

NOTES | LIFESTYLE

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Heart Of Goodness

Research shows that cocoa helps to decrease blood pressure, reduce cholesterol and increase insulin sensitivity. Prestat Fine Chocolates' Choxi+, however, goes beyond that call by providing more flavanol antioxidants than other ordinary dark chocolates. What that means is consuming two Choxi+ chocolate hearts a day provides you all the antioxidants you need – equivalent to eating 500g of brussels sprouts, only heaps yummier. Since flavanol antioxidants are believed to help prevent cancer, heart disease, stroke and premature ageing, you'd want to start popping them like pills. The recently launched Mini-Hearts gift box is just in time for Mother's Day.

Surf And Turf

Morton's The Steakhouse has the perfect promotion for surf and turf lovers. From now to June's end, the famed American steakhouse is offering a choice of signature seafood dishes alongside their juicy filet mignon for just \$95. Inclusive of a salad or potato, take your pick of Morton's jumbo lump crab cake, bread-crumbed colossal Shrimp Alexander or bacon-wrapped broiled sea scallops to accompany your mouth-watering tender steak.

Garden Of Eden

The appetising menu at The Sentosa Resort & Spa's Garden restaurant discredits anyone who thinks healthy eating equals a drab, boring affair. Placing an emphasis on fresh produce from organic or bio-dynamic farms, The Garden offers many familiar favourites with that healthy twist.

Its chicken rice sees organic chicken breast ginger-soy marinated and topped with rice cakes and sautéed kai lan, while the herb crusted lamb rack is served with organic brown rice pilaf, truffle and wild mushrooms in natural jus. For dessert, try their mango-buttermilk soup with light angel food cake, soursop sorbet and coconut foam, or the organic soy milk panna cotta with lemongrass infused syrup.

With a menu that provides bite-sized information on the nutritive and health-giving benefits of its dishes, there's no stopping you from eating your way to better health.

Viva Italia

A fresh Mediterranean breeze has blown into Pontini with the added culinary ingenuity of Frank Kilian. The 34 year-old chef with 16 years of experience hails from an illustrious career that includes London's Zafferano restaurant and Sydney's Pier Restaurant. With Kilian at the helm of its kitchen, Pontini is poised

to offer modern Italian dishes such as seared snapper with sweet bread, pearl onions and black truffle jus and king prawn tartare with pea water, fresh peas, green asparagus and oscietre caviar.

Pop Up And Serve

Absolut's new limited edition 'Pop up and Serve' mini-bar brings on a new concept to living it up – a portable mini bar. Resembling a miniature Manhattan skyscraper, the gift pack's white architectural case pops open to reveal a 750ml bottle of classic Absolut Vodka nestled between a mini-bar that can be filled with ice, garnish and other ingredients of choice. Only 1,800 of these portable, spontaneous and stylish sets are available for purchase in Singapore.

Spring In Hokkaido

Carousel at Royal Plaza on Scotts celebrates Spring in Hokkaido with a specially catered menu of the island's best delicacies from May 22 to 31. Choose from over 50 Japanese dishes from seven open concept kitchens boasting air-flown seafood delights such as Hokkaido's renowned snow crab, surumi ika (squid) and ma-tako (octopus' tentacles) – created by guest chef Kazuhiro Fukuhara and Carousel's very own Japanese chef, Francis Lee. For a complete Japanese islander experience, catch the cultural performances by the Japanese Cultural Society of Singapore at the hotel's lobby on May 23 at 6.15 pm.

Play Fair

We've seen the logo and heard the term used with increasing frequency. We know that buying fair-trade products means supporting a good cause. But what exactly are we buying into?

Fair trade supports the payment of fair prices to the people who produce the goods. It promotes a sustainable means of production while helping producers become economically self-sufficient. In other words, fair-trade products ensure that impoverished farmers from developing countries are not exploited for their hard work in producing our coffee, tea, sugar, or even cotton.

What started out as a small social movement has now grown into a major contributor of global trade with organisations like Marks & Spencer, Cold Storage and NTUC Fair Price in Singapore stocked with fair-trade products.

Starbucks sells packaged fair-trade coffee and offers it as coffee of the day on occasion. Cedele goes further by ensuring that its organic fair-trade coffee is brewed and served in its signature coffees and available at all its bakery cafes and restaurants.

With the myriad of fair-trade options available in the market, it pays to think of where your money is going to. And more importantly, what you'd like to support with your purchase.