson, who worked at Mount Majura Vineyard while at university. "And, what better way to enjoy a cellar door than to drink wine and not have to leave?"

The tents, big enough to walk around in, are decked out with timber floorboards and a king bed topped with luxury linen. The décor is a carefully curated mix of furniture and chic touches from local artisans.

Tents are solar-powered and boast their own air conditioner and mini-fridge, but what you won't find is a TV. The "naked" in the name refers less to stripping off – though





there are only the kangaroos to see you – and more to stripping things back to the basics.

Come dusk, the best seat in the house is on the timber deck with a zesty glass of Mount Majura's The Silurian sparkling wine, watching the sun dip low in the sky over the vines and behind the surrounding hills. For dinner, a gourmet picnic hamper can be arranged, bursting with local produce: think burrata and tomato salad, lamb koftas and espresso brownies for dessert.

Sleeping out here is eerily silent overnight, and dark enough to reveal a breathtaking blanket of stars. Waking up to the gentle bush soundtrack is a delightful way to start the next morning, and I'm not sure if it's the fresh country air, or the mattress, but I have one of the best sleeps of my life.

"That's the most common feedback we get from guests," Wilson laughs, "asking where they can buy the bed." »



This spread, clockwise from top Naked Cubby co-owner Erin Wilson; the interior of one of Naked Cubby's two canvas tents; a kangaroo amid the vines at Mount Majura Vineyard

“Somewhere
beautiful for
people to go
to be quiet”

Tallagandra Hill Winery

One of the newest places in the region to escape from it all is situated close to the small town of Gundaroo, just 40km north of Canberra. Driving into Tallagandra Hill Winery, I'm first greeted by Mac, the friendly golden retriever, followed by the owners David Faulks and Mary McAvoy.

Bubbly McAvoy's distinct Irish accent stands out in this part of the world, although she's called Australia home for 20 years now. It was in 2016 when the couple swapped an inner-city terrace in Sydney for a 15-hectare winery. They have since fallen in love with the lifestyle, and last year they decided to share that love by adding three cottages within the grounds of the winery.

“We built the cottages as a retreat,” McAvoy says. “Somewhere really beautiful for people to be able to go, to be quiet, sit down and chill.”

The timber cottages sit next to one another up a gentle slope, right alongside the vines. Inside, the design aesthetic channels Scandinavian minimalism, with white walls, furnished with splashes of greys, pinks and light wooden tones.

The cottages are adults-only and each comes with its own front deck. The latter is the perfect spot for indulging in a cheese and charcuterie platter matched with a bottle of the vineyard's fresh and vibrant Sassy Redhead Cabernet Franc, while drinking in that precious silence. A walk up the path alongside the Viognier grapes also makes for a spectacular sunset view with only the kangaroos and hares as company. »





From left A bunch of grapes at Tallagandra Hill Winery; the cottages at Tallagandra Hill Winery; a dish at Grazing at Gundaroo



DINING IN THE WILD

Three rural restaurants worth making a trek for

Aside from stunning landscapes, a drive outside Canberra's city limits also offers a host of eateries where fresh, local produce reigns supreme and the wine lists are an ode to the Canberra wine region. Just thirty minutes from Canberra, **Grazing at Gundaroo** serves up hearty dishes such as ash-rolled kangaroo loin with beetroot and wattle seed milk in a historic homestead. In a weatherboard cottage in Yass, **Clementine** is a charming spot for a long lunch or intimate dinner of grilled dory fillet with salted cod brandade by the fire. For duck confit with orange sauce or escargot, try **Le Très Bon** in Bungendore, where French chef Christophe Gregoire delights with a menu of traditional dishes from his homeland.



Jamala Wildlife Lodge

While you're likely to be woken by the distinctive squawks of the region's abundant cockatoo population at most boutique getaways near Canberra, here it may be the roar of a lion that acts as your alarm clock.

Just 10 minutes from the city, this elegant eco-retreat looks to transport you to the wilds of Africa. First opened in 2014, the lodge has 18 rooms, treehouses and bungalows dotted around the grounds of the National Zoo & Aquarium. Each has its own unique wildlife encounter, so you could find meerkats playing outside your door or feed a giraffe from your balcony.

Owners Richard and Maureen Tindale bought what was then Canberra Aquarium back in 1998. Inspired by their extensive travels and love for big cats, they expanded the site into the popular zoo it is today.



Clockwise from far left

The pool at Jamala Wildlife Lodge; a meerkat looking on; the interior of an eco-hut at Kimo Estate; the 1920s Homestead at Cuppacumbalong

"The vision has and always will be to bring guests as close to wild animals as possible, so as to have them leave with a greater appreciation of the magnificence of the animal kingdom," says Richard.

Design-wise, the property takes its cues from African safari lodges, with warm tones, fine carvings, artworks and plenty of intricate artefacts covering every surface, all hand-picked by Maureen on their trips throughout sub-Saharan Africa. The centrepiece in every room is the king-sized bed complete with a draped canopy.

Stays here begin with a sumptuous high tea, while a troop of colobus monkeys watches on. Later, it's time for champagne and canapés on the terrace, followed by a five-course African-inspired dinner, while hyenas and lions lounge nearby.

The most coveted rooms are the jungle bungalows, each with an oversized black stone tub where you can have a long, luxurious soak inches from a sun bear, lion or cheetah – albeit behind very thick glass. »

OTHER OFF-GRID OPTIONS



IMAGES: SIMON THORP (CUPPACUMBALONG), MATT BEAVER (KIMO ESTATE)

Cuppacumbalong

Queen Elizabeth II stayed here in 1954, underlining the rich history on offer at this estate that's sat next to Namadgi National Park. Expect period features and open fireplaces at their 1880s Pisa Cottage and 1920s Homestead. cuppacumbalong.com.au

Kimo Estate

These alpine-style eco-huts are perched along a ridgeline within the grounds of a 2,800-hectare working sheep and cattle farm. Around 10 minutes from Gundagai, you can sit by the fire pit or soak in the hot tub while enjoying the dramatic views. kimoestate.com

The Sir George

If you're not ready to go totally off-grid, then the three rooms at these renovated 1845 stone stables might be the perfect base. Located in the village of Jugiong, around one and a half hours from Canberra, there's also a restaurant, bakery and bar on site. sirgeorge.com.au



Lake George Winery

If you drive out of town north on the Federal Highway and cross the border into New South Wales, the rows of grape vines signal that you're entering deeper Canberra wine territory. Turn off at Lake George to get to Lake George Winery and you'll see Little George sitting on the side of a ridge – a tiny house on wheels that permanently moved into the vineyard in 2019.

Owners Sarah and Anthony McDougall's shared love of all things wine led to them purchasing a small vineyard in 2013 in the nearby town of Bungendore. Then, in 2018, they took over Lake George Winery, moving into the vineyard with their five children and reinvigorating the property. One of the first things they did was engage local company Serene Tiny Homes to build a sustainable tiny house, lovingly called Little George.

"We've always invited members of the public to come and help us pick grapes at harvest time," Sarah explains. "We opened Little George with the vision of allowing others to come enjoy the same experiences."

As the name suggests, it's a small but ingenious space, with a couch that converts into a double bed, a shelf that converts into a dining table and a small kitchen. It's also gentle on the surrounding environment; the house is self-sufficient with a compost toilet and, soon, solar power. Guests are provided with books, games and a telescope to marvel at the jaw-dropping night displays.

Visitors are free to roam all 113 hectares of the property. Rising early the next morning, I pull on my sneakers. The gradual rise is enough to get my heart pumping, but it's all worth it for a view of the vivid sunrise from the top, bursting with reds and oranges and casting a stunning glow across the dry basin of Lake George. Cutting through the stillness, a plane gently rises from the horizon above the surrounding hills, filled with early morning travellers from Canberra Airport. A line of cars soundlessly snakes its way along the highway far off in the distance, heading towards the capital. It's a reminder that here, even if you don't have time for a remote getaway, you can still feel the benefits of an off-the-grid escape – without leaving the city too far behind at all. ■



From top
Little George
at Lake George
Winery; guests
get the full run
of the grounds
at Lake George



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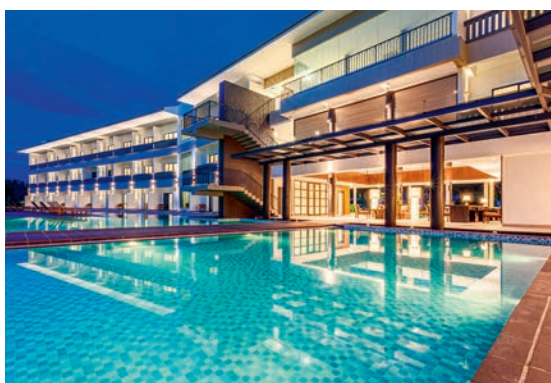


The Kayon Jungle Resort

**Escape to the island-nation's
first private resort**

—
thekayonjungleresort.com;
+62 361 97 8098

Tucked away in a traditional Balinese village with 38 tastefully furnished suites and villas, The Kayon Jungle Resort is a five-star haven that offers unparalleled tranquillity and lush greenery. Spend the day lounging in a luxurious cabana or taking dips in the resort's three-tiered pool, inspired by the Tegallalang rice terraces. At night, head to the Canyon Jetty restaurant for a romantic dinner in a private hut surrounded by steep, forested cliffs.



Camar Resort Langkawi

**Pristine private beach
at your doorstep**

—
camarlangkawi.com;
+60 4952 4111

If rest and rejuvenation are what you require on your next getaway, you'll find them here at Camar Resort Langkawi. Located on the sandy white beach of Pantai Tengah, this tranquil retreat is ideal for basking in the sun during the day and dining under a star-filled sky at night. Alternatively, take a dip in the 77m-long saltwater pool and unwind with a cocktail from the poolside bar. Guests can also hop onto a speedboat to explore the islands of Langkawi.



