

Anna's Cooking Arts

October Schedule 2012

<p>5 Oct Fri 2 pm / 7 pm \$30</p> <p>特价：\$15</p> <p>Anna Phua</p>	<p>高纤养生餐</p> <p>特制南瓜浓汤 黑橄榄面包 杏桃果酱 日式杏仁布丁</p> <p>P.S：此课程是用九阳豆浆机授课</p>	<p>High Fiber Healthy Cooking</p> <p>Special Pumpkin Chowder Black Olive Bread Apricot Paste Japan Almond Pudding</p> <p>P.S: This course requires to use 'Joyoung Soymilk Maker'.</p>
<p>6 Oct Sat 2 pm \$75</p> <p>Chef Sharma</p>	<p><u>Chef Sharma's 特别"拉西叻吗"全套</u></p> <p>椰浆香饭 香烤鸡 香蕉叶烤鱼 特别家传三峇辣椒酱 酥炸甜香美人鱼 蒸乌达 特别炸江鱼仔和花生的方法</p>	<p><u>Chef Sharma's Special Nasi Lemak Set</u></p> <p>Nasi Lemak Rice Ayam Panggang Rica Rica Ikan Percik Special Homemade Sambal Crispy Sweet Spicy Mermaid Fish Otak Kukus Proper method to Fry Ikan Bilis and Peanut</p>
<p>8 Oct Mon 2 pm / 7 pm \$60</p> <p>Anna Phua</p> <p>已买调理机 学生,学费:\$30</p> <p>Students with purchase of Juice Blender, class fees: \$30</p>	<p><u>30天降三高饮食法 (1)</u></p> <ul style="list-style-type: none"> • 10种降胆固醇明星食物 • 10种保护心血管的营养素 <ol style="list-style-type: none"> 1. 南瓜蔬菜泥 2. 糙米茶 (分解糖分及脂肪,排除储存在腹膜的水) 3. 能量充沛精力蔬果汁(加强免疫力,分解体内毒素,溶解多余脂肪,降低胆固醇,消除肠胃废物) 4. 五谷腰果地瓜奶 5. 五汁饮 	<p><u>30 Day Prevention of top 3 Health Problem Diet (1)</u></p> <ul style="list-style-type: none"> • 10 types of food that lower cholesterol • 10 types of nutrients for a healthy heart <ol style="list-style-type: none"> 1. Pumpkin Vegetables Paste 2. Enzyme Brown Rice Tea (good for circulation reduces water) 3. Energy Vegetable and Fruit Juice (strengthen immune system, lower cholesterol, detox, reduces fat, eliminate toxins) 4. Five Rice Cashew Nut Sweet Potato Milk 5. Five Green Juice
<p>10 Oct Wed 2 pm / 7 pm \$85</p> <p>Chef Nancy Khoo</p>	<p>娘惹菜肴</p> <p>仁当鸡 娘惹虾 沙爹苏东 亚参鱼</p>	<p><u>Nonya Cooking</u></p> <p>Rendang Chicken Nonya Prawns Satay Sotong Assam Pedas Fish</p>

