



**POLICE
LIFE**

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Enforcers of the Seas

Transforming by Leading and Connecting
Sailing Through the Gastronomic Voyage

Note from the Team

Beneath the blue uniform they don, many of our officers possess exceptional talents. At the 29th Southeast Asian Games, a group of Singapore Police Force's (SPF) sporting talents represented Singapore and bagged medals home. Be inspired by their determination and resolve to pursue their dreams in our cover story.

Singapore as an island state is vulnerable to threats from any direction. In this issue, check out the photo journal of our Police Coast Guard officers who work tirelessly to safeguard our territorial waters, even in the roughest condition.

Ever wonder who works behind the scenes to keep you updated on the latest happenings on our SPF Facebook? Meet the team and hear from them in this issue. To end your read, we bring you delectable recipes from another talented officer, Special Constable Sergeant Khoirul.

Enjoy!

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Transforming by Leading and Connecting

By Syam Roslan
(Photographer: Chee Yong Tat)

Whilst Singapore continued to be ranked as one of the safest countries in the world, the Singapore Police Force (SPF) is not resting on its laurels and continues to work hard to keep Singapore safe and secure. Against the backdrop of evolving security threats and recruitment challenges, the SPF commissioned the newest specialist line unit, Protective Security Command (ProCom) through the expansion of the Key Installation and Protection Unit (KINs) in July 2016 to enhance its capabilities in the protection of critical infrastructure, security-sensitive locations and events during peacetime and national emergencies. What is unique about ProCom is that it is a specialist line unit that is predominantly staffed by Full-time Police National Servicemen (PNSF) and Police Operationally-ready National Servicemen (PNSmen). As a specialist unit, it is tasked with a more complex policing function that entails training in high powered weaponry, specialist skills and tactics. In this issue of PLM, we hear from veteran policeman, Assistant Commissioner of Police (AC) Manimaran Pushpanatan on how he transformed ProCom by leading and connecting with his officers.

Making it Happen

From the conceptual stage till ProCom's operationalisation, AC Manimaran's 'fingerprints' can be found throughout the whole journey. As former Director of the Police National Service Department (PNSD), AC Manimaran oversaw the development of the Police National Service (PNS) Masterplan, which was a precursor to the formation of ProCom. To AC Manimaran, the pioneering of a new unit that is predominantly staffed by PNSF and PNSmen was definitely a challenge but he took it in his stride.

"When I was offered the position of Commander ProCom, I felt excited as it was an opportunity to implement a key tenet of the PNS Masterplan," shared AC Manimaran.

Transforming KINS into ProCom

The operationalisation of ProCom has many challenges. Unlike KINs which is tasked to protect key installations, ProCom's expanded roles include more critical frontline roles to provide security coverage at major national events and protecting security-sensitive locations during peacetime and national emergencies. The key challenge is for him, his National Service (NS) leaders and core team to engage the existing 3,000 KINs officers to the ProCom mission and vision. This includes their retraining to undertake new operational roles as ProCom troopers, refurbishing existing infrastructure, equipping and harnessing technology to execute the ProCom mission well.

Given the challenges, AC Manimaran worked closely with his core team towards ProCom's transformation. Aside from strengthening the operational readiness of SPF, AC Manimaran shared that ProCom offers a more meaningful NS experience as they are now more involved in the security of our country by taking on more frontline duties as well as leadership and specialist roles. He added that he and his team are proud that they play a key role towards nation building by engaging, training and deploying NS officers well.



Sustainability Through Better C2 and Camaraderie

While KINs officers were selected from PNSmen from various SPF units, ProCom troopers now undergo stringent selection and training whilst serving full-time NS before they are assigned to an operational unit. This ensures good Command and Control (C2), while strong bonds and camaraderie can be built as they are trained and deployed together throughout their NS cycle.

"Given the meaningful experience after being trained and deployed together as a cohesive unit during their full-time NS, officers now look forward to coming back together when recalled or mobilised during their NS cycles. The camaraderie and bond between the men is the bedrock of ProCom operational efficacy and ProCom will have a good pool of highly trained officers experienced in the area of protective security, ready to be recalled or mobilised in times of crisis," shared AC Manimaran.