From art-filled Ghent to scenic Bruges, following the trail of medieval master painter Jan van Eyck is a great way to discover Belgium's Flanders region

*Words by Clodagh Kinsella
Photography by Kevin Faingnaert*





As I look at the painting before me, I'm transfixed by one of the most intense gazes I've ever seen. It seems to peer into my soul, weighing the worth of what it finds there. I creep towards the glass, noting the golden rays that radiate from the head – so precise but with an ineffable inner glow. Such is the image's lure that the cathedral around me disappears until footsteps shatter my reverie. The strangest thing: I'm looking into the face of a lamb.

Unveiled in 1432, Jan van Eyck's *The Adoration of the Mystic Lamb* or the *Ghent Altarpiece* is one of the world's most influential paintings – and its most coveted. An A to Z of Catholic mysticism (the lamb bleeds into a chalice, representing Christ's sacrifice), the 12-panel polyptych has been hidden, dismembered and nearly destroyed by fire over the centuries. Hollywood film *The Monuments Men* depicts its looting by the Nazis and even a master fabulist like Dan Brown couldn't come up with a backstory as improbable as that of the painting's *Just Judges* panel, which was stolen in 1934 and has never been recovered.

I'm paying a pilgrimage to the mesmerising work – housed at St Bavo's Cathedral in Ghent – following a spectacular \$2.4 million restoration of the altarpiece that was completed in December 2019. This has prompted a year-long calendar of events in the region celebrating the master medieval painter, beginning with "Van Eyck: An Optical Revolution", the biggest ever display of his works that runs until the end of



April at the Museum of Fine Arts Ghent (MSK). The sprawling exhibition features over half of the estimated 20 van Eyck pictures that are still in existence, including the outer panels of the *Ghent Altarpiece*, alongside 100 works by the painter's Italian contemporaries such as Fra Angelico and Masaccio.

"Van Eyck seemed like a comet on the horizon of Western civilisation when he appeared in the 1400s," Maximiliaan Martens, the show's co-curator and Ghent University art history professor, tells me. The 59-year-old is a commanding presence in his spectacles, suit and snowy beard. "He perfected oil painting and drew on a deep knowledge of geometry to observe reality. Painting reality as it was gave him a spiritual sight; an insight into painting god. That was his optical revolution."

Van Eyck was born in the Belgian town of Maaseik, near Maastricht, around 1390, and died in Bruges in 1441. Court painter to the Duke of Burgundy, Philip the Good, he mainly painted religious works and portraits, capturing the hotbed of commerce and culture that was Burgundian Netherlands – an area covering parts of Belgium, the Netherlands, Luxembourg »

Previous spread, from left
An old building adorned with artistic carvings; Jan van Eyck's work on display in the Museum of Fine Arts Ghent

This spread, from left
The magnificent skyline of Ghent; the exterior of the Museum of Fine Arts

and northern France, run by a branch of France's royal House of Valois from 1384 to 1482. Although his *Arnolfini Portrait*, currently on display at London's National Gallery, is widely recognised, he is less well-known than Flemish Baroque artist Rubens, celebrated for his voluptuous mythological paintings. Yet, as the leading light of the Flemish Primitives, who fused realism and religious expressivity, van Eyck was a legend in his own lifetime. Not only did he sign his works, an exception for the era, a myth even arose that he'd invented oil painting.

His masterwork, the *Ghent Altarpiece*, is central to his godlike status. Begun by his brother Hubert van Eyck, the work's scale partly reflects the ambition and deep pockets of Jodocus Vijd, the merchant who commissioned it. But more than that, the undertaking gave van Eyck free rein to showcase his astonishing innovations – not least his experiments reducing the drying times of oil paint, which allowed him to build layers of translucent paint to truly dazzling effect.

In a way, no one has looked at the real painting for 500 years – until now. “In the 16th century, 70% of [the work] was over-painted to improve the colour,” explains head restorer H       Dubois, striking a chic figure with her glasses propped on her head. The removal of layers of paint and varnish has revealed its true luminosity – and the lamb's humanoid eyes, now facing forwards. “There has been such a fuss about the head, and it is intense,” Dubois admits, amused. “The lamb even has a Twitter account saying, ‘I am looking at you and I am judging you. I follow no one.’ It's odd!”

The altarpiece's restored external panels are the star draw at the MSK show. In a one-off, they're shown separately, and it's astounding to see them so close up. Roaming around the rest of the exhibition, I'm hit by van Eyck's magical use of light, which adds a sense of luxury and life to even the humblest of objects. A



master naturalist, van Eyck went so far as to depict the seams of fabrics, or, in *Saint Francis of Assisi Receiving the Stigmata*, to suggest snow in distant clouds. His magical trompe-l'       effects are on show through his grisaille paintings of statues that seem more real than the real thing. I also do a double take before an altarpiece panel where Adam, with raised foot, seems to step from his frame.

When the exhibition closes at the end of April, the outer panels will return to St Bavo's Cathedral. A new visitor centre will be launching there in October, allowing visitors to don a pair of virtual-reality glasses which bring the cathedral and altarpiece to life.

In the meantime, 2020 is Van Eyck Year in Flanders, with over 30 special events taking



From left Van Eyck's *Ghent Altarpiece*; the design shop in Belfort

“Van Eyck seemed like a comet on the horizon of Western civilisation”

place across northern Belgium. Renowned Estonian classical music composer Arvo Pärt will debut a van Eyck tribute at St Bavo's Cathedral in September, while British artist Mat Collishaw has drawn the altarpiece into a choreographed dance via robotic arms, on view at Ghent's St Nicholas Church until November.

Exiting St Nicholas Church in a daze, I'm confronted by the hulking City Pavilion, a cutting-edge open-air structure with a duo of pointed, window-lined roofs that sceptics have memorably dubbed the “sheep pen”. My mission, to discover more about the life and works of the painter, takes me to the neighbouring Belfort, one of three towers dominating central Ghent's skyline, and whose design shop is the departure point for a Seven Senses Tour »

mixing food, art and sightseeing to allow visitors to explore the city through the eyes of van Eyck.

While browsing, I get chatting to 40-year-old designer Pearl De Buck, her black minimalist garb offset by bright-red lipstick. Owner of local shop PAARL, she's among 70 artisans who've made *Ghent Altarpiece*-themed wares – in her case, a collection of luxury leather bags that are hand-engraved with details from the altarpiece.

"*The Mystic Lamb* and I go way back," the proud Gentenaar says. "My father visits *Lam Gods* (the altarpiece's Dutch name) every year and tells me about it. He started when he was 15 and is now 70, so calculate how many times that is!" Working on the bags only increased her admiration for the altarpiece. "It's almost like stepping back into that time, but it stays modern. The vivid colours – the reds and blues – are coming back. It's trendy in a way," she says.

It's a theme explored at Design Museum Gent, whose current show, "Kleureyck", riffs on the master's saturated palette, starting with a "pigment walk" through his favourite colour groups. Contemporary designers – including French duo the Bouroullec brothers – have run with the brief, engaging in bold colour experiments across ceramics, product design and glass art. The result is a blend of ultra-cool aesthetics and science, spanning Nienke Hoogvliet's research on herbs as textile dyes and a madcap sensory work by Pinaffo Pluvinage + MADD Bordeaux, where visitors are able to make sounds by stroking conductive coloured jellies.

Ghent blends edgy art and old architecture in a heady way. Wandering back outside, I stumble into the Middle Ages – the grand gabled guildhouses of Graslei, the city's first port, glinting in the afternoon light and reflecting in the river Leie. I take in buildings adorned with coats of arms, cartouches and a golden *caravel* (a kind of 15th-century ship) and stop off at the inviting café patios, ideal spots to admire the superbly preserved display. It's a fine reminder of this under-the-radar Flemish city's former might: buoyed by the trade of cloth and grain, it's been called a "medieval Manhattan" and was once the second-largest city north of the Alps after Paris.

The Seven Senses Tour includes a jaunt around Ghent's inland waterways, so I tentatively hop from Graslei's quayside into a waiting boat, where our loquacious captain gamely »



Clockwise from top left
A leather bag from local brand PAARL; Bruges' renowned Basilica of the Holy Blood; Pearl De Buck, founder of PAARL



juggles local lore and van Eyck asides. When the tour officially launches at the end of April, it will take visitors along the city's canals, through a tunnel animated by digital projections and to the forbidding (and usually closed) 13th-century Gothic Gerard the Devil's Castle.

For now, I'm content with a glimpse at another side of Ghent, skimming under a Gustave Eiffel-designed bridge and disembarking at the monolithic Ghent Library to admire a floral mural by street artist Pastel on the back of a house across the water – one of several van Eyck-themed commissions across the city.

The next day, still on van Eyck's trail, I make for the city of Bruges, where he spent his last decade, following Philip the Good's court. One of the joys of Flanders is the proximity of the big cities: after a 20-minute train ride, Ghent's hustle and bustle gives way to flat polders as we near the coast, and I swiftly find myself among meandering canals, centuries-old bridges and weeping beech trees. A pocket-sized medieval time capsule, Bruges is truly Flanders at its most picturesque.

It was here that van Eyck painted his celebrated works *Virgin and Child with Canon van der Paele* and *Portrait of Margaret van Eyck* – perhaps the first time in European art that a painter had depicted his own spouse rather than noble sitters. Both paintings star in a show at the city's world-class Groeningemuseum until mid-July, while Sint-Janshospitaal is another must-visit for its trove of works by fellow Flemish Primitive Hans Memling.

"Mind the cobbles, that's tradition!" chirps Pol Mulier by way of greeting, a tweed flat cap taming the 70-year-old's white locks. My guide on the Meet & Greet van Eyck walk, he keeps up a steady patter as we head to the majestic Burg square, dominated by Bruges' most beautiful building: the Gothic City Hall or Stadhuis. Our target is the slightly less glamorous Crowne Plaza Hotel, which holds the excavated remains of the long-vanished St Donatian's Cathedral where van Eyck was buried.

The Markt, or market square, of Bruges, located nearby, represents the city's beating heart, animated as it is with its horse-drawn carriages, bustling cafés and *frietkot* stands selling fries. As we arrive, the Belfort's carillon dutifully tolls the hour, and it's not hard to imagine van Eyck's apprentices scuttling off on errands for the ageing master. Back then, the square was home to a covered goods warehouse; today the site houses an immersive museum, the Historium, whose family-oriented exhibits bring that time to life.

