

Anna's Cooking Arts

September Schedule 2012

7 Sep Fri 2 pm / 7 pm \$120 Mrs Chee	商业中秋月饼课程 黑芝麻莲蓉月饼 潮州梅菜月饼 咖啡芝士冰皮月饼 教煮白莲蓉 教煮糖浆	Commercial Mooncake Series Black Sesame and Lotus Paste Mooncake Teochew Mooi Choy Mooncake Coffee Cheese Mooncake White Lotus Paste Sugar Syrup
8 Sep Sat 2 pm \$80 Chef 牟荣秋	北方名点心 素三鲜盒子 香葱花卷 生煎包	Popular Northern China Tim Sum Vegetarian Triple Dumpling Steamed Spring Onion Flower Roll "Pau" Pan Fried Steam "Pau"
10 Sep Mon 2 pm / 7 pm \$65 Anna Phua	日本高纤寒天果冻(1)(红色海藻) 寒天奶酪(抹茶口味) 东京杏仁豆腐 焦糖滑蛋布丁 巧克力卡诺酒布丁	Japanese High Fiber Kantan Jelly(1)(Red Seaweed) Kantan Mocha Pudding Tokyo Almond Tofu Caramel Egg Pudding Chocolate Kahlua Pudding
11 Sep Tue 2 pm / 7 pm \$55 Mdm Chee	燕菜月饼 水晶蓝莓优格燕菜月饼 水晶咖啡芝士燕菜月饼 蜜瓜奶昔燕菜月饼	Agar Agar Mooncake Blueberry Yogurt Agar Agar Mooncake Coffee Cheese Agar Agar Mooncake Honeydew Coconut Milky Agar Agar Mooncake
12 Sep Wed 2 pm / 7 pm \$85 Anna Phua	新法国牛油蛋糕 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)	New French Butter Cake Tender Heart Chocolate Butter Cake Wine Fruits Butter Cake (special soaked syrup fruits) 3 types of Cake Balls(Lemon / Chocolate / Green Tea)
13 Sep Thur 2 pm / 7 pm \$75 Mrs Chee	印度美食系列 印度煎饼 ("罗 T 伯拉答")(芝士, 烟肉, 榴槿) 渣巴地煎饼 渣巴地咖哩鸡 咖哩豆	Indian Delights Roti Chnal (Cheese, Bacon, Durian) Chapati Chapati Curry Chicken Dhal Curry

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14 Sep Fri 2 pm / 7 pm \$75 Anna Phua	<u>烧烤沙爹</u> 海南猪肉沙爹(配黄梨沙爹酱) 加影鸡肉沙爹 ''粿都拔''(沙爹饭)	<u>Popular Satay Course</u> Hainanese Pork Satay (with pineapple sauce) Kayan Chicken Satay Ketupak wrapped in banana leaves (Satay Rice)
15 Sep Sat 2 pm \$80 Anna Phua	<u>商业月饼</u> D-24榴槿冰皮月饼 奶皇咸蛋香兰冰皮月饼 2种不同冰皮做法	<u>Commercial Mooncake</u> D-24 Durian Snow Skin Mooncake Milky Custard Snow Skin Mooncake 2 types of Snow Skins
18 Sep Tue 2 pm / 7 pm \$80 Mrs Chee	<u>美味酥饼&面包</u> 苹果千层酥饼 班拿顿面包 鸡肉香肠卷	<u>Delicious Strudel & Bread</u> Apple Strudel Panettone Bread Chicken Sausage Rolls
19 Sep Wed 2 pm / 7 pm \$200 Anna Phua [学过巴东 咖喱 (1)&(2)-8月, 则学费 \$180]	<u>商业巴东烧烤</u> 商业饭煮法 三峇辣椒酱 咖喱酱(淋饭) 烤鸡腿 烤鱼柳 烤苏东 龙眼荔枝沙拉	<u>Commercial Padang Barbeque</u> Commercial method Cook Rice Sambal Chilli Sauce Curry Gravy Grilled Chicken Grilled Fish Fillet Grilled Sotong Banado Salad (longan & lychee salad) P.S: If learned Padang Curry (1) & (2)-August, Class fee \$180
20 Sep Thur 7 pm \$90 Chef Akemi Yasui	<u>法国日式经典蛋糕</u> 1.最 in 红绒杯糕 2. 法国千层水果派 3. 简易苏菲乐芝士蛋糕 热吃时是: 棉花苏菲士 冷吃时是: 浓郁芝士蛋糕	<u>French Japanese Classic Cakes</u> 1. Red Velvet Cupcake with Milk Cream Milk cream is made from milk, sugar, butter & Japanese flour. 2. Millefeuille Layer cake of pie & cream diplomat 3. Easy Souffle Cheesecake When hot: Fluffy texture When chilled: Rich Cheesecake texture
21 Sep Fri 2 pm / 7 pm \$60 Mrs Lim	<u>娘惹糕点</u> 绿豆粉椰子糕 香蕉叶叁巴糯米卷 香兰椰丝卷	<u>Nonya Kueh</u> Kueh Tepong Kormak Banana Leaf Sambal Glutinous Rice Roll Pandan Kueh Dadar

