
LESLIE TAY

Doctor, Author, Blogger, Photographer and Speaker



Dr Leslie Tay, better known by his moniker “ieat” has spent almost a decade roaming around Singapore in search of the best hawker food and then publishing his mouth watering pictures and stories on his award winning food blog, ieatishootipost.sg.

He is now regarded as one of the best authorities on Singapore food and has appeared on numerous publications and TV programs. In 2013, he co-hosted the TV series "8 Days Eat" together with Belinda Lee. The 8 episode series showcased the best of Singapore food embellished with nuggets of hawker history and secrets to discovering the deliciousness of Singapore food.

Dr Tay has published 3 books on Singapore Food. His current book, "Only The Best" is currently in its second print run and has been on the Kinokuniya Best Seller list for non-fiction books. “The End of Char Kway Teow” which was published in Dec 2010 was a Straits Times bestseller. The book also won 3rd place in the inaugural Reader’s Choice Awards in 2011.

Dr Tay has delivered talks on Singapore’s Hawker Cuisine to international as well as local audiences. He has spoken in the US on behalf of the Overseas Singaporean Unit on the topic of Singapore Food. He also delivers talks on Photography at seminars and workshops locally.

Dr Tay is a family doctor and practices at Karri Family Clinic in Tampines. He is happily married with two young children who often accompany him on his food expedition but get a little impatient when they have to wait for him to stop taking photographs so they can start eating.

[ieat's Guide to Singapore's Greatest Hawker Food!](#)

Singapore is a hawker food paradise which many Singaporeans sometimes take for granted. From Bak Chor Mee to Yong Tau Foo, many of these dishes are unique to our little island and each have their own story to tell. Dr Leslie Tay will take us on a short tour of some of our favourite hawker foods to discover how our food is so closely linked to our Singaporean identity. Discover the origins of *bak kut teh* along Clarke Quay to how a little Indian curry stall in Selegie created an iconic Singaporean dish known the world over!



84 Karu Fish Head Curry



Founder Bak Kut Teh