Policing as a Career

Although it was not a childhood ambition, AC Manimaran has found his calling and career as a policeman meaningful through his work in different areas of policing, leading and connecting with his core team and fellow officers. Moving forward, they are now looking into establishing a culture guided by the ethos of professionalism and resoluteness.

AC Manimaran emphasised that while he is responsible for the professionalism and discipline of the unit, empathy, fairness and care for his men are equally important as they strive for operational excellence.

As the interview came to an end, AC Manimaran said with an unassuming smile. *"Our job as police officers is an ever challenging one. They will continue to be demanding given our operating environment. I am heartened that we increasingly take a longer term perspective to capability building despite our operational bias."*

The Never-Say-Die **Attitude**

By Hadi Hafidz

On 19 August 2017, the biennial Southeast Asian (SEA) Games witnessed several of our Singapore Police Force's (SPF) sporting talents overcoming adversity and bringing glory to our country.

For those involved, the honour of participating in the SEA Games did not come without the preparatory work that needs to be done and sacrifices that have to be made. Despite the little room left to balance work and training commitments, these participants pushed on with sheer determination.

Ang Mo Kio Division's Operations Support Officer, Special Constable (SC) Lim Jun Yuan, who plays for Singapore's National Basketball Team, shared that the team went through four months of intensive training to prepare for the competition.

"Training was very tough. Discipline is key. Be it rain or shine, we pushed on and we pushed hard," explained SC Lim.

The Public Transport Security Command (TransCom) Foot Patrol Officer Special Constable Sergeant (SC/Sgt) John Ng Jing Lun, who is also part of the basketball team, explained that his penchant for the sport began during his childhood years. He recalled watching others play for the first time at a nearby neighbourhood basketball court. The incisive passing, quick movements and the cracking sound of the basketball hitting the net, roused his interest. Intrigued by the sport, he decided to give it a shot.

"My friend and I mustered the courage to ask for permission to join the game that day. Ever since, I have never looked back," shared SC/Sgt Ng.

Sharing the same passion for the sport, Special Operation's Command officer, Sergeant (Sgt) Larry Liew embraces the leadership role that he played in the team. As a point guard and a vice-captain in the basketball team, Sgt Liew is more than just a leader who trains the team. Whenever an opportunity arise, he would share insights and offer a helping hand to his fellow teammates. To Sgt Liew, team spirit is the key to achieving success!



Photo: Kuk Thew



Photo: Kuk Thew



Photo: Kuk Thew

The Intensive Trainings

Off to the field, our players geared up with their soccer cleats and jerseys as they kicked their way through a gruelling week of matches. Although the techniques differ from that of basketball, our soccer players also undergo a training regime no less tougher than our basketballers. Clementi Division's Community Engagement Officer Special Constable Corporal (SC/Cpl) Hairul Syirhan shared a typical day of his life when preparing for the competition.

"On days when I am on duty, I had to wake up early in the morning for work and train in the evenings. This left me going home at wee hours every night. It was really tough juggling work and training. But the dream of achieving my goals kept me going and it was worth the sacrifices I have to make," shared SC/Cpl Hairul.

Looking back at the journey that they went through, TransCom Foot Patrol Officer SC/Sgt Irfan Fandi Ahmad also highlighted that this entire journey has helped the team grow more mature in terms of self-discipline as well as mastering a better control of their emotions.

"The field is like a warzone as you get involved in tackles which can at times leave you feeling down and out. However, repeated experiences have allowed us to strengthen our mentality and stay calm in such chaotic situations," explained SC/Sgt Irfan.

At the end of the day, our officers were all undeniably honoured to be part of the momentous event. Although every individual participant has a different story to tell and are driven by different reasons to pursue their dreams, we are nonetheless proud of our officers who have given their all during the competition regardless of their achievements!



Photo: Football Association of Singapore



Photo: Football Association of Singapore

“Every step that you take down the road brings you closer to realising your dream. Never be daunted by the stumbling blocks that appear along the way. Ultimately, it is the process and experience gained that matters. To me, victory at tournaments is a bonus that gives me a greater sense of accomplishment.”