As we shelter from the rain in the Historium's entrance, Mulier pulls out a laminated copy of a painting. "*Canon van der Paele* is van Eyck's second-greatest work after the *Altarpiece*," he explains. "The canon was from Bruges and commissioned the painting to hang above his mausoleum in St Donatian's Cathedral. Because of van Eyck's realism, you can see all the diseases he suffered from. Doctors have discovered six or seven diseases on his face!"

Over in the calm, residential Sint-Gillis quarter, the city's eight million annual tourists seem far away. Outside van Eyck's former residence – now replaced by a brick coach-house of a



Above A boat tour through the canals of Bruges will give a new appreciation of the picturesque city

later date – on narrow Gouden-Handstraat, Mulier dips into van Eyck's famously sketchy biography. "He lived in Lille for a time, and he worked in Ghent, but he made lots of his final paintings right here. That's when he wasn't on foreign missions..." he trails off cryptically, promising to elaborate later.

Passing a debonair statue of the master on nearby Jan van Eyckplein, hub of the mercantile Hansa Quarter, I become aware of secret Burgundian marvels dotting the city's coiling streets: at one point we nip through a doorway into city palace Hof Bladelin – the only surviving ex-Medici bank outside Italy, its courtyard



COASTING ALONG

For more art and a bustling maritime atmosphere, take the 15-minute train ride from Bruges to **Ostend**, the main town on the Flemish coast. Hometown hero James Ensor, whose bizarre and often macabre art influenced Expressionism, is honoured at local museum Mu.ZEE alongside contemporary Léon Spilliaert. A major new visitor centre devoted to Ensor will open in July.

FOOD FOR THOUGHT

Eating in Ghent once revolved around hefty Flemish staples such as *Gentse waterzooi* (chicken or fish stew), but over the past decade everything has changed. Not only has Ghent become Europe's self-styled vegetarian capital, a trio of chefs – aka the Flemish Foodies – led by Kobe Desramauts have also turned it into an ambitious culinary hotspot. Desramauts runs fashionable pizzeria **De Superette** and Michelin-starred **Chambre Séparée**, whose expensive yet sublime fixed-course menus are served in the city's Belgacom Tower (the venue closes in December 2020). On the flipside, though, democratically priced fine dining is also gaining sway, with the vegetable-led **Roots** foremost among the movement.

 Singapore Airlines begins flights to Brussels on 25 October 2020. To book a flight, visit singaporeair.com

garden lined by geometric hedges. Landmarks I've passed on previous visits, such as the five-star Hotel Dukes' Palace, grow in grandeur as Mulier reveals their pasts: in 1430, the palace witnessed the wedding festivities of Philip the Good and Isabella of Portugal amid unimaginable pomp.

At our last stop, the home of Isabella's bookkeeper Jan Vasquez, anecdotes are streaming fast. "Before the wedding, van Eyck was sent to the Portuguese court to paint Isabella – no Facebook then," recounts Mulier drolly. "He sent the portraits to Philip to show how beautiful she was." On another mission, van Eyck mapped the coasts near Jerusalem for a crusade Philip planned. "He was more than an artist," summarises Mulier as we part. "He was a diplomat, a cartographer and a spy."

Two days on, and I finally have a clearer sense of the enigmatic van Eyck: a true Renaissance man who pioneered secular portraits, raised religious luminosity to new heights and even dabbled in some James Bond-style antics. It's as though, like Dubois, I've peeled back the layers of time to let the real subject shine.

And, while van Eyck's grave has been lost, Mulier's words have given me the perfect epitaph. ■



Clockwise from top left JP Cruz (left) and Jordy Navarra of Toyo Eatery; a dish of pork and tofu from Lampara; RJ Ramos of Lampara; Banana Heart Granola from Hapag; *kinilaw* (Filipino ceviche) from Toyo Eatery; Itum from Lampara





RISING STARS

A look at four Manila
restaurants whose chefs are
putting an innovative and
modern spin on Filipino cuisine

*Words by Angelo Comsti
Photography by Sonny Thakur*



K

are-kare — an oxtail and beef tripe stew enveloped in a thick, orange-hued peanut sauce — is a traditional Filipino recipe that can't be rushed. It requires hours of cooking, the bulk of that time allotted for softening the meat and preparing individual ingredients such as ground peanuts and roasted ground rice. Consequently, it's relegated to the rare occasions that the home cook can spare the time to craft such a labour-intensive dish.

"This has always been my comfort food since I was a kid," says Kevin Villarica, chef-owner of Hapag, a year-old modern Filipino restaurant in Metro Manila's Quezon City. "I remember looking forward to our family get-togethers every Sunday because I knew my grandmother would bring her beloved kare-kare." As a tribute to his grandmother, Villarica has included the dish on his menu.

But rather than replicate the traditional recipe, he has put his own unique spin on the dish. The 27-year-old's version is presented as a mound of oxtail flakes and tempura-fried vegetables in a pool of silky sauce made with rice laced with *bagoong* (fermented shrimp or fish paste). It's a marked deviation from the original, but it's wonderfully creative, visually appealing and equally delicious.

Throughout Manila, talented young chefs such as Villarica are rethinking and reinterpreting the traditional cuisine of their homeland in order to appeal to modern diners hankering for something a little different. What's more, they're introducing lesser-known dishes from various regions, championing ingredients from their own backyards and applying novel cooking tricks and techniques to transform traditional recipes. "We hope to reintroduce unfamiliar Filipino flavours that we find interesting from different regions of the country and present them in unusual ways," says chef Alphonse Sotero of Lampara, which opened in Poblacion in January 2019.

These relative newcomers are building on some promising foundations. Toyo Eatery, perhaps Manila's first modern Filipino restaurant, opened in 2016. The last few years have seen a proliferation of similar concepts — the aforementioned Hapag and Lampara, as well as Stephen Duhesme's Metiz and Linamnam by Don Baldosano.

Just last year, Toyo Eatery was inducted into the Asia's 50 Best Restaurants list. This accolade created a surge in national pride and proved that modern Filipino food was a viable pursuit — and that diners were willing to pay fine-dining prices for it. Here are four establishments at the forefront of this burgeoning movement.



This spread, from left Chef-owners of Lampara, RJ Ramos (left) and Alphonse Sotero; tofu and Itum dishes from Lampara



For regional flavours Lampara

Tucked away on the second floor of a low-rise building in Makati is Lampara, run by chef-owners RJ Ramos and Alphonse Sotero. The neo-Filipino bistro, adorned with local art pieces, just celebrated its first anniversary, and it has remained busy and bustling since day one.

Lampara's version of the popular congee side dish *tokwa't baboy* (boiled pork and fried tofu doused in soy sauce and vinegar) features soft tofu topped with crispy pork bits, pork floss and black vinegar. And the familiar flavours of the Filipino favourite adobo star in a liver mousse empanada, braised *kang kong* (water spinach) and a sous-vide duck leg that's been crisped in a hot oil bath.

But regional cuisine is where Lampara really shines. Elsewhere on the menu, a dish called Itum crossbreeds two staples from Mindanao, namely *tiyula itum* and *pyanggang* – beef and chicken dishes, respectively, cooked with charcoal-blackened coconut. Lampara's take comes as a bold-flavoured seafood soup, a stunning marriage of burnt coconut, galangal, lemongrass and a spiced coconut cream.

"We did our research and found that very few places in Metro Manila serve the flavours of the south," Ramos says. "I like the idea that our restaurant can contribute to the awareness of lesser-recognised Filipino dishes and flavours." fb.com/lamparapob »

For a creative twist Toyo Eatery

Helmed by star Filipino chef Jordy Navarra, this restaurant has been the darling of the city's culinary scene ever since it opened in 2016. Those who enter the minimalist industrial space are duly rewarded with dishes that showcase Navarra's creativity and respect for local ingredients.

Take the *masa madre*, sourdough-battered tuna cheek dusted with seafood powder. It comes with a hearty soup composed of lightly poached Aklan oysters, pickled ginger, corn flan and a drizzle of moringa oil. "The dish is inspired by the clam soups we've eaten in the Philippines," Navarra explains. "We take the essence of the shellfish and combine it with flavours we associate with the soup. The fried fish is a counterpoint as it's meaty and crisp."

There's also the classic eggplant omelette or *tortang talong*, interpreted as a crispy eggplant pancake slathered with eggplant purée and topped with a fluffy eggplant omelette. As a condiment, it has banana catsup made in-house using saba-peel vinegar, dried banana blossoms, a spice mix and ripe tomatoes.

"It's a condiment that you'll find in many Filipino households," says May Navarra, Jordy's wife and the restaurant's co-owner. "During World War II, Filipino food chemist Maria Orosa thought of using bananas as a substitute for the tomato-based sauce at a time when there was a shortage of tomatoes. We decided to give it our own [spin] in her honour." fh.com/toyoeatery



For a taste of home Hapag

In December 2017, chefs Thirdy Dolatre, Kevin Villarica and Kevin Navoa started Hapag as a private-dining business.

Overwhelming demand for their original take on a myriad of Filipino flavours eventually had them looking for a permanent space, and in March 2019 they opened a 42-seater wood-and-concrete-decked space, tucked behind a congee shack in the Quezon City area.

The modern Filipino dishes found on the degustation menu are familiar in flavour, but original in presentation. Take the case of the Laing Stones. With this dish, the trio has converted the traditional coconut-milk-braised taro leaves dish of *laing* from the Bicol region into a concoction of fried squid-ink-battered balls paired with pickled mango.

"There are ingredients that are good and flavourful with little or almost nothing done to them," Dolatre says, and Hapag's take on the Bacolod chicken *inasal* exemplifies this philosophy. They source antibiotic-free chickens, then marinate the meat in a simple mix of lemongrass, garlic, ginger and coconut vinegar for close to eight hours before grilling.

