



Sean Go's Cookbook

Hi, I'm Sean Go. Throughout the years, I've developed a real passion for cooking, because I like to watch what I put into my body. Not only does it feel great to eat well, it's also delicious, and a great way to get people together. Cooking has truly made me who I am, and I want to share a little bit of that with you in this cookbook.

I hope you make some nice stuff with these recipes!

Sean Go

Rustic brown-butter seared scallops

around 16 dry sea scallops, fresh
2 tsp. unsalted butter
2 tsp. extra-virgin olive oil
sea salt
ground pepper

1. Prepare your scallops by removing the small side muscles, rinsing them with cold water and then drying them.
2. Add the butter and oil to a well-seasoned cast iron pan. Heat on high. Season scallops with salt and pepper to taste, then gently place the scallops on the pan once the fat starts to smoke.
3. Sear scallops for 1 ½ minutes on each side, or until golden on each side while translucent in the center.
4. Serve immediately.



Constant self-improvement, presented with sticks



1 Sean Go

1 well-intentioned childhood nickname probably made out of affection but still oddly irritating

2 parents with high standards

½ cup of grit, matured

A panful of ambition (to taste)

1 basketball, inflated

1 badminton racquet, restrung

1 swimming pool, chlorinated

2 oz of Krav Maga, high-intensity

2 dumbbells

1 deadlift set, any brand

2 fresh sticks

1. Take out 1 Sean Go and place in a home. Sprinkle with 1 well-intentioned childhood nickname (preferably 'san-pi-pa', or thin-as-a-stick). Place together with 2 parents with high standards and let stand for a couple of years.

2. When matured to just about the time of independence, splash Sean Go with the ambition and simmer, taking care to not let it boil over.

3. Once fully soaked, introduce 1 basketball, 1 badminton racket, 1 cup of swimming water, 2 oz. of Krav Maga, 2 dumbbells, and 1 deadlift set. Set training intensity on high, and season Sean Go evenly with the ½ cup of matured grit in between sports and activities. Repeat where necessary until optimal body and health is achieved.

4. Take Sean Go out and place in real world scenarios for further maturation, until he approaches all challenges and tasks with full effort and the determination to succeed. Equip with 2 fresh sticks, for good measure.



Global perspectives, with a side of ostriches

1 Sean Go

1 international school education
in Manila, Philippines

1 pendant for photography

5 continents

Around 25 countries

1 tbsp. of wanderlust

1 Berkeley education (handle with
care, can bite)

2 multinational work experiences

1 flock of ostriches

1. Prepare an archipelago nation with diverse cultural backgrounds, and sprinkle with colonial influences from Asia, Europe and North America.
2. Set up international schools in the most cosmopolitan areas of this nation. Send 1 Sean Go to these schools for maturation.
3. Take out 5 continents, and at least 25 countries. Season Sean Go with wanderlust, and allow to roam for added transnationality. Carefully insert 1 pendant for photography. In particular, place 1 flock of ostriches together with Sean Go and allow him to ride, then nearly fall off, one of them.
4. Prepare one UC Berkeley education. Place Sean Go on campus for 4 years for further maturation and exposure. Add a triple degree achievement if necessary.
5. Gently season with 1 internship experience in Singapore with clients from London, China, and the US, and add a dash of an EY analyst position, with the management of a global team.

Constant dissatisfaction with the world, served with a concern for energy



1 Sean Go

500mL critical thinking

5 tbsp. innovation

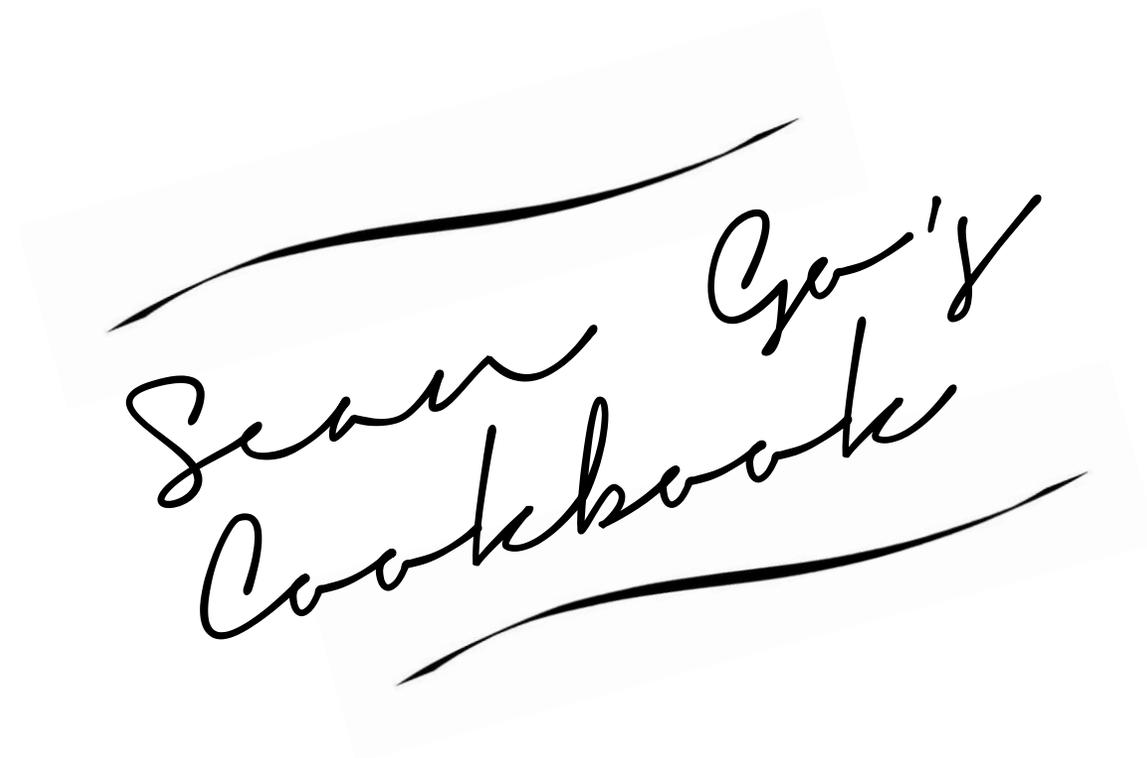
A dash of entrepreneurial streak
(handle and store with care)

500g of exposure to major world
problems

1 island nation with chronic
underutilization of natural
resources

1 geography degree, warmed
gently in potential

1. Prepare 1 Sean Go. Place in an island nation with chronic underutilization of natural resource, and severe energy problems (such as the Philippines). Leave to mature for at least 18 years.
2. Through media channels, further expose Sean Go to the various problems of the world, including overpopulation, pollution, unsustainable business practices, pandemics, and so on.
3. Transfer Sean Go into an environment where these problems can be tackled (e.g. a university). Season lightly with 500mL critical thinking, then firmly roll in 5 tbsp. of innovation. Add a dash of entrepreneurial streak to taste, being careful to not let it sit until it becomes irrational risk-taking.
4. Let simmer together with 1 geography degree, specializing in understanding environmental practices in business. Serve into the world once hot with the passion to change the world through sustainable business.



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All food recipes were actual dishes cooked by me.

Recipes for 'Sean Go' are all based on real experiences that have made me who I am today.

[instagram.com/sean.go](https://www.instagram.com/sean.go)

[sgophotography.com](https://www.sgophotography.com)

[linkedin.com/in/seangos](https://www.linkedin.com/in/seangos)