- Staff Sergeant Hazmi Mohamed Ibrahim's message of encouragement for others considering to take up the sport.

Inspired by his elder brother who was then playing as a national hockey player, Staff Sergeant (SSgt) Hazmi Mohamed Ibrahim decided to take the challenge and began his hockey journey. His stellar performance in school tournaments earned him a spot in the National Youth Hockey Team and eventually, propelled him into the National Team.

As he looks back on his sporting achievements, he humbly credits it to his family support. Ever since his first national team debut in 2003, SSgt Hazmi became more driven towards scaling greater heights in the sport. His sheer dedication and commitment paid off when his team managed to clinch a bronze medal in the Field Hockey competition during the 29th Southeast Asian Games despite the fierce competition from stronger Southeast Asian teams.

In spite of his work commitments as a Community Policing Unit Officer at Nanyang Neighbourhood Police Centre, he continues to train diligently even if it means sacrificing his rest time. During his days off, he trains intensively with his team at several locations such as Sengkang Hockey Stadium for an average of two hours before heading home to recharge. Although it may be tiring, SSgt Hazmi firmly believes that such trainings have helped him developed a strong discipline which also helped him to be better focused at work.



Photo: Josh Ang Weei Kent



Photo: Zain Amat

Inspector (Insp) Mohd Zain Amat's developed a keen interest for the sport when he joined the Force 14 years ago. As he got more involved in the sport, his enthusiasm grew. Little did he know that trap shooting would become a cornerstone in his life.

No stranger to Singapore's shooting scene, Insp Zain has represented our country in numerous overseas tournaments that were held in China, Qatar and Rome.

“Not only does trap shooting sharpens the mind, it also helps to refine your level of concentration and ability to focus at work.”

- Inspector Zain's message to officers who plan to take up trap shooting as a sport.

As a veteran trap shooter, he is proud to have clinched a string of accolades and achievements throughout the course of his shooting career.

When he is off-duty, Insp Zain adheres to a strict training regime where he trains at the National Shooting Centre or at the Home Team Academy's shooting range. Having achieved a bronze medal in the Men's Individual Trap Shooting event at the 29th Southeast Asian Games, Insp Zain hopes to inspire and motivate more officers to take up the sport.



Photo: Ben Cho

“During the centralised training camp leading up to the 29th Southeast Asian (SEA) Games, we had to undergo arduous training sessions. With sheer determination and persistence, our hard work paid off.”

- Corporal (NS) Pang Xue Jie, one of the gold medallists for the 29th Southeast Asian Games in August, shared his sentiments.

Growing up in a family of peddlers helped shaped Corporal (National Service) [Cpl (NS)] Pang Xue Jie's passion for the sport. At a tender age of five, Cpl (NS) Pang started playing table tennis. With nearly two decades of experience, Cpl (NS) Pang has earned himself numerous medals from his tournaments. His trophies include two Gold medals earned at the 2011 and 2013 SEA Games respectively.

Though missing out on the 2015 SEA Games due to his NS commitments, Cpl (NS) Pang is thankful for the learning experience that he gained from his stint in the police force. It is the rigours of NS that made him an emotionally stronger and more disciplined athlete. Come April 2018, Cpl (NS) Pang will compete in the Commonwealth Games and hopefully bring glory back home again!

Enforcers of **the Seas**

By **Darwisyah Daud**
(Photos: Police Coast Guard)

More than just law enforcers, these Police Coast Guard (PCG) officers are skilled in seamanship, communications systems, radar systems and weaponry. Highly trained, PCG officers safeguard our territorial waters even in the roughest conditions.

The PCG patrol officers perform a myriad of duties including coastal patrol. These duties sometimes span more than 24 hours when they travel across Singapore waters. Rain or shine, the coastal security patrol force sail along the coast to prevent the intrusion of illegal immigrants and unlicensed foreign vessels, which may carry potentially dangerous items such as weapons or other contraband goods into our borders.

Heard enough? Check out the PCG patrol officers in action in our photo journal below!





