



Slow Life Guy

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Group Cooking Workshops Deck

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My story

Thank You 🍌 🍒



Chef Chris

What's my journey like?

I'm a Chef-educator, entrepreneur, and TV host with experiences working in Chinese fine dining restaurants, Japanese Ramen, and Italian and French restaurants...I've also worked as an urban farmer!

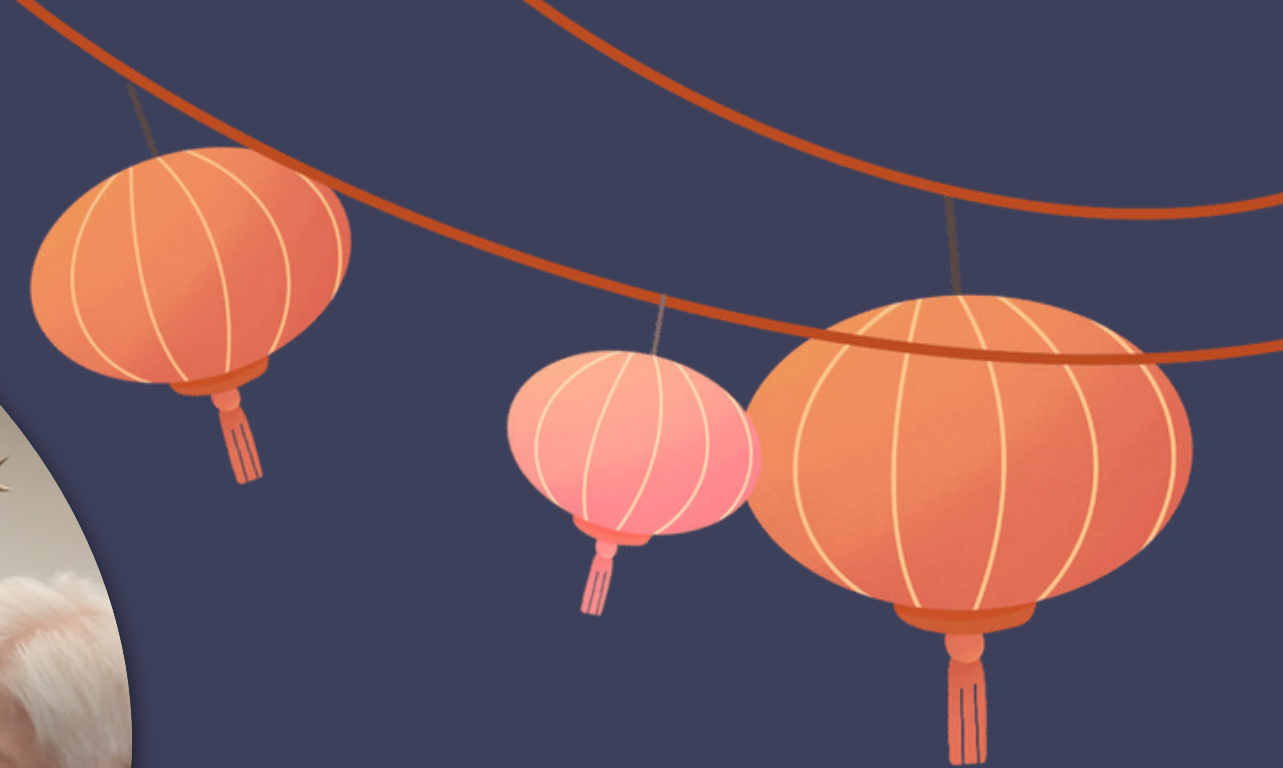
As a new Chinese-Singaporean transplant in Vancouver, I realised that I could not find many of the traditional dishes that I enjoyed back home, which I miss a lot. I am using this platform to preserve my Teochew heritage, and to share that with others.

My workshops are designed to be feel less like an instructional cooking workshop, and more like a relaxed social gathering. I enjoy it when people feel comfortable and can work at their own pace, so I bring this approach to my workshops.

Why am I the 'Slow Life Guy' ?

The preparation of food should be done thoughtfully and mindfully. I hope that we can all slow down and enjoy the journey of making and sharing food, to lead a wonderful and meaning life.





Festive Chinese Workshop Series

It's that times of the year where communities come together to make food and celebrate together, celebrating tradition and heritage. These workshops represent my roots as a Chinese-Singaporean.



