

Media Release

7 July 2011

The Sentosa Iron Chef Gets Teams Cooking

The Sentosa Resort & Spa is the first hotel in Singapore to offer a team-building activity that guarantees to get corporate groups out of the boardroom and into the kitchen!

7 July 2011, Singapore - The Sentosa Resort & Spa is proud to present a novel corporate team-building activity inspired by the original BBC television series, "MasterChef". As the first hotel in Sentosa and in Singapore to offer this activity, the Sentosa Iron Chef package promises to get groups out of the boardroom and into the kitchen.

Hands-on and interactive, corporate groups conducting meetings at The Sentosa Resort & Spa have the option of trading their power suits and donning aprons for the day. The Sentosa Iron Chef promises to put amateur cooks through the rigour as teams are required to cook a four-course meal comprising a classic Asian dish and even use a live barbecue grill, as they battle other teams in a friendly competition to win the coveted title of the Sentosa Iron Chef.

A great bonding exercise, rapport is fostered among team members as they learn to work together and communicate with each other, while working through the tasks of preparing the ingredients, cooking the dishes and plating them for judging.

Ms Sherry Goh, 34, a corporate client had this to say about the Sentosa Iron Chef, "Team-building doesn't get better than this - I have attended many corporate retreats, but the Sentosa Iron Chef activity was a breath of fresh air and a lot of fun! I never before thought of cooking as a bonding activity but this exercise proved me wrong. "

How the Sentosa Iron Chef works

Participants will be divided into equal groups and issued chef hats and aprons. The "Master chef" (a chef at The Sentosa Resort & Spa) will then describe in detail what the group will be making over the next 3 to 4 hours; there will be a starter, soup and main course. The "Master chef" will identify the ingredients used and demonstrate how each dish is cooked. He will also give suggestions on different preparations and encourage teams to try out variations for each dish.

Teams will need to work together to create three dishes for judging by the "Master chef", and each dish will be scored on originality, taste and cleanliness. Writing material is available and it is up to teams to take notes and recipe pointers while the "Master chef" is doing the demonstration. Teams also decide amongst themselves on their respective roles in the kitchen and the work delegation.

At the end of the activity, after the culinary honours are dished out, the group will get to sit down and enjoy the meal they have just prepared. As for the dessert finale – we promise it will be a "shake up"!



The Sentosa Iron Chef Package is available at **S\$140.00++ per person** and is inclusive of venue hire, chefs, apron, chef hat, recipe cards, all food ingredients and light refreshments. The activity can accommodate a minimum of six and a maximum of 20 people. Participants will also get to take home their chef hat, Sentosa Iron Chef apron, and recipes cards to replicate the dishes in their own kitchens. For enquiries, please contact **+65 6371 1312/ +65 6371 1293** or email Catering&Conference@thesentosa.com.

About The Sentosa Resort & Spa

The Sentosa Resort & Spa is owned by Beaufort Hotels, and managed by HKR Asia Pacific Pte Ltd, a wholly owned subsidiary of Hong Kong public listed company, HKR International Ltd (HKRI). HKRI also owns and manages The Sukhothai Bangkok.

Media contacts:

Ms Nathalyn Fong
Marketing Communications Manager
Tel: +65 6371 1400
Email: nathalyn.fong@thesentosa.com
Website: www.thesentosa.com

Ms Neo Kar Hwee
Marketing Communications Coordinator
Tel: +65 6371 1309
Email: karhwee.neo@thesentosa.com
Website: www.thesentosa.com

- End -