Ultimately, at Hapag, cooking is an everyday adventure. "We try to push the envelope to uplift and discover the wonders of Filipino cuisine, and, hopefully, share these discoveries with everyone around us," Dolatre concludes. hapagmnl.com »



Clockwise from far left Tortang talong and banana catsup with clam soup and fried tuna cheek from Toyo Eatery; Hapag's Laing Stones; chefs Kevin Navoa (left), Kevin Villarica (centre) and Thirdy Dolatre

“It challenges
us to become
a little more
creative”



For unusual ingredients Metiz

“We are a neo-bistro with the purpose of serving good food at affordable prices,” says chef Stephen Duhesme of his modern Filipino restaurant, which opened less than six months ago. Apart from an open kitchen that seamlessly spills out into the dining area, what makes Metiz stand out is their commitment to under-utilised ingredients such as pig’s cheeks and catfish, rarely found at other comparable restaurants. “It challenges us to become a little more creative. It doesn’t mean the results are always successful, but we [still] work with these ingredients,” says Duhesme.

The menu features *lumpia*, a traditional fried spring roll that’s typically filled with ground pork and vegetables. Duhesme’s version has a filling of sticky beef cheek, snout and ear that has been slowly cooked in a tendon sauce. This is enrobed in a 72-hour fermented sourdough wrapper and comes with a crushed peanut sauce, *kamote* (sweet potato) tops, *alugbati* (Malabar spinach), cilantro and jicama.

For dessert, Duhesme turns to the bitter flavours of local dark chocolate to balance out the richness of a praliné made with cashews from Palawan, tapioca infused with coffee from Bukidnon and sea salt from Zambales.

“We use local ingredients to lower our carbon footprint as well as employ more sustainable practices,” Duhesme adds. ■
fb.com/metizresto



From left Stephen Duhesme of Metiz; a dish of beef cheek lumpia and bone broth; Margarita Forés



WOMEN AT THE TOP

Pioneering female Filipino chefs in Manila

Margarita Forés

Named Asia's Best Female Chef by Asia's 50 Best Restaurants in 2016, Margarita Forés has spoken at various international culinary conferences to promote the food of her country. Closer to home, you can sample her cuisine at farm-to-table restaurant Grace Park in the city's Makati district.

Miko Calo

Miko Calo's exquisite culinary creations do a great job of introducing local palates to French bistronomy. When the Joël Robuchon-trained chef opened her modern French restaurant Metronome last year, diners flocked there to enjoy the 38-year-old's inspired dishes.

Jessie Sincioco

After winning a local cooking competition, the celebrity chef went on to build an empire consisting of multiple restaurants and a catering company under her brand Chef Jessie Restaurants. She also recently opened a bakery, which sells the winning mango cake that launched her successful career.



Singapore Airlines flies to Manila three to four times daily. To book a flight, visit singaporeair.com

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Spotlight

How to enjoy the best of Houston, including a 12-hectare art collection, a non-profit artisan workshop and, of course, some of the best barbecue spots.

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Services

A guide to inflight entertainment, comprehensive safety guidelines and details about all the services offered on board.

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Insights

Singapore Airlines works towards its sustainability goals by going solar-powered with Sembcorp; plus KrisShop's choice of craft gins.

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Insider

Whether you prefer to stay close to the airport or venture out to a nearby atoll, these are some of the must-see spots in the Maldives.

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MADE IN HOUSTON

These five local businesses highlight what's hot in one of America's most diverse cities

The Menil Collection

Founded by the late philanthropist and art collector Dominique de Menil, this privately owned, 12-hectare campus houses the personal collection of de Menil and her husband, John. It's one of the most significant art collections in the country, with free admission to explore 17,000 works, from ancient, African and Byzantine art to Surrealist, Modern and contemporary works.

Fresh from a renovation in 2018, the Renzo Piano-designed main building has been restored to its original sheen.

That same fall, the museum unveiled the Menil Drawing Institute, a newly constructed building dedicated to modern and contemporary drawings. menil.org

Magpies & Peacocks

Housed in a 558m² warehouse in

UPCOMING EVENTS

8th Annual Houston Barbecue Festival

Spend the afternoon feasting on unlimited samples of Texas craft barbecue by 30 of the best pit masters and barbecue restaurants in the Greater Houston Area. 5 April. houbbq.com

33rd Annual Houston Art Car Parade Weekend

Be one of the 250,000 spectators to witness the procession of 250 artfully designed mobile masterpieces during this four-day, fun-filled annual tradition. 16–19 April. thehoustonartcarparade.com

Houston's East Downtown "EaDo" neighbourhood, this locally based, global non-profit is a workshop, design centre, retail store and coffee shop all rolled into one.

Dedicated to up-cycling post-consumer textiles, local designers and artists work with a treasure trove of salvaged items to produce unique clothing and accessories, from dresses to pouches, as well as lifestyle products all sold through The Co: Lab Marketplace boutique. After browsing, head over to admire the works at the on-site capsule art gallery, before taking a break with wine, coffee or tea in the lounge. magpiesandpeacocks.org

Tropicales

From Houston coffee expert David Buehrer comes this adorable café in the city's West University area. Embracing the vivacious, colourful spirit of the





“For a fabulous weekend brunch, visit The Kitchen at The Dunlavy for vibrant, healthful cuisine and gorgeous views of Buffalo Bayou Park”

– *Chun Wai Chan, principal dancer at the Houston Ballet*

Bayou City’s Latin communities, the Michael Hsu-designed space is decorated in a rainbow of greens, oranges and yellows, as well as lush foliage that makes you feel like you’re relaxing in an indoor garden. The all-day menu takes patrons from day to night with selections ranging from the frothy *guava de olla*, a Japanese matcha latte with guava foam, to the prettily plated *pan con aguacate*, a blue corn masa pancake topped with refried beans and avocado. For something alcoholic, the Avocolada is a take on the piña colada cocktail made with creamy avocado. tropicaletx.com



Francescana in Modena, Italy. The menu includes beautifully blistered pizzas, handmade pastas and grilled items such as Basque-style sea bream, as well as a fantastic wine and cocktail programme. Save room for dessert: the Basque-style cheesecake is something else.

rosiecannonball.com

Blood Bros BBQ

To some, the food at this strip-mall spot in the Bellaire suburb is revolutionary. But for “blood brothers” Terry and Robin Wong and their high school friend Quy Hoang, it’s just barbecue prepared with the flavours they grew up with. Tastes that represent Houston’s diverse population – Korean *gochujang* (chilli paste), Thai curry and Vietnamese *thit nuong* (grilled meat) – are infused into traditional Texan barbecue offerings such as burnt belly beef ends, *boudin* (sausage) and smoked wings. Lines are long and the food sells out around 1pm, so head there early. bloodbrosbbq.com

Rosie Cannonball

This cosy Italian eatery in the heart of Houston’s popular Montrose neighbourhood is run by David Keck and June Rodil, both Master Sommeliers, while chef and partner Felipe Riccio spent time under the tutelage of Massimo Bottura at the three-Michelin-starred Osteria



Getting there

Singapore Airlines flies to Houston five times weekly.



When to visit

It’s best to visit the city during the spring and fall, when Houston is blessed with mild temperatures and almost daily sunshine. Come March, take advantage of the rodeo. Fall is theatre season, and you can enjoy a show at one of the numerous local festivals.



From the airport

George Bush Intercontinental Airport is located in the city of Humble, about 30 minutes north of Central Houston, so the best way to get into the city centre is via taxi, car rental or ride-sharing services. The public Metro bus route 102 provides a service from the airport to downtown Houston daily.



Navigating the city

The Greater Houston metropolitan area is so large that the best way to get around is by car. Ride-sharing services, as well as regular taxi services, are also available. Downtown and the Medical Center are also serviced by a public MetroRail system.



Apps to download

Download Uber and Lyft before arriving. For daily happenings ranging from concerts to local festivals, get the 365 Things to Do in Houston app.

Earn miles

KrisFlyer members can earn 14,888 miles on a Singapore–Houston flight on an Economy Standard return ticket. For more info, visit krisflyer.com



ON THE ROAD

Meet a close-knit bunch of SIA cabin crew members who work hard and pedal hard together



From left to right Leslie Lee, Jeffrey Adam, Deanna Soon and Bernie Ong in uniform

Support has the power to unify – bringing communities together and forging new friendships. That's what a group of cabin crew members at Singapore Airlines (SIA) discovered when they joined the Flight Crew Riders (FCR), a sporting interest group that began with just a handful of enthusiasts and has now grown to some 300 members today.

The group comprises strangers-turned-good-friends who meet up monthly to cycle around Singapore. It's divided up into smaller groups classified by different bicycle and terrain types.



IMAGES: MARK TEO (CABIN CREW), CHLOE CHENG / STUDIO DAYDREAM (UNIFORM)



Crew Guide



The group's chairman, chief steward Leslie Lee, 47, says the intention of FCR is to let cabin crew members build connections. He was one of its first members when it was formed in 2011. Bernie Ong, 45, who joined in 2014, agrees. "The company is really big now, so it's hard to get to know the different faces outside of work."

Among the newer members of FCR is a married couple: chief stewardess Deanna Soon, 40, and leading steward Jeffrey Adam, 51. It was Jeffrey's love for cycling that inspired Deanna's own passion. "I still remember the first time that he brought me biking. I cried because he gave me a bike that weighed 10kg and we cycled for 40km," she laughs.

For all of them, FCR is an extension of what they value about working with SIA – the club helps them to grow and gain confidence while strengthening their bonds.

"I like that we're able to talk freely with each other," Bernie says. "We can reminisce about the good old days or exchange stories and share information about work so we know what's

happening and how to deal with certain situations."

Better relationships encourage better teamwork, and all the members agree that work is easier when they know the crew. "You can gel with each other," Leslie notes. "For example, if someone from FCR sees that I'm doing something incorrectly, it is easier for them to let me know because we are on good terms."

Ultimately, the members say that cycling has exposed them to various experiences that help them succeed at work. Despite the long hours, hectic lifestyle and jet lag, they would never give up on their passion.

