

Singapore Business Federation Gold Medal

The Fire to Excel

Teow Zhi Yuan

Technical Diploma in Culinary Arts
with Restaurant Management
ITE College West



Zhi Yuan learned to prepare homecooked dishes from his grandmother. This experience sparked his interest in cooking, which deepened as he took his Food & Nutrition classes in secondary school. To hone his culinary skills, Zhi Yuan enrolled in the *Nitec* in Western Culinary Arts. He aimed to progress to the Technical Diploma (TD) in Culinary Arts with Restaurant Management thereafter, but was unsuccessful in his application.

After his grandmother's passing during his National Service, Zhi Yuan developed a determination to honour her memory through a culinary career. He successfully re-applied to the TD in Culinary Arts with Restaurant Management. Committing himself wholeheartedly, he excelled. During his internship at Michelin-starred *Odette* restaurant, Zhi Yuan proved his ability to thrive under pressure by mastering the garnish station in a few days. He also actively supported various culinary events on campus, including assisting visiting French chefs.

DOING MORE TOGETHER

"ITE opened doors to my most rewarding internship experience. Working in a professional kitchen was demanding yet incredibly fun. I learned the value of teamwork in helping us to achieve our dreams. This was a lesson that resonated strongly with me. I constantly reminded my classmates the importance of working hard together, which united and motivated us in pursuing our goals."

AFTER ITE

Zhi Yuan plans to pursue a Master's degree at Institut Lyfe, in France, and subsequently establish a restaurant that offers local cuisine with a French influence.

TOP ACHIEVEMENTS

- Zhi Yuan won the Cuisine Challenge at the Young Talents Escoffier (YTE) – Singapore Selection 2024 competition. As the champion, he will represent Singapore in the Asian leg of the YTE competition.
- For his outstanding performance, he was hand-picked for an internship with Michelin-starred restaurant, *Odette*, during his TD course.
- Zhi Yuan was selected as the valedictorian for the Graduation Ceremony of his TD course in 2023, and received the Outstanding Graduate Award for his cohort.