

Anna's Cooking Arts

July Schedule 2012

<p>4 July Wed 2 pm / 7 pm \$60</p> <p>Mrs Lim</p>	<p>印尼餐</p> <p>风味蕃茄黄姜饭 蕃茄参芭鸡 参芭苏东</p>	<p>Indonesian Cooking</p> <p>Tomato Turmeric Rice Tomato Sambal Chicken Sambal Sotong</p>
<p>5 July Thur 2 pm \$85</p> <p>Chef Akemi</p>	<p>经典糕点</p> <p>1. 巧克力"马卡龙" (冷蛋白饼) 2. 大福麻糬(日本传统甜点) 3. 轻软皮淇淋包(泡芙)</p>	<p>Classic Cake</p> <p>1. Chocolate Macaron use French Meringue (Cold Meringue) 2. Daifukumochi (Japanese Traditional Sweets) There is red bean paste enclosed in the Mochi 3. Soft Cream Puff (made to be light & soft)</p>
<p>6 July Fri 2 pm / 7 pm \$75</p> <p>Anna Phua</p>	<p>马来经典点心</p> <p>商业隆冬套餐</p> <p>1. 香蕉叶筒饭 2. 咖哩什菜 3. 西刀鱼肉上汤 4. 三峇辣椒 5. 炒椰香</p> <p>椰丝三角粽 (枋味&香兰汁味,配椰糖浆)</p>	<p>Malay Delicacies</p> <p>Commercial Longtong Whole Set</p> <p>1. Banana Leaf Rice 2. Curry Chap Chye 3. Ikan Parang Soup 4. Sambal Chilli 5. Fried Coconut Crisp</p> <p>Kueh Lopei with Gula Melacca Syrup (Alkaline / Pandan) (Triangle Bah Chang)</p>
<p>7 July Sat 2 pm \$50</p> <p>Anna Phua</p> <p>已买调理机 学生,学 费:\$25</p> <p>Students with purchase of Juice Blender, class fee: \$25</p>	<p>排毒养颜果汁</p> <p>润肺精力果汁(保护肺部气管,改善抽烟不良影响)</p> <p>顺畅果汁(排尿,排毒更舒畅)</p> <p>燕麦奶绿豆冰沙(利尿,排毒,降胆固醇)</p> <p>红枣珊瑚苹果汁 (天然补钙,预防骨质疏松)</p> <p>南杏糙米薏仁浆 (降血压,补钙,止咳,美白,抑制癌细胞)</p>	<p>Detox Fruit Juice</p> <p>Energy Fruit Juice (nourishes lungs)</p> <p>Digestive Fruit Juice (helps digestion and eases water retention)</p> <p>Ice Blended Oats Milk Green Bean (detoxifies, relieves water relation, helps lower cholesterol)</p> <p>Red Dates Coral Apple Juice (nourishes bones, helps prevent osteoporosis)</p> <p>Almond Brown Rice Barley (helps lower blood pressure, increase calcium content, lightens skin and helps prevent cancer)</p>

