

Anna's Cooking Arts

August Schedule 2012

<p>4 Aug Sat 2 pm \$75</p> <p>Teacher 牟荣秋</p>	<p>著名北方面食制作</p> <p>手擀面(QQ 有弹性) 大卤面 炸酱面 自家制面条</p>	<p>Famous North Pasta Making</p> <p>Hand Roll QQ Noodle "Loh Mian" Bean Paste Meat Noodle Demo on Homemade Noodle</p>
<p>6 Aug Mon 2 pm / 7 pm \$80</p> <p>Anna Phua</p>	<p>高酵素泡菜 (台湾网购最热商品) (帮助消化,去油脂)</p> <p>麻辣腌萝卜泡菜(可变通腌黄瓜/包菜) 黄金泡菜(可腌大白菜/海带裙菜) 黄金芝麻泡菜(包菜) 洛神蜜蕃茄</p>	<p>Enzyme Pickles (Top-seller on Taiwan web shops) (To help digestion, remove grease)</p> <p>Spicy Radish Pickle (Cucumber / Cabbage) Golden Pickle (Pickled Cabbage / Seaweed) Golden Sesame Pickle (Cabbage) Roselle Honey Tomatoes</p>
<p>11 Aug Sat 2 pm \$80</p> <p>Mrs Lim</p>	<p>商业"拉西叻吗"全套</p> <p>香兰椰浆饭 香脆江鱼仔 / 参巴江鱼仔 炸香脆鸡翅膀 辣椒酱 乌达</p>	<p>Commercial Nasi Lemak Set</p> <p>Pandan Coconut Rice Crispy Ikan Bilis / Sambal Ikan Bilis Deep Fried Crispy Chicken Wings Special Chilli Sauce Otah</p>
<p>13 Aug Mon 2 pm / 7 pm \$65</p> <p>Anna Phua</p>	<p>香港商业养生甜品 (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 (Anti-Aging & Brighten & Beautify Your Skin)</p> <p>Almond Paste Walnut Paste Peanut Paste Black Sesame Paste</p> <p>Students with purchase of Juice Blender, class fee: \$35</p>
<p>15 Aug Wed 2 pm / 7 pm \$85</p> <p>Anna Phua</p>	<p>著名巴东咖哩 (1)</p> <p>招牌咖哩鸡 咖哩什菜 脆皮酿豆腐配酸甜辣椒酱 多用途脆浆调法</p> <p>P.S: 学(1)&(2),学费则 \$140</p>	<p>Famous Padang Curry (1)</p> <p>Signature Curry Chicken Curry Mixed Vegetables Crispy Stuffed Tofu with Sour & Sweet Chilli Sauce Multi-purpose crispy skin mixing method</p> <p>P.S: Learned (1) & (2), class fees: \$140</p>
<p>16 Aug Thur 2 pm / 7 pm \$60</p>	<p>美味面包&菜燕</p> <p>香肠梅花卷面包 口袋沙律面包</p>	<p>Delicious Bread & Jelly</p> <p>Flower Sausage Roll Bread Pocket Sald Bread Traditional Green Bean Kueh Jelly</p>