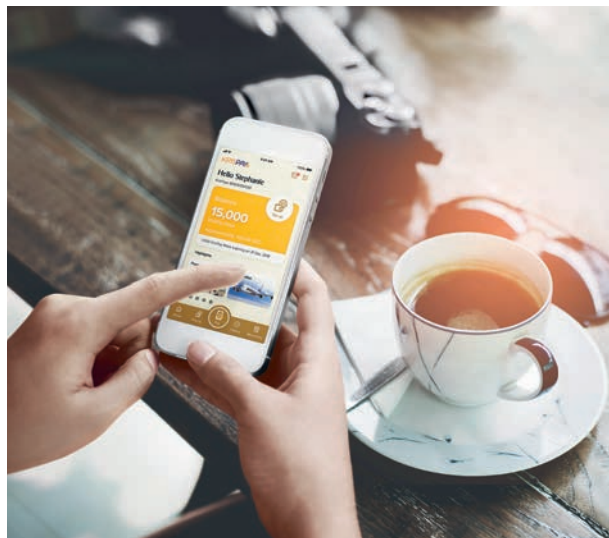
To read a longer version of this story, visit silverkris.com.



History

SILVERKRIS is named after the *kris*, a Malay weapon used in the 14th century. Legend has it that the kris possessed many qualities, the greatest of which was its ability to anticipate danger and protect its owner. The kris was treated with the utmost respect and often became a family heirloom. Today, its function is purely ceremonial. In choosing a kris made of silver as the symbol of our service, we acknowledge both the quality and reputation of Malay silverware and our roots in Malayan Airways, which began in 1947.





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The use of portable electronic devices is allowed on board, subject to the requirements stated in the Passenger Safety Information Card. If you have any questions, please ask the cabin crew.

When portable electronic devices are left on the seat or in your pocket, they may slip into the gaps between the seats. Should this happen, do not operate the seat function. If you

recline or incline the seat, it may crush the devices, making them fire hazards. Instead, ask the cabin crew for assistance.

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Charge devices using the in-seat power supply and USB ports – available in all classes on select aircraft. To prevent overheating, charge devices in the open. Devices must be charged using the original battery and equipment, and must not be left unattended. AC power supply is available for all classes on all

aircraft, except 777-200ERs and retrofitted 777-200s (Business Class only) and retrofitted 777-300s (First and Business Class only).

On new A350s and select 777-300ER aircraft First and Business Class and the new A380 Suites with next-generation cabin products, HDMI ports are available for customers to use KrisWorld as their personal media player. Ask cabin crew which adapters can be used.



SAFETY GUIDELINES

Passengers carrying syringes or hypodermic needles for medical reasons are required to have a prescription or a note from a physician. Do not dispose of used syringes or needles without the protective cap or in seat pockets. Please inform the cabin crew should you need to dispose of a used syringe or needle while on board an aircraft.



During turbulence, the hot beverage service will be suspended. In addition, for your safety, lavatories must not be used at these times.



Keep your seat belt fastened at all times, especially during take-off and landing. Whenever the seat belt sign is on, infants below the age of two should be secured on an adult's lap with an infant seat belt (available from cabin crew).



Infants below the age of two should be placed in a car-type infant seat approved by the US FAA, UK CAA or the UN Economic Commission of Europe. Seats not manufactured to these standards must bear a label showing approval of a foreign government, or one showing that the seats were manufactured under the standard of the United Nations. Infant seats can be placed both forward- and rear-facing. Please check with cabin crew prior to the installation of the car-type seat.



Children aged two years and above must be provided with an aircraft seat or berth of their own equipped with a safety belt, with or without a diagonal shoulder strap, or a safety harness.



Passengers, including infants, are not permitted to sleep on the aircraft floor.



Inflight Connectivity

Inflight mobile telephony and internet services are available during the cruise phase of a flight on all A350, A380, 787-10 and 777-300ER aircraft. Information on complimentary WiFi and price plans can be viewed on the onboard portal. Mobile telephone usage is charged and billed by your mobile service provider. More details can be found in *KrisWorld* magazine.

Cuisine

SIA's International Culinary Panel of world-class chefs and wine specialists creates exclusive dishes and wine lists. On select flights, Air Sommeliers (look for the badge on their uniform), certified by the UK Wine & Spirit Education Trust, can give advice on the right wine or spirit to pair with your meal.

SIA also caters to special dietary needs, children's meals and post-weaning meals.



Suites

Exclusive to the A380s, the new Suites are now moved to the upper deck on new planes, with six occupying the same space as the previous 12. Relax in a luxe personal space, with adjustable blinds and sliding doors for maximum privacy. Lounge in a hand-crafted leather seat that is fully adjustable. When you are ready for bed, settle into the separate full-flat bed that comes with a plush mattress and bedding – customers travelling together in the first two Suites of each aisle



Singapore Airlines Suites

can convert their beds into a double. Other highlights include two exclusive lavatories and a personal wardrobe that can store a carry-on bag.

First Class

The next-generation First Class seats on the new 777-300ER aircraft offer enhanced seating comfort, greater privacy and personal stowage space. The seat converts into one of the largest full-flat beds in the sky, with a bed length of 82 inches. New features include a padded headboard and a mattress topper to ensure a good rest.

Customers travelling on existing 777-300ERs and select 777-300s also enjoy one of the largest full-flat beds in the sky.

Business Class

Business Class on the new A380s features 25-inch-wide Poltrona Frau-upholstered seats, with side wings for additional back support, that convert into flat beds at the touch of a button. Dividers in the centre-block seats can be lowered to form couple-friendly seats and a double bed. Luggage can now be stowed under the seat. Compartments to charge phones and laptops are also within easy reach.

Business Class seats on the

787-10 come with direct aisle access and recline directly into a 76-inch full-flat bed. They also feature an adjustable divider for centre seats, multiple stowage areas and a panel with in-seat power supply and USB ports.

Premium Economy Class

The new Premium Economy Class on the new A380s has 19.5-inch-wide, full-leather seats with an 8-inch recline and a 38-inch seat pitch, plus a calf-rest and foot bar. Other highlights include in-seat power supply, two USB ports, an in-seat reading light, a cocktail table and stowage space for personal items. Customers can order meals from the Premium Economy Book the Cook service through the Singapore Airlines website.

Economy Class

The Economy Class seats on the new A380s have more legroom and back support, with six-way adjustable headrests and foldable wings.

The new Economy Class seats on the 787-10 come with ergonomically designed, contoured backrests and six-way adjustable headrests. You can also charge devices with in-seat USB ports and adjust the 11.6-inch HD touchscreen monitor for a preferred viewing angle.

**787-10**

No. of aircraft: 15 in fleet and 29 on order
 No. of seats: 337 in 2-class config
 Length: 68.3m Wingspan: 60.1m Cruising Speed: 0.85 Mach

**777-300**

No. of aircraft: 32 in fleet
 No. of seats: 264 in 4-class config (with Premium Economy); 284 in retrofitted 777-300
 Length: 73.9m Wingspan: 60.9m (64.8m for 777-300ER)
 Cruising Speed: 0.84 Mach

**A380-800**

No. of aircraft: 19 in fleet
 No. of seats: 441, 379, 471 in 4-class config (with Premium Economy)
 Length: 72.7m Wingspan: 79.8m Cruising Speed: 0.85 Mach

The A380 is the world's largest passenger aircraft. Singapore Airlines is proud to be the world's first commercial airline to fly the superjumbo jet.

**777-200**

No. of aircraft: 5 in fleet
 No. of seats: 271 in retrofitted 777-200ER; 266 in retrofitted 777-200
 Length: 63.7m Wingspan: 60.9m Cruising Speed: 0.84 Mach

**A350-900**

No. of aircraft: 48 in fleet and 19 on order
 No. of seats: 161 in ULR (2-class config); 253 in LH (3-class config); 303 in MH (2-class config)
 Length: 66.8m Wingspan: 64.8m Cruising Speed: 0.85 Mach

COMING SOON**777-9**

Singapore Airlines has 20 777-9s on firm order for delivery from FY2021/22.