Yu Sheng (Tossed Raw Fish Salad)

A Celebratory Lunar New Year Special

A hands-on exploration of Yu Sheng and the stories, symbols, and rituals behind this Lunar New Year tradition



Yu Sheng 鱼生 or 'Raw Fish' is a unique Lunar New Year tradition celebrated in Singapore and Malaysia, with its roots in southern Chinese Teochew and Cantonese migrant communities. It is a tossed salad dish that contains vegetables like carrots, spices, and a plum dressing. Traditionally tossed high while sharing auspicious wishes, each ingredient carries meaning—from wealth and longevity to harmony and good fortune.

Duration: 60 mins

Workshop Outline

- **15mins: Culture talk**
Origins, significance of Yu Sheng and dish preparation method
- **15mins: Yu Sheng preparation**
Shredding of vegetables, & arrangement
- **30 mins: Yu Sheng tossing & shared tasting**
Blessings and group tossing



Ba Zhang (Chinese Leaf Wrapped Dumpling): A Dragon Boat Festival Tradition

Unwrap the traditions, techniques, and stories behind the iconic Dragon Boat Festival dumpling



Ba Zhang (rice dumplings) are time capsules of history — wrapped, tied, and passed down through generations.

This workshop guides participants through the cultural roots of the Dragon Boat Festival, the symbolism of ingredients, and the precise techniques of wrapping and tying Ba Zhang by hand.

Expect stories of family kitchens, regional variations, and the quiet craftsmanship behind this deeply nostalgic dish.

Duration: 60 mins
Workshop Outline

- **15 mins: Culture talk**
Origins, significance of the Dragon Boat Festival and preparation instructions
- **30mins: Hands-On Making**
Guided hands-on preparation (wrapping, shaping)
- **15 mins: Shared Tasting & Reflection**
Communal eating experience



Snow Skin Mooncake: A Mid Autumn Festival Wonder

A modern mooncake with traditional roots, made from scratch with intention and care



Snow skin mooncakes represent the evolution of tradition – where heritage meets innovation.

In this workshop, participants learn the cultural significance of mooncakes during the Mid-Autumn Festival while crafting delicate mochi-like snow skin mooncakes from scratch using moulds.

We will be preparing 2 delicious flavours: milk custard and mango. Come ready to dive into an enjoyable session!

Duration: 60 mins
Workshop Outline

- **15 mins: Culture talk**
Origins, significance of Mid Autumn Festival and instructions on preparation method
- **30mins: Hands-On Making**
Guided hands-on preparation (wrapping, shaping)
- **15 mins: Shared Tasting & Reflection**
Communal eating experience



Tang Yuan (Glutinous Rice Balls): A Winter Solstice Staple

A celebration of family, reunion, and togetherness through handmade Tang Yuan.



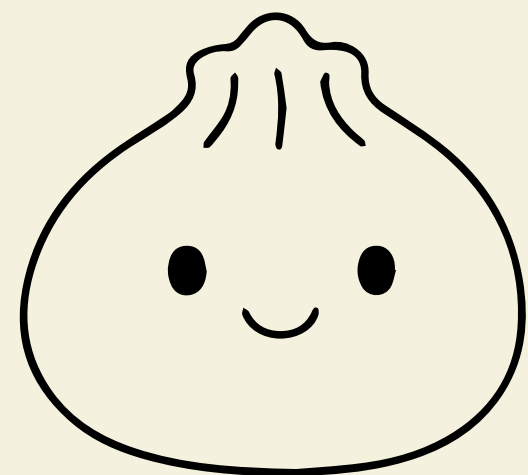
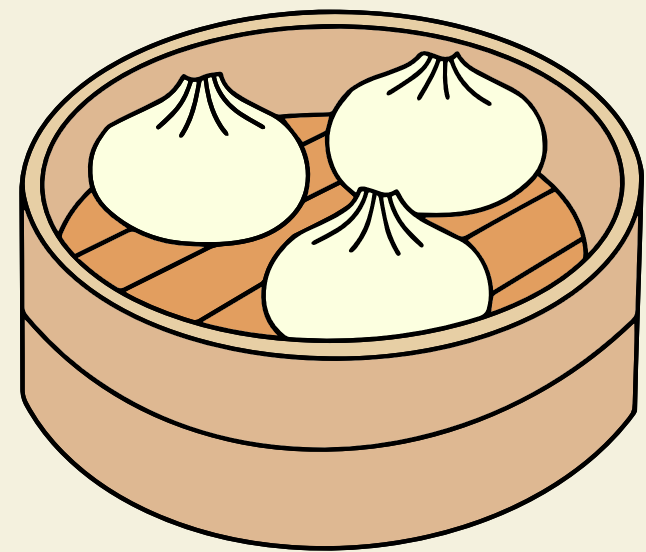
Tang Yuan are simple in form but profound in meaning, symbolising unity and wholeness. This workshop explores the cultural importance of glutinous rice balls during festivals such as Dongzhi and Lunar New Year. Participants will hand-roll Tang Yuan, experiment with fillings like sesame and peanut, learn to make a ginger broth, and reflect on how food traditions anchor family, memory, and belonging across generations.