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<p>9 July Mon 2 pm / 7 pm \$50</p> <p>Anna Phua</p>	<p>排毒养颜果汁</p> <p>润肺精力果汁(保护肺部气管,改善抽烟不良影响)</p> <p>顺畅果汁(排尿,排毒更舒畅)</p> <p>燕麦奶绿豆冰沙(利尿,排毒,降胆固醇)</p> <p>红枣珊瑚苹果汁(天然补骨,预防骨质疏松)</p> <p>南杏糙米薏仁浆(降血压,补钙,止咳,美白,抑制癌细胞)</p> <p>已买调理机学生,学费:\$25</p>	<p>Detox Fruit Juice</p> <p>Energy Fruit Juice (nourishes lungs)</p> <p>Digestive Fruit Juice (helps digestion and eases water retention)</p> <p>Ice Blended Oats Milk Green Bean (detoxifies, relieves water relation, helps lower cholesterol)</p> <p>Red Dates Coral Apple Juice (nourishes bones, helps prevent osteoporosis)</p> <p>Almond Brown Rice Barley (helps lower blood pressure, increase calcium content, lightens skin and helps prevent cancer)</p> <p>Students with purchase of Juice Blender, class fee: \$25</p>
<p>10 July Tue 2 pm / 7 pm \$80</p> <p>Anna Phua</p>	<p>酵素泡菜(台湾网购最热商品)</p> <p>麻辣腌萝卜泡菜(可变通腌黄瓜/包菜)</p> <p>黄金泡菜(可腌海带裙菜)</p> <p>酒酿小蕃茄(用葡萄酒及苹果汽水酿制)</p>	<p>Enzyme Pickles (Top-seller on Taiwan web shops)</p> <p>Spicy Radish Pickle (Cucumber / Cabbage)</p> <p>Golden Pickle (Seaweed)</p> <p>Liquor Fermented Cherry Tomatoes (Grape wine & Apple Soda)</p>
<p>11 July Wed 2 pm / 7 pm \$65</p> <p>Mrs Lim</p>	<p>素食课程</p> <p>豉汁炒河粉</p> <p>素大虾制作</p> <p>斋米粉/献汁</p> <p>辣椒酱</p> <p>炒蜜汁叉烧</p>	<p>Vegetarian Class</p> <p>Fried Kuay Teow with Fermented Black Bean Sauce</p> <p>Vegetarian Deep Fried Crispy Prawns Making</p> <p>Fry Vegetarian Bee Hoon / Gravy Making</p> <p>Chilli Sauce</p> <p>Oyster Char Siew</p>
<p>12 July Thur 2 pm / 7 pm \$80</p> <p>Anna Phua</p>	<p>印尼小点心</p> <p>加都加都(秘制花生淋酱)</p> <p>超好吃香脆春卷(10种用料)</p> <p>秘制辣椒沾酱</p>	<p>Indonesian Snack</p> <p>The Best Gado Gado (mixed Vegetable Salad in a special Peanut Dressing)</p> <p>Crisp "Chun Juan" (made with 10 ingredients)</p> <p>Chilli Dipping Sauce (secret recipe)</p>
<p>13 July Fri 2 pm / 7 pm \$60</p> <p>Mrs Lim</p>	<p>娘惹糕点</p> <p>绿豆粉椰子糕</p> <p>香蕉叶参峇糯米卷</p> <p>香兰椰丝卷</p> <p>椰丝馅</p>	<p>Nonya Kueh</p> <p>Kueh Tepong Kormak</p> <p>Banana Sambal Glutinous Rice Roll</p> <p>Pandan Kueh Dadar</p> <p>Coconut Filling</p>

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<p>14 July Sat 2 pm \$10 特价 / Special Offer</p> <p>Anna Phua</p>	<p>养生水疗法 (喝水可以健康)</p> <p>怎样喝才正确?(正确喝水可以美容养颜,延缓衰老及预防各种疾病) 喝好水能够消除活性氧(导致疾病原因) 五脏虚,水肿病人怎样喝水 喝水方法 (防止血黏稠,降血脂,高血压,贫血,心脏疾病,瘦身,关节炎) 水的美容法 每天需喝多少量水? 什么时间喝水排毒最有效?</p> <p>示范: 喝水瘦身法 早晨第一杯黄金水排肝毒 DIY 七日消脂茶 增加免疫系统精力蔬果汁(净化血液,除去皮肤斑点,排泻更舒畅)</p>	<p>Water Health Therapy (Drink to Greats Health)</p> <p>Do you know most of us are drinking acidic water and beverages that are harmful to your body everyday?</p> <p>Learn the truths, do's and don't of drinking water for health, beauty and longevity</p> <p>Introducing today's most wanted water in the medical industry the purest form- drinking Alkaline Water</p> <p>Demo: Water Therapy -Lose Weight</p> <p>First Cup of the Day Liver Detox Water 7 Day Fat Blaster Tea Energy Vege-Fruit Juice (blood cleansing, reduces dark skin pigments, promotes bowel movement)</p>
<p>16 July Mon 2 pm / 7 pm \$65</p> <p>Anna Phua</p>	<p>香港流行养生甜品 (抗老化,让您皮肤有光泽,亮丽)</p> <p>杏仁糊 合桃糊 花生糊 芝麻糊</p> <p>P.S: 已买调理机学生,学费:\$35</p>	<p>Popular H.K Healthy Dessert (Beautifying & Anti-Aging)</p> <p>Almond Cream Walnut Cream Peanut Cream Black Sesame Cream</p> <p>Students with purchase of Juice Blender, class fee: \$35</p>
<p>17 July Tue 2 pm / 7 pm \$80</p> <p>Mrs Lim</p>	<p>美味肉骨茶</p> <p>砂煲肉骨茶 芋头香饭 卤猪脚 菜尾</p>	<p>Delicious Ba-Ku-Teh</p> <p>Claypot Ba-Ku-Teh Fragrant Yam Rice Braised Pig's Trotter Presserved Salted Vegetables</p>
<p>18 July Wed 2 pm / 7 pm \$60</p> <p>Anna Phua</p>	<p>最 in 香港点心</p> <p>新粗条干贝萝卜糕 罗米糍(麻薯)(纯用泰国糯米粉做的) 馅料:咸蛋黄腰果椰丝 D-24 榴槿</p>	<p>Popular H.K Tim Sum</p> <p>New Dried Scallop Carrot Cake Mochi (Thai Glutinous Rice Flour) Filling: Salted Egg Cashew Nut Coconut D-24 Durian</p>