Mrs Lim	云石绿豆糕菜燕	
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<p>17 Aug Fri 2 pm / 7 pm \$60</p> <p>Anna Phua</p>	<p><u>七天平坦腹部蔬菜果汁</u></p> <ul style="list-style-type: none"> • 体内净化蔬果汁 • 提升新陈代谢果汁 • 燃烧脂肪果汁 • 美白快瘦果汁 • 清肠解毒果汁 • 瘦肚子,去掉肥肉按摩法 <p>P.S: 已买调理机学生,学费:\$35</p>	<p><u>7-days Flatten Stomach Vegetable Juice</u></p> <ul style="list-style-type: none"> • Body Detox Fruit Vegetable Juice • Enhance Metabolism Fruit Juice • Burn Fat Fruit Juice • Whiten & Slimming Juice • Bowel Detoxification Juice • Slim Tummy, Remove Stomach Fat Massage <p>Students with purchase of Juice Blender, class fees: \$35</p>
<p>21 Aug Tue 2 pm / 7 pm \$85</p> <p>Anna Phua</p>	<p><u>新法国牛油蛋糕</u></p> <p>软心巧克力牛油蛋糕 酒渍水果牛油蛋糕 (特别糖渍水果) 三种口味蛋糕球(柠檬/巧克力/绿茶)</p>	<p><u>New French Butter Cake</u></p> <p>Tender Heart Chocolate Butter Cake Wine Fruits Butter Cake (special soaked syrup fruits) 3 types of Cake Ball (Lemon / Chocolate / Green Tea)</p>
<p>22 Aug Wed 2 pm / 7 pm \$85</p> <p>Anna Phua</p>	<p><u>著名巴东咖哩(2)</u></p> <p>亚艳卡拉山(炸/烤鸡)配峇拉煎辣椒 三峇苏东 ''伯拉罗'' 辣椒酱煮法(可用于淋茄子,鱼饼,羊角豆,豆干)</p>	<p><u>Famous Padang Curry (2)</u></p> <p>Ayam Goreng Kalasam with Special Balachan Chilli Sambal Sotong Famous Belado Chilli Sauce Making (suitable for vegetables, lady fingers, beancurd and fish cake)</p>
<p>23 Aug Thur 2 pm / 7 pm \$75</p> <p>Mrs Lim</p>	<p><u>传统小吃</u></p> <p>传统油条 炸咸煎饼(口味:五香/豆沙/甜糯米) 豆羹</p>	<p><u>Traditional Delicades</u></p> <p>You Cha Kueh Hum Chee Peng (Red Bean Paste / Spice Salt / Sweet Glutinous Rice) Tau Suan</p>
<p>24 Aug Fri 2 pm / 7 pm \$60</p> <p>Anna Phua</p> <p>已买调理机者,学费\$35 Students with purchase of Juice Blender, class fee: \$35</p>	<p><u>一日/三日蔬果汁断食汁</u> (帮你甩掉脂肪,不运动也能瘦)</p> <ul style="list-style-type: none"> • 高丽菜护胃果汁(改善胃胀气,修护肠胃) • 苹果红萝卜香蕉汁 • 日式彩虹沙拉(秘制好吃沙拉酱汁) • 凉拌荞麦面 • 清除淋巴毒素法(5分钟干刷等于30分钟激烈运动) <p>好处:保持淋巴系统通畅 促进新陈代谢</p>	<p><u>One day / Three day Fruit Vege Juice</u> (To help you get rid of the fat, no exercise can also be slim)</p> <ul style="list-style-type: none"> • Cabbage Stomach Care Juice (to improve bloating and intestine repair) • Apple Red Carrot Banana Juice • Japanese Rainbow Salad (Secret Salad Sauce) • Cold Buckwheat Noodles • Clear Lymphotoxin (5 minutes of dry brush equal to 30 minutes of intensive exercise) <p>Benefits:To Keep the lymphatic system clear Promote metabolism Clear the surface of the skin of dead cells,enable skin to stay elastic</p>

清除皮肤表面的死细胞,使皮肤有弹性

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25 Aug Sat 2 pm \$65 Mdm Chee	点心课程 水糰 客家黑豆羹 (失传客家年糕) 松糕	<u>Tim Sum Series</u> Chui Kueh Traditional Hakka Black Bean Cake Song Koh
27 Aug Mon 2 pm / 7 pm \$55 Anna Phua	美味杯糕系列 香港纸杯蛋糕 香椰香兰杯糕 咖啡杯糕 杏仁杯糕	<u>Delicious Cupcake Series</u> H.K Supper Soft Paper Cupcake Pandan Coconut Cupcake Mochacino Cupcake Almond Lemona
28 Aug Tue 2 pm / 7 pm \$60 Mrs Lim	娘惹糕点 绿豆粉椰子糕 香蕉叶叁巴糯米卷 香兰椰丝卷 椰糖椰丝馅	<u>Nonya Kueh</u> Kueh Tepong Kormak Banana Sambal Glutinous Rice Roll Pandan Kueh Dadas Coconut Filling Making
29 Aug Wed 2 pm / 7 pm \$75 Anna Phua	马来经典名菜 炸豆腐配花生酱 三峇鱿鱼(浸泡鱿鱼 DIY) 古早味传统仁当鸡	<u>Malay Classic Cooking</u> Tofu Goreng Sambal Cuttlefish (how to marinate your cuttlefish DIY) Traditional Rendang Chicken
30 Aug Thur 2 pm / 7 pm \$85 Anna Phua	新加坡最受欢迎海鲜佳肴 辣椒螃蟹 养生醉虾锅 珍珠油条(配特制罗加酱)	<u>Singapore Famous Sea-Food Cuisine</u> Chilli Crab Drunken Prawns with Chinese Herbs Stuffed Yu Cha Kueh (serve with Special Rojoh Sauce)

(Enjoy \$5 discount with advance booking)

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