Duration: 60 mins
Workshop Outline

- **15 mins: Culture talk**
Origins, significance of Winter Solstice and preparation instructions
- **30mins: Hands-On Making**
Guided hands-on preparation (filling, shaping)
- **15 mins: Shared Tasting & Reflection**
Communal eating experience



Mad About Dumplings Workshop Series



Xiao Long Bao: Precision, Broth, and Balance

Master the delicate craft of soup dumplings – where flavour, technique, and precision meet



Soup dumplings are a technical marvel – thin skins, juicy fillings, and rich broth sealed into one perfect bite. In this workshop, participants learn the science and technique behind Xiao Long Bao, from aspic to pleating. Along the way, we explore why dumplings hold such cultural importance and how craftsmanship elevates humble ingredients into something extraordinary.

Duration: 60 mins

Workshop Outline

- **15 mins: Culture talk**
Origins, significance of Xiao Long Bao and preparation instructions
- **30mins: Hands-On Making**
Guided hands-on preparation (filling, shaping, steaming)
- **15 mins: Shared Tasting & Reflection**
Communal eating experience



Gyoza:

The Everyday Dumpling of Japan

Crispy, juicy, and endlessly satisfying — learn the art of Japanese gyozas from scratch



Gyozas tell a story of cultural exchange and adaptation. In this workshop, participants learn how gyozas evolved, how they differ from Chinese dumplings, and what makes a perfectly balanced filling. From folding techniques to pan-frying for the ideal crisp, this session is equal parts technique, history, and comfort food joy.

Duration: 60 mins
Workshop Outline

- **15 mins: Culture talk**
Origins, significance of Gyozas and preparation instructions
- **30mins: Hands-On Making**
Guided hands-on preparation (filling, shaping, frying)
- **15 mins: Shared Tasting & Reflection**
Communal eating experience



Ang Ku Kueh (Red Turtle Dumpling): Crafting an Auspicious Tradition

A heritage kueh shaped by symbolism, celebration, and meticulous handwork



Ang Ku Kueh is rich in symbolism – longevity, prosperity, and blessings – often made for births and milestones.

This workshop dives into the cultural meaning behind this vibrant red kueh while teaching participants how to prepare the dough, fillings, and traditional moulding techniques.

A tactile, story-driven session that blends heritage with hands-on craft.

Duration: 60 mins
Workshop Outline

- **15 mins: Culture talk**
Origins, significance of Ang Ku Kueh and preparation instructions
- **30mins: Hands-On Making**
Guided hands-on preparation (filling, shaping, frying)
- **15 mins: Shared Tasting & Reflection**
Communal eating experience



Soon Kueh (Turnip Dumpling): Everyday Dumplings of the Teochew Table

A lesser-known Teochew dumpling that celebrates simplicity, texture, and heritage



Soon Kueh is a quiet classic — translucent skins, savoury fillings, and deep cultural roots. This workshop introduces participants to this traditional Teochew dumpling, exploring its origins and the skills required to achieve the right texture and balance. A rare opportunity to preserve and experience a dish that is slowly disappearing from everyday kitchens.

Duration: 60 mins
Workshop Outline

- **15 mins: Culture talk**
Origins, significance of Soon Kueh Kueh and preparation instructions
- **30mins: Hands-On Making**
Guided hands-on preparation (filling, shaping, steaming)
- **15 mins: Shared Tasting & Reflection**
Communal eating experience