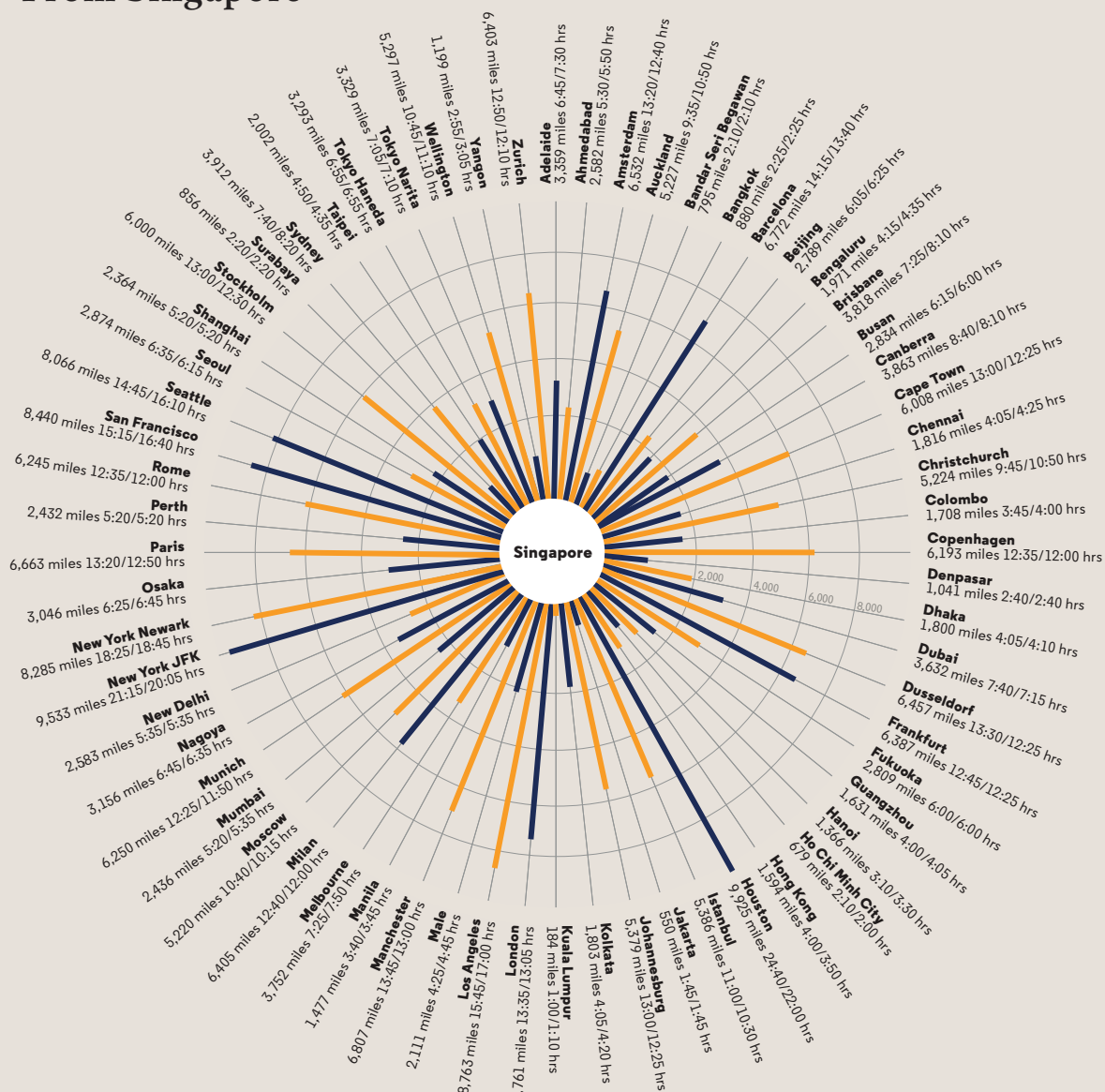
**A330-300**

No. of aircraft: 8 in fleet
 No. of seats: 285 in 2-class config
 Length: 63.6m Wingspan: 60.3m Cruising Speed: 0.82 Mach

→ In aerodynamics, speed is measured by the Mach number. Mach 1 is the speed of sound and is equal to 1,225km/h or 761.5m/h at sea level.
 → All information is correct at the time of printing.



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Johannesburg - Cape Town
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Manchester - Houston
4,705 miles 9:50/8:55 hrs

Melbourne - Wellington
3,218 miles 3:20/3:55 hrs

Milan - Barcelona
448 miles 1:35/1:40 hrs

Moscow - Stockholm
793 miles 2:20/2:15 hrs

Tokyo - Los Angeles
5,440 miles 10:10/11:30 hrs

Sydney - Canberra
148 miles 1:00 hrs

+ Passengers flying from Singapore to Canberra have a stopover in Sydney.

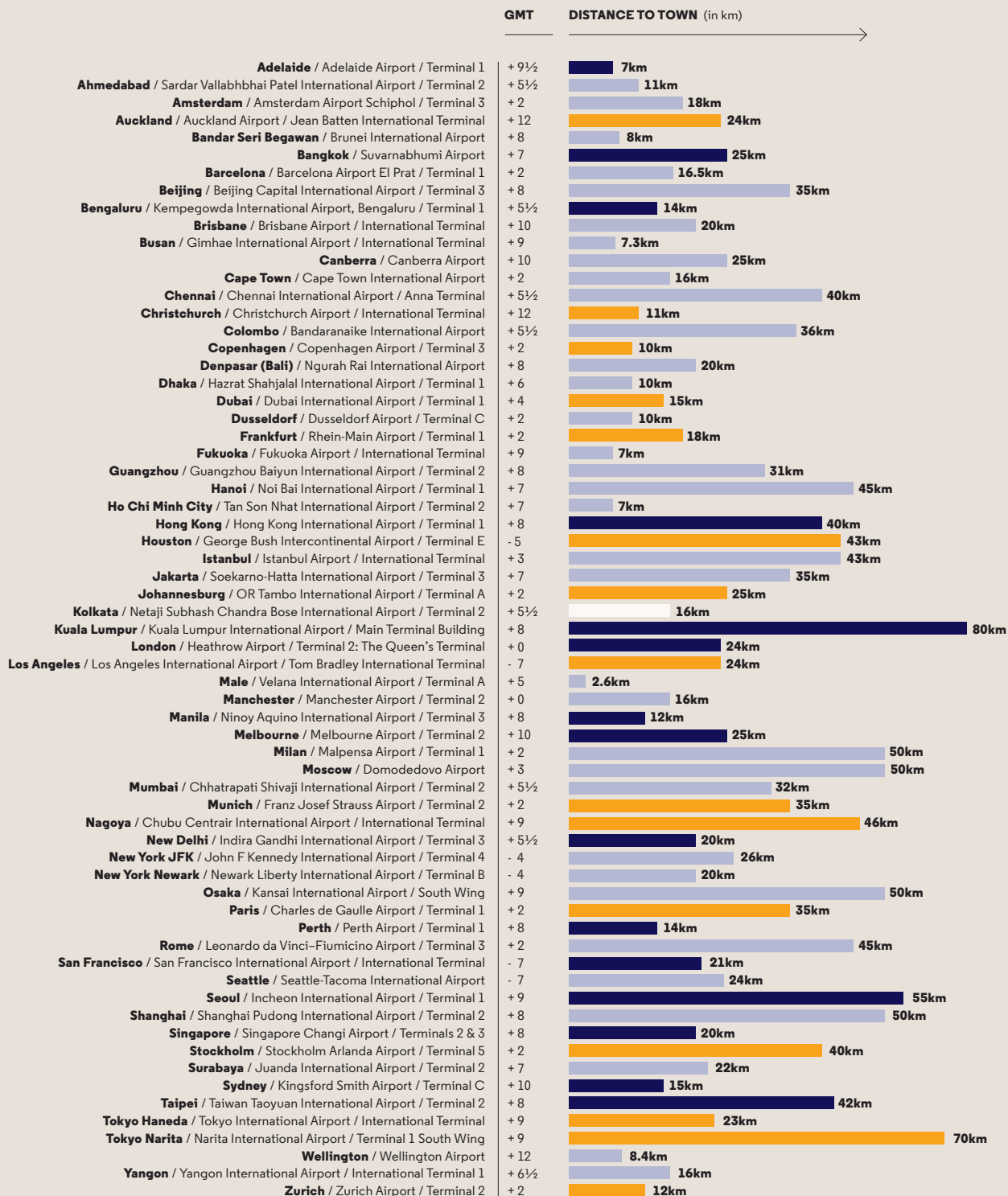
→ Approximate distance (in miles, one way). One mile is equivalent to 1.61 kilometres.

→ Flying times indicated above do not include time spent in transit and may vary depending on weather conditions and route flown. Flying times are indicated in both directions; for example, the flight time of 13:35/13:05 hrs for Singapore - London means 13 hours 35 minutes from Singapore to London and 13 hours 5 minutes from London to Singapore. The Singapore to Los Angeles flight time is based on the Singapore - Tokyo - Los Angeles route.

→ All information is correct at the time of printing.



City / Airport / Terminal



Legend

SilverKris Lounge
 Star Gold Lounge
 Contract Lounge
 Lounge Unavailable



● Anchorage





†Singapore Airlines flies to Suvarnabhumi Airport, while Scoot flies to Suvarnabhumi Airport and Don Mueang Airport
This information is accurate as at 1 March 2020.
For more information on flight schedules and routes, visit singaporeair.com

Asia

With Air Canada, Air China, Air Mauritius,
Air New Zealand, ANA, Asiana Airlines, EgyptAir,
Ethiopian Airlines, Eva Air, Fiji Airways,
Garuda Indonesia, Lufthansa, LOT Polish Airlines, Malaysia Airlines, S7 Airlines, Scoot, Shenzhen Airlines, Swiss, Turkish Airlines and Vistara



Americas

With Air Canada, Alaska Airlines, ANA, Asiana Airlines, Avianca Airlines, Eva Air, JetBlue Airways, Lufthansa, South African Airways, Turkish Airlines, Virgin Atlantic and United Airlines



Europe, Turkey & Russia

With Aegean Airlines, Air Canada, Air France, Avianca Airlines, Brussels Airlines, Croatia Airlines, EgyptAir, Eurowings, Flybe, LOT Polish Airlines, Lufthansa, SAS, S7 Airlines, Scoot, Swiss, TAP Portugal, Turkish Airlines and Virgin Atlantic



Africa & Middle East

With Air Mauritius, EgyptAir, Ethiopian Airlines, Scoot, South African Airways and Turkish Airlines



● Singapore Airlines destinations ● Codeshare destinations



Accelerating eco-innovation in transport

TOWARDS A GREENER PATH

Climate change poses serious threats to international communities. As a major cause of environmental degradation, the transportation industry faces increased pressures from government bodies to go the extra mile on regulatory compliance – this is true especially in Asia, which will be responsible for more than half of the global freight demand by 2050.

According to Green Freight Asia (GFA), a non-profit organisation that promotes green transport and fuel efficiency in Asia, although delivery trucks only comprise 9% of the total vehicle population on the continent, they account for a staggering 54% of transport emissions. As the industry continues to grow at breakneck speed in the region, it is paramount for Asian companies to adopt more environmentally friendly transport solutions.

- GFA**
Regional industry-led programme
- Solutions:**
- GFA Label
 - Road freight transport energy assessment
 - Green Technology Network
 - Capacity Building Programmes



LYS Energy

Regional RE Solutions Platform

- Solutions:**
- Solar Distributed Generation
 - Solar (Energy & Battery)
 - Renewable Energy Certificates (RECs)

COLLABORATING TO DISRUPT

As community-led and collaborative models of growth are the cornerstone of a sustainable economy, LYS Offset Solutions (LYSOS), a subsidiary of Asia's leading independent power producer LYS Energy Group, has partnered with GFA to give companies an edge in their path towards a greener future.

This strategic alliance between GFA and LYSOS serves to enhance development activities and encourage collaboration between SEA shippers and carriers, and companies that provide technology and digital solutions for the decarbonisation of the transport sector. It also focuses on capacity-building among partners; developing sustainable policies, strategies and sustainability reports; and promoting dialogue between stakeholders.