I am Police Tactical Troop Vehicle (TAV)

By Darwisyah Daud
(Photographer: Chee Yong Tat)



The inky darkness engulfed the frail light. Cold sweat glistened on my furrowed brow, and my heart raced as we approached the scene.

My trusted brothers-in-blue, Special Operations Command (SOC) Police Tactical Troops (PTT) officers and I arrived at the scene. The mob was spiralling out of control and turning their attention towards us.

My fellow PTT officers swiftly fanned out an anti-riot formation along the street. Decked from head to toe in their protective gears capable of fending impact and flames, my PTT officers began to advance on command, striking their batons against tactical shields in perfect rhythm the front and a bellow on every fourth step – a disciplined yet intimidating front to any violent rioters standing in their way.

I am a specialised vehicle for transporting PTT officers and their equipment to respond to riot incidents. I am constructed from a customised composite material that is capable of withstanding hard blows from rioters' weapons such as the crowbar as well as projectiles. My brothers-in-blue are further protected by my undercarriage fire suppression system, as well as an overpressure system that prevents harmful gases from seeping into my cabin.

My fellow PTT officers then quickly put an end to the uproar and arrested the protestors. The crowd had been brought under control and hundreds of bystanders slowly dispersed.

I truly believe in the call of my fellow sentinels of the public order as we have helped to maintain peace and stability over the years.

Who am I? I am a Police Tactical Troop Vehicle (TAV), ready to transport my fellow PTT and their equipment to quell riotous situations and supporting them in dealing with public security and public order threats.

My companion, the surveillance camera, is always there to assist in collecting and transmitting real-time video footages to the command post to support our brothers-in-blue. Heard enough? Perpetrators beware!

Remittance Agents Applauded for Foiling Scams

By Hadi Hafidz
(Photographer: Hasif Mohd Ismail)

It has been widely reported that criminals have been using various 'creative' means to manipulate their victims. One of such means involves impersonating government officials to pressure their victims into transferring money to them.



On 8 September 2017, an elderly female victim received a call from someone claiming to be a 'police investigator' from China who informed the victim that she was involved in a transnational fraud. The victim was told that she would need to remit \$40,000 to an overseas account to facilitate further investigations in order to 'clear her name'. When the victim expressed difficulties in following the instructions, she was instructed to meet up with a 50-year-old female accomplice to help her with the transfer. Out of fear, the victim complied and the victim was brought to Samlit Moneychanger Pte Ltd.

Mr Sameer Malik, who was on duty that day at Samlit Moneychanger Pte Ltd handled their request. He observed that the victim seemed anxious as she conveyed her request to remit \$40,000 cash to an overseas account. When Mr Malik probed the victim for further information about the transfer, the accomplice repeatedly interfered to answer on behalf of the victim. This sparked Mr Malik's suspicions that the elderly lady could be involved in a scam.

"I became even more suspicious when the middle-aged lady appeared to be unwilling to provide her particulars," said Mr Malik.

Mr Malik then alerted his supervisor, Ms Novianti, about the situation and she tried to explain to them that their request can only be processed with the necessary details. However, when she overheard the accomplice asking the victim to go to another remittance firm, Ms Novianti quickly responded and told them that they will process their request as she was worried that the elderly lady could be scammed. Having the impression that the transaction went through, the accomplice then left with the victim. Ms Novianti proceeded to call the police and provided information about the situation and

the female accomplice who accompanied the victim. Officers from the Commercial Affairs Department (CAD) acted swiftly on the information and successfully arrested the 50-year-old accomplice.

The S\$15,000 "Renovation"

Another similar case was brought to light when the victim – an elderly woman – went to Zhongguo Remittance Pte Ltd to remit \$15,000 which was supposed to be due as renovation fees.

According to Ms Li Fang, a staff at Zhongguo Remittance Pte Ltd, clients are required to provide details of the remittance before a transaction can be processed. In this case, the elderly victim was unable to provide further details on the transaction. Suspecting that the victim might have fallen prey to a scam, Ms Li Fang contacted the police to inform them about her encounter. Officers from CAD managed to convince the victim that this was an impersonation scam and the victim eventually cancelled the remittance.