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<p>22 Sep Sat 2 pm</p> <p>特价 / Special Offer:\$15</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>超强排毒果汁示范:</p> <p>地瓜排毒果汁(清除肠内毒素) 香蕉凤梨芹菜汁(杀菌,净化血液,降低胆固醇,排便顺畅) 伏令西瓜汁(解渴,消水肿,解热,利尿)</p>	<p>Water Health Therapy (Drink to Great Health)</p> <p>Do you know most of us are drinking acidic water and beverages that are harmful to our body everyday?</p> <p>Learn the truths, do's and don'ts of drinking water for health, beauty and longevity.</p> <p>Introducing today's most wanted water in the medical industry, the purest form of Alkaline Water</p> <p>Super Detox Juice Demo: Sweet Potato Detox Juice (cleanses intestines) Banana Pineapple Celery Juice (anti-bacterial, helps replenish blood, lowers cholesterol and promotes bowel movement) “Fuling” Watermelon Juice (hydrates, helps reduce water retention and heat in the body)</p>
<p>24 Sep Mon 2 pm / 7 pm \$50</p> <p>Anna Phua</p>	<p>健康养生餐</p> <p>台南碗糕 港式芒果冰砂 榴槿冰砂 超好吃 QQ 燕麦糕 (血压,体重往下走)</p> <p>P.S: 已买调理机学生,学费:\$25</p>	<p>Healthy Cooking</p> <p>Taiwan Wa Kueh H.K Mango Snow Ice Durian Snow Ice Delicious QQ Oat Cake (lose weight, decrease blood pressure)</p> <p>P.S: Students with purchase of Juice Blender, class fees: \$25</p>
<p>26 Sep Wed 2 pm / 7 pm \$75</p> <p>Mrs Lim</p>	<p>传统小吃</p> <p>传统油条 炸咸煎饼(口味:五香/豆沙/甜糯米) 豆羹</p>	<p>Traditional Delicacies</p> <p>You Cha Kueh Hum Chee Peng (Red Bean Paste / 5 Spice / Sweet Glutinous Rice) Tau Suan</p>
<p>27 Sep Thur 2 pm / 7 pm \$65</p> <p>Mrs Chee</p>	<p>芋头糕点</p> <p>台湾芋头蛋糕 芋头摩士蛋糕 芋头牛油蛋糕</p>	<p>Yam Cake Series</p> <p>Taiwan Yam Cake Yam Mousse Cake Yam Butter Cake</p>

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28 Sep Fri 2 pm / 7 pm \$55	<p>健康三通 (早晨第一杯黄金水) 气通, 肠通, 血脉通</p> <p>好处: 减重, 肌肤有弹性, 精神好, 有活力</p> <p>Anna Phua 净血果汁 排宿便蔬果汁 日式四色蔬菜汤 (减肥, 痰风, 降低 血糖, 血压, 皮肤发炎, 便秘) 气通蜂蜜米浆</p> <p>P.S: 已买调理机学生, 学费: \$30</p>	<p>Triple Detox Series</p> <p>Good Energy flow + Digestion + Blood Circulation</p> <p>Benefits: Weight Loss, Supple Skin, Good Mental Concentration, More Energy</p> <p>Blood Detox Juice Cleansing Vege Fruit Juice Japanese 4-colour Vege Soup Honey Brown Rice Beverage</p> <p>P.S: Students with purchase of Juice Blender, class fees: \$30</p>
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