Additionally, GFA's Carbon Assessments, Greenhouse Gas Reporting and Integrated Reporting services for freight provide its customers with a comprehensive understanding of transportation logistics, and savvy solutions for reaching carbon neutrality.

Together, the two organisations offer holistic solutions that will help businesses achieve their sustainability goals, paving the way for them to become responsible industry leaders.

IN PARTNERSHIP WITH



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Singapore Airlines goes solar

With sustainability at the core of their shared vision, Singapore Airlines (SIA) and SIA Engineering Company (SIAEC) have recently signed a power purchase agreement with Sembcorp Solar, a wholly owned subsidiary of Sembcorp Industries, to install and operate

rooftop solar panels across their different premises.

When completed, this will be the largest combined solar power energy project for the aviation industry in Singapore. Here are some stand-out facts relating to the development, which is slated for completion in June 2020.

新航太阳能化

以可持续发展为共同的核心愿景，新航和新航工程近期与胜科工业的全资子公司胜科太阳能签署购电协议，在各栋办公楼的顶楼装置太阳能板并将在未来投入运作。

完工后，这将成为新加坡航空业最大的太阳能联合发电项目。预计于2020年6月竣工，细数此发展项目的瞩目焦点。

Sustainable savings 永续绿色建筑

>20,000

Number of solar panels that will be installed across SIA and SIAEC buildings and offices

将装置在新航和新航工程办公楼的太阳能板数量。



8.2 MWp

Total capacity of the solar panels that will be installed

装置太阳能板后可达到的总产能。



18%

Portion of SIA's total building electricity demand to be met by the solar panels

太阳能板提供新航大楼总电力需求的百分比。

>4.3mil kg

Annual reduction in CO₂ emissions resulting from the project, the equivalent of planting 52,000 new trees

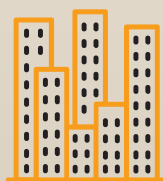
该项目每年可减少的二氧化碳排放量，相当于种植52,000棵新树。



>10,200 MWh

Renewable energy expected to be produced annually – enough power to run 2,290 four-room HDB flats for a year

预计可再生能源每年产生的发电量，相当于2,290间新加坡四房式组屋一年的电力需求。



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Discover the world of craft gin

It goes without saying that gin is one of the trendiest drinks around. But what has taken the once-forgotten spirit to its current heights in just a few years? For starters, it's the level of craftsmanship and attention to detail that go into creating today's best gins.

Take Singapore's own **Brass Lion Distillery**, the first micro-distillery of its kind in the country. They make their gin in small batches using hand-pressed juniper berries that are then distilled in a customised German-made hybrid pot still.

Both Brass Lion and another Singaporean distillery, **Tanglin Gin**, take the process to the next level through the use of local botanicals that give these gins a zest of Singaporean flavours. In the former, you have the likes of torch ginger flower, pomelo peel

and chrysanthemum, while in the latter you'll find notes of Java pepper, vanilla orchid and *amchoor* (mango powder).

Transporting you from one exotic locale to another is a hallmark of a good gin, but some of them can also take you back in time – like **Lawrenny's 1818 Settlers Gin** from Tasmania. Distilling the character of the island's rugged pioneers, it's got earthy, smoky and spicy notes derived from cardamom, caraway seeds and rosemary.

Most excitingly, craft gins can introduce drinkers to new and refreshing flavours, as seen in **Canberra Distillery's French Earl Grey Gin**.

Visit KrisShop.com to get a taste of these one-of-a-kind gins, and open yourself up to a whole new world of refined flavours.

探索精酿琴酒世界

毋庸置疑，琴酒是当今流行酒饮之一。但为何这曾让人遗忘的烈酒近几年再掀热潮呢？对入门者而言，是精酿工艺水准和对细节的讲究，酿造出当今最出色的琴酒。

以本地品牌Brass Lion Distillery为例，狮城首家小型精酿蒸馏厂，以手工压制杜松子，德国特制酿酒机器蒸馏，小量生产。

Brass Lion与另一家新加坡蒸馏厂Tanglin Gin，皆通过采用本地植物香料，为其琴酒增添新加坡风味。前者的精酿琴酒，包含了火炬姜花、柚子皮和菊花的风味；后者的精酿琴酒，则蕴含爪哇胡椒、香草兰花和干燥生芒果粉的韵味。

高品质的琴酒，让人品尝到异国风味，有些则让人仿佛重返旧日时光，比如来自塔斯曼尼亚的Lawrenny的1818 Settlers Gin，展现的正是岛州拓荒者的粗犷特性，以豆蔻、香菜籽和迷迭香，交织出一股天然泥土味、烟熏味和辛辣香味。

精酿琴酒也为酒饕带来清新口味，好比Canberra Distillery的法式伯爵茶琴酒。

即日起浏览KrisShop.com，品鉴独一无二的琴酒，打开风味优雅的佳酿新世界。

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旅游智商



探索极限

4月12日是载人空间飞行国际日。以下是人类探索太空史上的里程碑时刻。

1957

人类首次发射人造卫星斯普特尼克1号,正式揭开了太空探索的新时代。



1961

前苏联宇航员尤里·加加林首次于4月12日乘坐太空舱东方1号完成环绕地球一周的创举。



1969

在阿波罗11号指挥官尼尔·阿姆斯特朗领军下,人类首次登月。这历史性的一刻在全球电视直播。



1998

5大宇航局携手开创了国际空间站。



2001

美国企业家丹尼斯·蒂托成为首位太空旅行者,花费2000万美元乘坐俄罗斯太空船登上国际空间站。



2020

美国国家航空航天局宇航员克里斯蒂娜·科赫在太空完成328天飞行,在2月重返地球。

旷野风光

美国国家公园周将于今年4月18日至26日举行。首日免费对外开放,公园周也将举办特别系列活动。这是你不可不知,当地庞大的国家公园系统。

534万公顷

位于阿拉斯加,弗兰格尔圣伊莱亚斯国家公园的总面积,它也是美国迄今最大的国家公园。而位于密苏里州圣路易斯的拱门国家公园,面积仅36.8公顷,是全美最小的国家公园之一。

600



音乐中心Lafayette可容纳的观众人数。位于伦敦,3月全新开幕的生活休闲中心Goods Way内,除了现场音乐演出外,访客可在The Courtyard品尝到Temple of Seitan小吃和Sweetwater美式鸡尾酒。

62

美国国家公园的总数。最新的是位于新墨西哥州的白沙国家公园，以闪闪发光的巨大石膏沙丘而闻名，并于2019年12月被指定为国家公园之一。

3.27亿

2019年造访各地国家公园的游客总数。最受欢迎的是位于田纳西州与北卡罗纳州交界处的大烟山国家公园，共吸引了1250万游客慕名而来。

28,970公里

美国国家公园系统内的步道总长度，其中最长的北部国家风景步道，从纽约延伸至北达科他州，跨越八州，全长7,400公里。

86米

位于加利福尼亚，死亡谷国家公园恶水盆地低于海平面的深度，这也使它成为北美区的最低点。

舞动人生

国际舞蹈日(4月29日)三场精彩演出。

18

倡导多元性的哈林舞剧院的团员人数。众舞者将于纽约中心剧院(4月15日至18日)带来独特的现代芭蕾舞表演。

1776

著名的莫斯科大剧院芭蕾舞团创立年份。舞团定期于莫斯科大剧院举办演出。本月亮点舞剧有《睡美人》和《吉赛尔》(各演出日期供选择)。

2千万

曾观赏《舞之魂》的观众总人数，它也被誉为“全球最佳的爱尔兰舞剧演出”。本月可在悉尼河畔剧院(4月23日)和州立剧院(4月24日)观赏精彩演出。



“哪个演员不想演出占士邦电影?”

奥斯卡金像奖得主雷米·马利克谈及演出反派角色、他最喜爱的城市,以及攀上事业高峰。



接演《生死交战》中的角色Safin)前,我便想与凯瑞(电影导演乔吉福永)进行讨论。我不希望人物让人联想起任何含有意识形态或宗教信仰的恐怖主义行为。如果是那样的角色,我会一口拒绝,但他很快表明了那不是他的意图。解除了这个疑虑之后,我便毫不犹豫地答应演出。毕竟,哪个演员不想演出占士邦电影?

(占士邦)电影系列经典历久不衰,同时也在影史上创造了一些最让人

难忘的反派。我的角色非常独特且极其复杂。丹尼尔(克雷格)认为他是个被误解的人,我也认为颇有道理。

凯瑞是一位才华横溢的导演,我也是他的粉丝。在这部电影中,他发掘了影迷喜爱占士邦电影的原因,并将各种元素融汇在一起。

那段日子恍如在梦中(在《波希米亚狂想曲》获奖期间),但对我来说最了不起的事是能诠释佛莱迪(摩克

瑞)。我知道他早已离开了我们,在筹备演出角色的时候,我却感觉自己认识他,我们之间永远存在着某种联系。

在接演某些角色后,你无可避免地将面对事态的转变,而你却也无能为力。家人和朋友的存在是非常重要的,因为事情确实会变得有些疯狂,且几乎是发生在一夜之间。

严格来说,我认为现在的电视剧集

AS TOLD TO: EMMA COILER; IMAGES: GETTY IMAGES (MAIN), UNIVERSAL PICTURES; ALAMY STOCK PHOTO (FILM STILL)

正收获它们应得的尊重。电视剧集的制作预算越来越大,因此我确信未来我们会看到一些全新大制作。

(参与电玩《直到黎明》)真的很好玩。当然,在电玩中最重要的是其游戏性,但我认为我们所达到的一大成就是证明了,你可以在电玩中创造出独特且有趣的角色。

对于“不”这个字,要习惯于面对。这是我的建议(给予在好莱坞中挣扎寻求突破机会的非白人演员)。我还记得在父母的公寓内,我把履历表和头像照片塞入信封内,却不断遭受拒绝的日子。爸爸当时说:“这个孩子很顽强!”,这句话深烙我心。所以,继续前进,坚守信念吧。

成长过程中,阿拉伯语是我们在家沟通的语言。若有机会在电影中做任何事(展现我的文化根源),我希望能反映出文化真实的一面。

我不断获得梦想中的角色,像是佛莱迪(摩克瑞)还有现在这个占士邦电影中的大反派。当然,我仍有渴望达到的目标,但我对未来采取开放的态度,因为你不会知道之后会有什么事发生。

并非所有人都知道这一点,但在洛杉矶,我所成长的地方,有一个庞大的埃及人社区。我想可能是因为那里的气候和开罗相似。即便到现在,我对这座城市仍充满了回忆,每年我和家人都会在那里渡过感恩节。

大学毕业后,我做了一般演员都会做的事,那就是搬到纽约,在城市各处演出舞台剧。《黑客军团》中的许多场面都是在纽约拍摄的,而且那里还有全世界最美味的披萨,让人怎能不爱它?