Owing to the quick-thinking of Mr Malik and Ms Novianti from Samlit Moneychanger Pte Ltd and Ms Li Fang from Zhongguo Remittance Pte Ltd, two cases of impersonation scams were foiled. To show appreciation to Mr Malik, Ms Novianti and Ms Li Fang for their commendable actions, they were each presented a certificate of appreciation from CAD on 20 September 2017 for their good work.

Fortunately, in these two cases, the victims were prevented from falling prey to impersonation scams with the help of the community. The Singapore Police Force is encouraged by such achievements and will continue to strengthen our efforts to work with the community to make our country a safe and secure home for all.

Happenings

Over 200 Singapore Police Force Officers Awarded at the Minister's Awards 2017



For their excellent work in operations and projects, over 200 Singapore Police Force (SPF) officers were conferred awards at the Minister's Awards Presentation Ceremony on 27 September 2017. The awards given were the Home Team Achievement Award, Minister's Award for Operational Excellence and the Star Service Award. Held at the Home Team Academy, the event was graced by Minister for Home Affairs and Minister for Law, Mr K Shanmugam, who was the Guest of Honour. Deputy Commissioner of Police (Operations), Mr Lau Peet Meng and other SPF Directors and Commanders were among the attendees.

Training and Capability Development Department - SPF's Newest Department

Formed on 1 October 2017, the Training and Capability Development Department (TCDD) oversees training matters in the Singapore Police Force (SPF). Besides taking over existing staff functions from the Training Command, the TCDD which comprises four divisions, will take on new functions focusing on capability development and implementing instructional technology and professionalising training under its ambit.

Our Role in the Glorious SEA Games

Reproduction from *Police Life*
August 1993

Sports have a special ability to bind people from even the most varied backgrounds. Like national service, the love of the game is a great equaliser and unifying force. We saw this action at the 17th Southeast Asian (SEA) Games which Singapore hosted from 12-20 June.

When star swimmer Joscelin Yin took gold after gold, the nation cheered heartily. When the Singapore soccer team was crushed in the semi-finals, the nation groaned in disappointment.

But it was not just the sportsmen and women who starred at the Games. Singapore did too! We can be rightfully proud of having successfully hosted this prestigious event. Everyone will long remember the spectacular opening and closing ceremonies. These were shows par excellence. Singapore last hosted the Games over a decade ago.

The Singapore Police Force (SPF) officers assigned to Games tasks deserve resounding applause. They were involved as officials, judges and yes, competitors too.

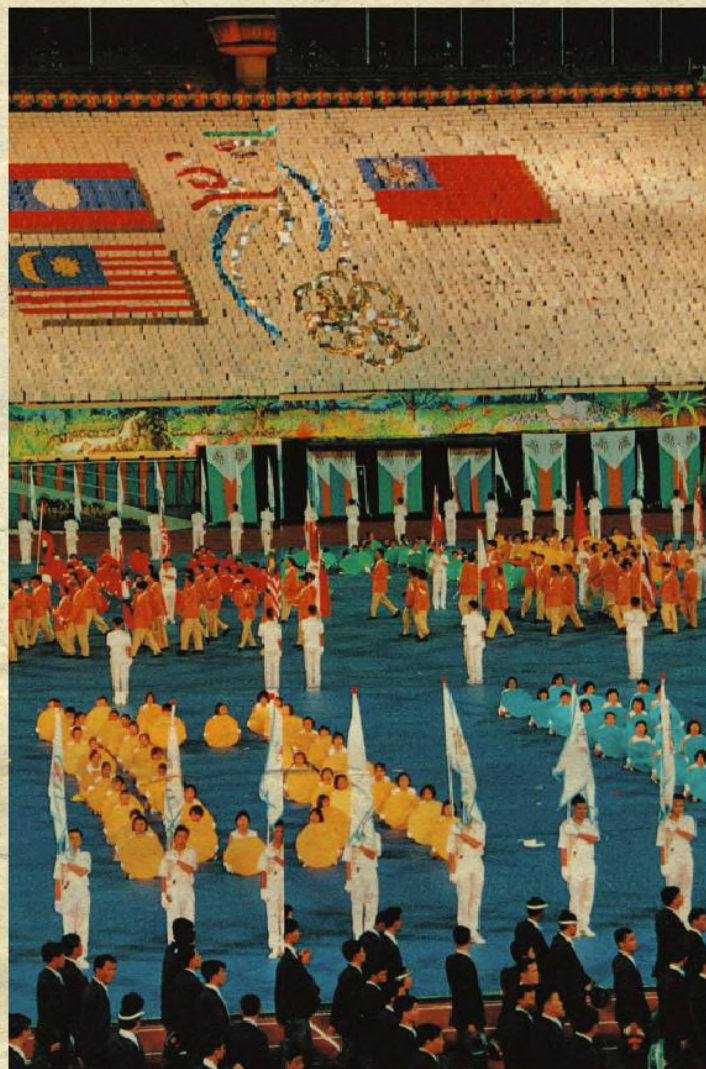
Another group of officers involved were the 71st intake of Police National Service officers. Some 230 of them spent three months training for the glorious opening and closing ceremonies at the National Stadium. They made up the 17th SEA Games Tableau contingent.

