

## press release

# Healthier mooncakes made with ancient grains take the spotlight at Resorts World Sentosa's Mid-Autumn Festival



*Credit: Resorts World Sentosa*

**SINGAPORE, 24 July 2024** – Feng Shui Inn (风水廷精品粤菜馆) at Resorts World Sentosa (RWS, 圣淘沙名胜世界) has created a collection of mooncakes made with ancient grains, titled **Tapestry of Treasures** (人间锦绣 月伴珍饈). Heritage wheat that is untouched by chemicals, bleaching or genetic modifications is ground in stone mills to produce the flour that is used in these baked mooncakes, containing more nutrition and health benefits than the regular alternative.

Feng Shui Inn boasts a collection of four decadent, but nutrient-filled baked mooncakes made with ancient grain flour:

- **White Lotus Mooncake with Double Yolk and Sunflower Seeds (Low sugar!) (低糖双黄葵花籽白莲蓉月饼)**

A beloved classic mooncake with a smattering of sunflower seeds for a nutty and crunchy complement to the floral notes of white lotus and earthy taste of the preserved yolk.

- **Mala Mixed Nuts Mooncake with Bak Kwa (麻辣五仁肉干月饼)**

While it might seem unconventional, this mooncake has a variety of flavours—smoky, spicy, mildly sweet and nutty. It is an unexpected symphony, but the flavours come together harmoniously with the buttery crust of the mooncake.

- **Hong Kong Style Red Bean Past Mooncake with Century Egg (港式皮蛋豆沙月饼)**

Inspired by traditional Hong Kong century egg pastries, the delicately sweet notes of red bean pair with the robust flavour of century egg to create an addictive flavour pairing in this mooncake. This is a unique and original recipe crafted by the chefs at Feng Shui Inn.

- **Jujube Mooncake with Pine Nuts (松子枣皇月饼)**

Jujubes, also known as Chinese dates, are commonly used in Chinese desserts for their healing properties, high fibre content and minerals. This mooncake, in particular, features jujubes that are blended into a smooth and sweet paste, studded with pine nuts and encased in a buttery mooncake pastry.

Resorts World Sentosa also has a separate collection of durian snow skin mooncakes that is not made with ancient grain flour and is sold in a box of eight mini pieces:

- **Mao Shan Wang Snow Skin (Special!) (猫山王榴莲冰皮月饼)**

Made with high quality Mao Shan Wang purée and enrobed in a delicate snow skin, this modern classic is a rich, bitter-sweet and creamy treat for any durian lover during the Mid-Autumn Festival.

### **About ancient grains**

Unlike modernised grains, particularly modern wheat and rye, ancient grains are not genetically modified (non-GMO), contain no chemicals or pesticides. The grains RWS uses are certified as organic, and sustainable, and are sourced from farms in the USA, Australia and Euro-Asia. The grains are ground in traditional stone mills, instead of modern steel or cast-iron mills.

### **The benefits of eating ancient grains**

Modern grains are often stripped down then “enriched” or “fortified” with minerals and vitamins to replace some of the nutrients that were lost in the process of refining and manufacturing food. Ancient grains, however, contain plenty of nutrients, minerals and fibre, as a result of being less processed (they are only processed through a stone mill, in the traditional way.) As a result, ancient grains have anti-inflammatory properties, help combat auto-immune diseases and have a lower glycemic index, causing less sugar spikes when consumed.

## RESORTS WORLD™ SENTOSA

As part of its commitment to sustainability and excellence, Resorts World Sentosa has started using flour made of ancient grains in nearly all its relevant foods, including pastries, cakes, pasta, noodles, bread and dim sum.

The ancient grains mooncakes can be purchased online at [www.rwsentosa.com/mooncake24](http://www.rwsentosa.com/mooncake24) or at the Hotel Ora lobby from now till 17 September. Prices can be found in the appendix.

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### ABOUT RESORTS WORLD SENTOSA

Resorts World Sentosa (RWS), Asia's premium lifestyle destination resort, is located on Singapore's resort island of Sentosa. Spanning 49 hectares, RWS is home to world-class attractions including Universal Studios Singapore, S.E.A. Aquarium, Dolphin Island and Adventure Cove Waterpark. Complementing the adventure and adrenaline of its theme parks and attractions are six unique luxury hotels, the premier Resorts World Convention Centre, and a casino. RWS offers award-winning dining experiences and exciting cuisines from around the world helmed by celebrity chefs, establishing itself as a key player in Singapore's vibrant and diverse dining scene and a leading gourmet destination in Asia for epicureans. The integrated resort also offers world-class entertainment, from star-studded concerts to immersive exhibitions. RWS is the first integrated resort to be inducted into the TTG Travel Hall of Fame in 2023 after being named "Best Integrated Resort" for 10 consecutive years at the TTG Travel Awards, which recognises the best of Asia-Pacific's travel industry.

RWS is wholly owned by Genting Singapore, a company of the Genting Group. For more information, please visit [www.rwsentosa.com](http://www.rwsentosa.com).

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### EDITORS' NOTES

1. All photographs are to be attributed to: *Resorts World Sentosa* (圣淘沙名胜世界) and can be downloaded [here](#).
2. Hashtags: #RWSmoments #RWSentosa #FengShuiInnRWS

**Appendix****Pricing**

No	Item	Early Bird Pricing (Retail and Online)	Regular Pricing (Retail and Online)
1	a. White Lotus Mooncake with Double Yolk and Sunflower Seeds (Low sugar!) (低糖双黄葵花籽白莲蓉月饼)  b. Mala Mixed Nuts Mooncake with Bak Kwa (麻辣五仁肉干月饼)  c. Hong Kong Style Red Bean Past Mooncake with Century Egg (港式皮蛋豆沙月饼)  d. Jujube Mooncake with Pine Nuts (松子枣皇月饼)	\$78.00	\$98.00
2	Mao Shan Wang Snow Skin (Special!) (猫山王榴莲冰皮月饼)	\$102.00	\$128.00

*Early bird pricing is available from now till 31 August.*