我也很爱伦敦,那是我学习成为佛莱迪的地方。漫步于这座城市,探索得越多,越发让我爱上。

(想要感觉飞行旅程充实)我会读剧本,或追看电视剧集,或听音乐。

我的第一旅游贴士,就是永远别忘了多带上一个手机充电器!



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industry-kitchen.com



泗水 遁入 山水云海

除却城中各种好玩的活动, 泗水也是通往印尼最壮观的自然美景的门户。丰富多彩的探险风光, 等待访客前来挑战极限。

布罗莫火山

耸立于泗水的天际线之上, 这座活火山是爪哇最负盛名的景点之一。位于海拔2,329米高处, 将连绵山景尽收眼底, 布罗莫火山是欣赏布罗莫腾格尔西梅鲁国家公园日出美景的绝佳去处。而在沙海, 访客可选择以步行、乘坐吉普车或骑马, 探索火山熔岩沙平原。想追求独特的旅游体验, 不妨在当地人欢庆Yadnya Kasada节日期间到访, 具百年历史的印度教祭祀庆典在今年7月举行, 届时大批信徒到山顶朝圣, 将祭品投入火山口。

WORDS: HELEN YEUNG; IMAGES: SHUTTERSTOCK.COM;
GETTY IMAGES (PEKALEN)



特洛武兰

距离市区两小时车程，此处令人惊叹的废墟遗迹是中世纪满者伯夷帝国的首都所在地。14世纪最鼎盛时期，强大的印度教王朝版图从苏门答腊延伸至新几内亚，访客可透过当地向导的解说，深入了解关于王朝遗迹的奇闻轶事。看点包括当年国王查雅纳迦拉逝世之后，为纪念他而建造的Candi Bajang Ratu寺庙；位于王朝首都城市入口处高耸的Wringin Lawang纪念碑；掩埋于尘土中数个世纪，直到1914年才重见天日的Tikus寺庙；而在特洛武兰博物馆内，访客尽可饱览大量古时代历史文物。



PEKALEN河

追求惊险刺激的旅者，不妨到Pekalen河域体验激流泛舟或泳圈漂流，感受肾上腺素飙升的快感。距离泗水3小时路程，除了好玩的水上活动，访客在翠绿雨林中还有机会一窥野生动物的真貌。无论是新手或老手，在这片有着超过30条急流和7道瀑布共长12公里的河域，都能找到适合自己的路线。有别于大众对东南亚天气湿热的印象，Pelakan瀑布区的温度落差大，建议到访时穿上保暖衣物。



马都拉岛

与泗水市隔着马都拉海峡，马都拉岛在大多数外来旅客中名不见经传，却是深受当地人喜爱的景区。岛上人口350万，自成一城，却没有一般大都会的拥挤喧嚣。岛上南海岸是连绵的浅沙滩和耕地，北海岸则多为岩石峭壁和沙丘海滩，有别于东爪哇典型的茂密丛林和火山景观。早晨，不妨到风景如画的Bukit Kapur Jaddih石灰岩峡谷拍照留念，随后徜徉于Gili Labak的原始白沙滩，享受浮潜和沙滩漫步的乐趣。



伊真火山

位于外南梦的活火山，山峰之巅震撼人心的伊真火山口，形成独一无二的壮阔全景。伊真火山被公认为印尼不可错过的旅游胜地之一，傲然耸立于雄伟的锯齿状火山锥之中。抵达山顶后，饱览令人叹为观止的绿松石色硫磺湖（它也是世界最大的酸性火山湖），一睹奇特的伊真蓝火。在含硫气体燃烧下，铁蓝色熊熊火焰划过天际。整段火山健行往返路程长14公里，约需3至5个小时完成。

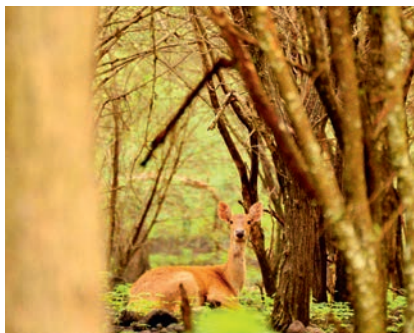


锦石摄政区

距离泗水仅1小时路程，位于前身为石灰岩采石场的小镇Bungah，是引人注目的Bukit Jamur（或称为“蘑菇山”）。坐落于历史悠久的锦石摄政区。这里的地质构造独特，犹如巨大蘑菇的岩石散布在约3公顷的土地上。奇形怪状的岩石高度从2至7米不等，因受风雨水常年侵蚀，在大自然鬼斧神工下形成了超凡的地质奇景。

巴鲁兰国家公园

距离泗水东南方6小时，巴鲁兰国家公园面积25,000公顷，覆盖了大片森林和草原。1984年开放以来，国家公园成为各种濒危鸟类如绿孔雀，以及其他珍稀哺乳动物如爪哇麋鹿和野牛的栖息地。访客也可借此造访园内隐匿的绿洲—美丽的巴马海滩。沿着被红树林沼泽地围绕的观鸟路线，亦可通往巴马沿海树林。



入乡随俗

参与4月份各大庆典，体验地方文化与风土人情。



Festival Jathilan Bromo

在布罗莫的吉瓦加瓦度假村举办的音乐节，荟萃了多元的印尼文化特色，演出项目包括充满精神活力的传统爪哇民俗舞蹈——嘉锡兰。4月11日。

Pamekasan Music Patrol Festival

当地人以kentongan（一种裂缝鼓）欢庆节日。由竹子制成的空心打击乐器，是东南亚多个地区的传统乐器。在东爪哇，人们以此乐器与其他现代乐器合奏交织出绝妙乐章。4月25日。

Gebyar Labuhan Sarangan

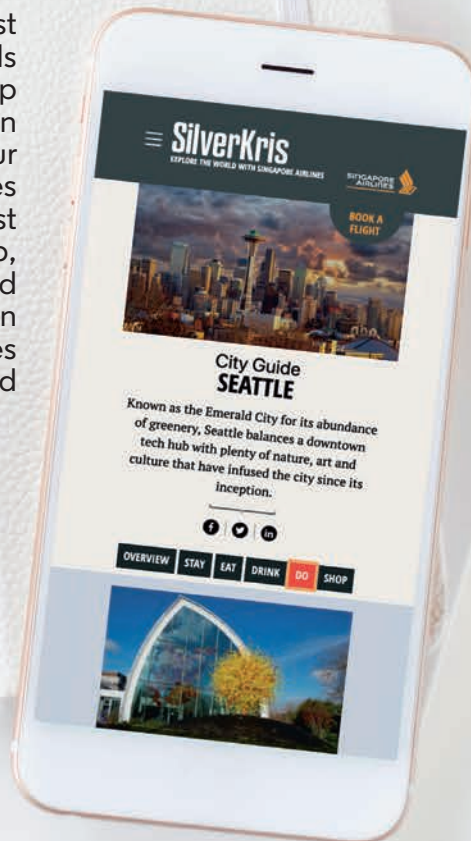
位于泗水西南部，马吉丹区的年度盛典登场。游行活动结束后，人们会在Sarangan湖中摆放巨型山锥和水果作为祭品，答谢天赐福运。4月19日。



新航提供每日航班，胜安航空则每周五趟航班，从新加坡飞往泗水。请浏览 singaporeair.com

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MALE, MALDIVES

Illustration by
Esther Goh



AISHATH ZEENA

An insider's guide
by the sales and
marketing officer
at Singapore
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outpost



Singapore Airlines
flies to Male five
times weekly, while
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EAT

In Male, the cosy heritage atmosphere of **Sala Thai Restaurant** makes it the perfect setting for authentic Thai cuisine. There's also **Peak** on the ninth floor of the Maagiri Hotel, which offers a view of the horizon as you pick from their diverse menu of Western and Indian cuisine. In the late afternoon, from 4pm to 6pm, the restaurant's rooftop offers *hedhikaa*, a selection of must-try savoury and sweet snacks that are local to the Maldives.

EXPLORE

History lovers should go and see the Hukuru Miskiy, also known as the **Friday Mosque**. Built in the 1650s, it houses well-preserved traditional Maldivian art, such as wooden carvings and lacquer works. There's also the **National Museum**, showcasing artefacts and relics dating back to the pre-Islamic period, alongside regal attire and items associated with Maldivian royalty. Additionally, the region recently saw the opening of **Crossroads Maldives**, a multi-island fully integrated leisure destination just a 15-minute speedboat ride away from Velana International Airport.

SHOP

You won't find imposing malls with international brands here. Male has two main shopping lanes – **Majeedhee Magu** and **Chaandhanee Magu**. The former is where you'll find the likes of textiles, clothing and accessories and even electronics, while the latter is a great place for tourists to browse for locally crafted goods – such as lacquer boxes – to take home as souvenirs.

STAY

For peaceful getaways, there are plenty of options in the Maldives easily accessible by speedboat or ferry. **Kaani Palm Beach** – located on the island of Maafushi, 25km south of the airport – is known for its fantastic locale and exceptional hospitality. If you're looking for something even more remote, **Plumeria Maldives** takes you away from it all on Thinadhoo in Vaavu Atoll, where you can scuba dive in the crystal-clear waters.

TIPS

Walking is the best way to get around. While here, you should also make time for manta ray and dolphin viewing if it's the right season (November to April).

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