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Coyaku Food Products Pte Ltd

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19 July Thur 2 pm / 7 pm \$85 Anna Phua	印尼名菜 酥炸黑昌 捶扁炸鸡 蕃茄三峇峇拉煎辣椒 亚参什菜汤	<u>Indonesian Famous Cooking</u> Ikan Panyet Ayam Panyet Tomato Sambal Balachan Sayur Assam Soup
20 July Fri 2 pm / 7 pm \$60 Mdm Chee	美味糕点系列 北海道咖啡乳酪蛋糕 客家粗叶粿 (咸豆沙馅料) 椰子布丁	<u>Hokkaido & Local Desserts</u> Hokkaido Coffee Cheese Filling Cake Hakka Chu Leaves Kueh (salted bean paste filliling) Young Coconut Pudding
21 July Sat 2 pm \$75 Teacher 牟荣秋	著名北方面食制作 手擀面(QQ 有弹性) 大卤面 炸酱面 自家制面条	<u>Famous Northern Noodle Making</u> Hand Roll QQ Noodle Bean Paste Meat Noodle "Loh Mian" Demo on Homemade Noodle
25 July Wed 2 pm / 7 pm \$65 Mrs Lim	大排档菜 酱汁蒸鱼头 炸黄金豆腐 香脆麦片鸡翅	<u>Popular Local Favourites</u> Braised Fish Head in Salted Soybeans Deep Fried Crispy Beancurd Crispy Nestum Chicken Wing
26 July Thur 2 pm \$80 Chef Patrick	日式寿司卷 寿司醋 寿司蛋卷 寿司卷: 1. 三文鱼奶油芝士牛油果卷 2. 加利福尼亚鳗鱼卷 手卷---自己动手: 1. 香辣天那鱼卷 2. 鳗鱼奶油芝士卷 3. 牛油果泡菜卷	<u>Japanese Sushi Roll</u> Sushi Vinegar Sushi Egg Omelet Sushi Roll: 1. Salmon, Cream Cheese & Avocado Roll 2. California Roll with Eel Roll Hand Roll- (hands on) 1. Spicy Tuna Roll 2. Unagi Cream Cheese Roll 3. Avocado Kimchee Roll
27 July Fri 2 pm / 7 pm \$80 Mrs Lim	经典点心 迷你发财金瓜 上海蒸肉糕 炸脆皮粉粿 云石绿豆糕菜燕	<u>Classic Delights</u> Mini Huat Cai Pumpkin Kueh Shanghainese Steam Layered Meat Cake Deep Fried Crispy Hoon Kueh Traditional Green Bean Kueh Jelly

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28 July Sat 2 pm \$75 Anna Phua	日式玛玢蛋糕 (2) 乳酸菌桂园玛玢 水果酱草莓/蓝莓玛玢 蔓越莓芝士馅玛玢 酥菠萝皮(用在各种面上,很香,很酥)	Popular Japanese Muffin (2) Yakult Longan Muffin (wolfberry, pumpkin seeds, walnut) Fruit Puree:Blueberry / Strawberry Muffin (homemade jam) Cranberry Cheese Filling Muffin Crispy Crumbs (can use on any cake topping)
30 July Mon 2 pm / 7 pm \$80 Anna Phua	商业新式酥皮蛋挞(高杯) 焦糖原味挞 巧克力橙酒挞 榴槿挞 绿茶红豆挞 毛菇鸡肉挞	Commercial New Crispy Egg Tart Caramel Tart (plain) Chocolate Grand Ma Tart Durian Tart Mocha Red Bean Tart Mushroom Chicken Meat Tart
31 July Tue 2 pm / 7 pm \$65 Anna Phua	古早味(妈妈的味道) 软 Q 椰汁蕃薯发粿(紫蕃薯/红蕃薯/ 椰糖蕃薯三种) 传统开花鸡蛋糕 迷你开花鸡蛋糕	Retro Local Favourites Soft Coconut Sweet Potato Huat Kueh (Purple Sweet Potato / Red Sweet Potato / Gula Malacca Sweet Potato) Traditional Steamed Flower Egg Cake Mini Steamed Flower Egg Cake

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