The young men had just enlisted when they learnt they would be part of one of the greatest shows ever staged in Singapore. ***"I was shocked when the instructors told us we were going to be part of the SEA Games,"*** said SC lryadi Ismail. His was a typical reaction.

They had to undergo vigorous training to prepare for both police work and the Games. Their positive attitude towards the intensive training certainly impressed SC/Cpl Derrick Ho who noted that they even had to resume training after dinner till around 9 pm.

It was worthwhile when they put up a sparkling performance at the opening ceremony. This began with the entry of the Women Police Pipes and Drums followed by the Tableau contingent.

Our boys bearing the flags of the participating nations and the SEA Games flag kept perfect tie with the pipers. The audience erupted into applause and cheering for the start of a simply spectacular show.



Reward for Our Winners

Among the Singapore winners at the 17th SEA Games were 13 of our officers. To recognise their contribution through sport to the nation, they were honoured in a special prize presentation ceremony held on 8 July at the Senior Police Officers' Mess (SPOM).

This was in keeping with the mission of the Police Sports Association (PSA) which is "To promote sports and nurture the potential of every officer in sporting activities."

Addressing the gathering at the ceremony, Commissioner of Police, Mr Tee Tua Ba noted that sport can inculcate the values of self-discipline, patience, a sense of fairness and responsibility. It can also help develop teamwork among officers which is so essential to police work.

He also announced the PSA's new directions and policies as well as three-tier rewards system. This will see police sportsmen and women receiving cash incentives and awards at PSA, national and international levels.

The Commissioner later chatted with the SEA Games medallists at a reception.

The Force's New-Age Engagement Officers

By Darwisyah Daud
(Photographer: Regina Tan Wei Ting)

Most, if not all, will agree that social media has very much become a major part of our life. People use social media largely to get connected with friends and loved ones as well as to get updated on the latest happenings. Given its wide reach and high penetration rate of users, both public and private organisations have also been capitalising heavily on such channels for their publicity and communication needs. Many of such organisations even have dedicated full-time social media teams as part of their multi-channel communication capabilities. In this edition of *Police Life*, we caught up with Ms Ng Ke Xin, New Media Engagement Officer of the Singapore Police Force's (SPF) New Media Team (NMT), who will share with us insights about the challenges and the importance of building and strengthening relationships with the community on social media.

Understanding the New Media Landscape

While police officers engage members of the public on the ground as part of their daily work, the New Media Engagement Officers from the SPF's Public Affairs Department (PAD) are also working tirelessly behind the scenes to engage the public on SPF's social media platforms such as Facebook and Instagram.

Owing to the highly dynamic social media environment, the New Media Engagement Officers' work is as challenging as the work of our operational units. Like our operational units, the speed of response is a critical factor that could potentially impact not only SPF's image, but even Singapore's reputation. In peacetime, the NMT creates content to update and engage the public on the latest happenings at SPF. In times of crisis, the NMT transforms into a crisis communication team to provide prompt and accurate updates on on-going incidents to the members of the public. This is especially important in today's heightened security climate.

