

# A taste of his own medicine

It's French cooking- meets-TCM at Red White & Pure, Eu Yan Sang's new store concept

By Sarah Ong

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**YUMMY MISTAKES: Chef Gamon says coming up with the recipes which incorporate Chinese medicine was more error than trial.**

AMERICAN chef Raphael Gamon got interested in acupuncture and traditional Chinese medicine (TCM) when he was a boy.

His father, who had converted to Buddhism, was interested in both and that rubbed off on him. Encouraged by his Dad, he began to read books on the topics.

And although he later enrolled in cooking school in Switzerland, he never lost interest in them.

Now, 28 years later, the Swiss Culinary Academy graduate is fusing TCM with his French culinary skills.

The 44-year-old heads the kitchen at Red White & Pure, a new \$5-million spa, shop and restaurant outlet in VivoCity mall. It is run by the Eu Yan Sang group, which deals in health-care and TCM products.

The chef, who worked in Thailand before coming here, gives interesting twists to familiar dishes like Chicken Cordon Bleu (\$20.50++), usually a boneless, breaded chicken breast stuffed with ham and Swiss cheese.

His version is stuffed with blue cheese, dates and wolfberries. More commonly known by the Chinese name gou qi, wolfberries is said to improve eyesight. Red dates, often used in Korean and Chinese medicine, are believed to alleviate stress.