"Every organisation is vulnerable to crises. As guardians of SPF's image, we need to be prepared to respond promptly, accurately and confidently in any situation. Our communications need to be clear and precise. In the event of a terror attack, we need to ensure that members of the public are well-informed and know which are the locations to avoid," elaborated Ms Ng.

To those who are unfamiliar with how social media teams work, behind every single response and content created, there are lots of preparatory work. ***"For example, before any information can be updated on on-going incidents, we must quickly seek out the facts from the relevant units and possess the ability to quickly understand and piece together all the information to produce the appropriate response in the shortest possible time,"*** emphasised Ms Ng.

Hence, one of their key challenges is to quickly identify and dispel misleading or fake news that could potentially hurt SPF's reputation and cause unintended anxiety.

A Fulfilling Job

Although the NMT does not possess the crime fighting skills of police officers, they are keenly aware of the importance of their roles and responsibilities in supporting the SPF's mission. To Ms Ng, being a New Media Engagement Officer is also an enriching job as it helps her to hone her creativity when brainstorming for new ideas and content to engage the social media community.

"We not only want to drive awareness on crime issues but more importantly we want members of the public to know that we are just like anyone of them and they can always count on SPF to safeguard our country," Ms Ng.

While you may not see the NMT in action on the ground like police officers, but they are just as vigilant and dedicated. Owing to their continuous efforts to build trust with the members of the public, the SPF is able to forge a strong bond with the online community, which is crucial in safeguarding Singapore every day!



Sailing through the Gastronomic Voyage

By Darwisyah Daud
(Photographer: Ridhwan Ismail)

A famous French writer, Francois de La Rochefoucauld once said, *"To eat is necessity but to eat intelligently is an art."* In this issue of Police Life, we caught up with Sergeant (NS) Khoirul Anwaar, a former Police Coast Guard Patrol Officer during his NS, to learn about his passion for culinary art.



An Exquisite Palate for Flavours

Sgt (NS) Khoirul's penchant for culinary art was kindled when he first attended a cooking class as part of his secondary school's Home Economics curriculum. From then on, he developed an interest in Southeast Asian cuisines and started reading extensively to enrich his culinary knowledge and also experimented with the creation of his own palette of scrumptious delights. With the encouragement of his family, he even went further to create new renditions of scrumptious delicacies.

Glazed to Perfection

To better appreciate Sgt (NS) Khoirul's gastronomic creations, Police Life visited Sgt (NS) Khoirul at his home to get a taste of his delectable creations. The moment we stepped into his apartment, we were greeted by an alluring fragrance wafting from his kitchen. Smartly dressed in his white well-pressed chef's attire, Sgt (NS) Khoirul was in the midst of whipping up a tantalising dish for us - Risotto paired with Honey Soy Glazed Chicken.

This was his signature dish - a variation of the Italian risotto dish, infused with Southeast Asian flavours garnished with finely chopped spring onions, toasted sesame seeds and grated parmesan cheese. The velvety and fluffy risotto, heavily infused with the aromatic stir-fried mushrooms and caramelised onion left a distinctive aroma. Meanwhile, the succulent honey soy glazed fried chicken was soaked in an aromatic sauce that was sparingly seasoned with a dash of chili flakes, pinch of salt and pepper - laced with a drizzle of honey, sesame oil and a light touch of light soya sauce. The glazed sauce further enhanced its overall presentation making it looked irresistibly crispy and tender.

Voila! Sgt (NS) Khoirul's masterpiece is served. The risotto with honey soy glazed chicken is truly an impeccable gourmet delight. Every spoonful of it kept us craving for more. What a way to whet our appetite!

And that is not all. To chefs, their recipes are usually top secrets. But to Sgt (NS) Khoirul, sharing his recipe and even the cooking process is a way of sharing his happiness. So, here you go:

Risotto with Honey Soy Glazed Chicken

1 bowl of olive oil
1 white onion, finely diced
2 cloves of garlic, chopped
300 grams (g) of chopped chicken breast
300g of Arborio rice
100g of white button mushrooms
1 litre of Chicken stock
2 sprigs of spring onion finely chopped
1 tablespoon (tbsp) of light soy sauce
1 tbsp. sesame oil
1 tbsp. honey
chopped ginger
½ tbsp. salt
½ tbsp. brown sugar
4 tbsps. corn starch
1 tbsp. toasted sesame seeds
1 tbsp. chilli flakes



As with any budding chefs, Sgt (NS) Khoirul is always working towards perfecting his culinary art. When asked what made him feel motivated to pursue this interest, he chuckled, *"For me, it is a matter of the heart and the unconquerable love I have for cooking. Through cooking, I not only learn to be patient (because a good dish takes time) but I also realised that I have developed a drive to excel. And these are good values that we should have in order to succeed in whatever we do."*

At the end of each work day, our police officers join the crowd on the road to head home and spend time with their family. Unbeknownst to many, there are many officers like Sgt (NS) Khoirul who actually possess extraordinary skills when they are not donning the blue. And these are also the same officers who work tirelessly to safeguard Singapore every day!



Let us have a look at the cooking process:



Step 1

For the risotto:
Peel and finely dice the onion and garlic. Chop the ginger and spring onion. Cut the chicken into small pieces. Finely slice the white button mushrooms.

Step 2

Heat a saucepan, add a dash of olive oil, and then stir the finely diced onion and chopped garlic until it caramelises. Add in the white button mushrooms and fry until it changes colour to golden brown. Take the pan off the heat and set it aside.

Step 3

Then add in the Arborio rice and stir it well until the grains of the rice are translucent. Add in a ladlesful of chicken stock, stir it in until it has been fully absorbed. Repeat this process until the rice is cooked - this should take approximately 20 minutes depending on the heat (low-heat). Mix the cooked mushrooms into the rice and remove it from heat. Season it with a pinch of salt and pepper to taste and set it aside.

Step 4

For the chicken:
Heat a saucepan, add 5 tablespoons (tbsps.) of olive oil and then fry the chicken until it turns golden brown. Place the fried chicken on a few pieces of kitchen towels to drain out any excess oil.

Step 5

Heat a non-stick frying pan, lower the heat and add in the fried chicken, and then add in 3 tbsps. of chicken stock, 1 tbsp. of chilli flakes, ½ tbsp. brown sugar, 1 tbsp. of light soy sauce, 1 tbsp. sesame oil a pinch of salt and 1 tbsp. of honey. To thicken the glaze, add in 4 tbsps. of corn-starch. Stir until it changes into a thick consistency. Lastly add in the fried chicken into the saucepan and coat it with this glaze.

Step 6

To finish:
Add in grated parmesan cheese into the risotto. Place the glazed fried chicken on top of the risotto. Finish it off with a touch of finely chopped spring onions and toasted sesame seeds for garnishing.



Food For Thought

Stirring the rice constantly will induce air into the risotto thus cooling it down and making it gooeey. But if you do not stir it enough, the rice will stick to the bottom of the pan and starts to burn. Agitating the rice is important, because the risotto's creaminess comes from the starch produced when grains of rice rub against each other. So stir it often, while gradually adding a ladlesful of chicken stock to avoid getting charred.

One of Us

**Hi I am...**

Lee Jiemin, Centre Management Executive from the Heritage & Social Responsibility Branch of the Public Affairs Department (PAD).

An interesting part of my job...

A large part of my work involves managing the Police Heritage Centre and handling heritage-related matters in the Singapore Police Force. Planning the itinerary for kids who visit the Police Heritage Centre during the Children's Season is something that I enjoy doing.

What keeps you going at work?

It is fun interacting and sharing with the kids about the duties of a police officer. It gives me a great sense of achievement when I see that they are enjoying the activities lined up for them.

When I am not at work, I enjoy...

Making handicrafts. I enjoy sewing felt animals into keychains, brooches or even as a plush toy. I give them to my close friends on special occasions. When I am not busy sewing the felt animals, I enjoy doing word search puzzles.

I cannot live without...

My mobile phone. I like to keep myself updated on the latest news or trends via social media, as well as online shopping!

I believe...

There is no such thing as failure, only learning experiences. This belief kept me going during the most challenging period of my career. It also helped me to take on challenges positively, believing that it will only make me stronger and more mature once I overcome it.