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<p>12 Oct Fri 2 pm / 7 pm \$85</p> <p>Chef Sharma</p>	<p>印度罗加全套</p> <ol style="list-style-type: none"> 1. 罗加酱(用番薯及花生碎制作) 2. 原味炸团 3. 蛋脆球 4. 马铃薯脆球 5. 菠菜脆球 6. 炸大葱 7. 虾饼 8. 芝麻椰丝马铃薯脆球 9. 鱿鱼 10. 炸登杯 11. 蛋付 	<p>Indian Rojak Set</p> <ol style="list-style-type: none"> 1. Indian Rojak Peanut and Sweet Potato Sauce 2. Plain Ball Fritter 3. Eggs Fritter 4. Potato Fritter 5. Spinach Fritter 6. Onion Fritter 7. Prawn Fritter 8. Sesame Coconut Potato 9. Sotong Merah 10. Tempeh Goreng 11. Tahu
<p>13 Oct Sat 2 pm \$80</p> <p>Chef 牟荣秋</p>	<p>北方名点心</p> <p>素三鲜盒子 香葱花卷 生煎包</p>	<p>Popular Northern China Tim Sum</p> <p>Vegetarian Triple Dumpling Steamed Spring Onion Flower Roll " Pau" Pan Fried Steam "Pau"</p>
<p>15 Oct Mon 2 pm / 7 pm \$75</p> <p>Anna Phua</p> <p>已买调理机 学生,学费\$35</p> <p>Students with purchase of Juice Blender, class fees: \$35</p>	<p>七色蔬果汁 (瘦身,养生)</p> <p>紫色蔬果汁 (延缓老化,增加记忆力) 红色蔬果汁 (促进血液循环,抗衰老) 绿色蔬果汁 (强化骨骼,加强造血) 黑褐色蔬果汁 (提升视力,加强免疫力) 白色蔬果汁 (抗肿瘤) 黄色蔬果汁 (保护心血管,预防癌症) 橙色蔬果汁 (保护视力,降低胆固醇)</p>	<p>7-Color Fruit Vegetable Juice (helps slimming & promotes healthy lifestyle)</p> <p>Purple Vegetable Fruit Juice (anti-aging,enhance memory) Red Vegetable Fruit Juice (anti-aging, promote blood circulation) Green Vegetable Fruit Juice (strengthening bones, strengthen haematogenous) Black and Brown Fruit Juice (improve eyesight, strengthen immune system) White Fruit Juice (protect cardiovascular, prevent cancer) Yellow Fruit Juice (anti-tumor) Orange Fruit Juice (lower cholesterol,protect vision)</p>
<p>17 Oct Wed 2 pm / 7 pm \$85</p> <p>Anna Phua</p>	<p>印尼经典好菜</p> <p>炸香脆彩色豆腐 (自制蛋豆腐:有蛋,红萝卜,虾米,黑木耳等) 亚艳卜 特制青辣椒酱</p>	<p>Classic Indonesian Cuisine</p> <p>Deep-fry Colorful Crispy Tau Foo (Homemade Tau-Foo: Egg, Red Carrot, Shrimps, Black Fungus etc) Ayam Pop Special Green Chilli Paste Opor Ayam Padang (White Curry Chicken)</p>

"噢卜"亚艳 (白色咖喱鸡)

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18 Oct Thur 2 pm / 7 pm \$150 Chef Nancy Khoo	<u>商业面食班</u> 沙劳越干捞面全套 著名沙劳越叻沙	<u>Commercial Noodle Making</u> Sarawak Dry Noodle Whole Set Famous Sarawak Laksa
20 Oct Sat 2 pm \$80 Chef Akemi	<u>日式流行糕点</u> 银行家蛋糕(砖块杏仁下午茶糕点) 肉桂卷面包 苹果奶酥挞	<u>Popular Japanese Cake Series</u> Financiers (Brick Shaped Almond Tea Cake) Cinnamon Roll Bread Apple Crumble
23 Oct Tue 2 pm / 7 pm \$65 Mdm Chee	<u>泰式佳肴</u> 烘泰国暹罗鸡 泰国红咖喱酱制作 红咖喱炒饭 泰国鱼饼	<u>Thailand Cuisine</u> Baked Thailand Siam Chicken Thailand Red Curry Paste making Red Curry Fried Rice Thailand Fish Cake
24 Oct Wed 2 pm / 7 pm \$150 Anna Phua	<u>著名面食制作</u> 新加坡咖喱鸡面全套 (配料:马铃薯, 猪皮, 白鱼饼, 超滑私房鸡) 秘制辣椒酱 檳城水果罗加	<u>Famous Noodle Making</u> Singapore Curry Chicken Noodle Whole Set (potato, pork skin, white fish cake, chicken) Special Chilli Sauce Penang Fresh Fruits Rojak

(Enjoy \$5 discount with advance booking)

ABOUT CHEF NANCY KHOO

Chef Nancy Khoo, a peranakan from sabah, has worked many years in various well-known restaurants in Singapore. Enthusiastic and creative, she grasps the spirit of Yogi Hub quickly and modified many of her recipes for Yogi Hub menu. It has won praises from many Yogi Hub's customers!

ABOUT CHEF SHARMA

Chef Sharma who has been holding culinary classes for the past 26 years. Past 26 years, he has worked in a 5 star hotel, leading catering companies, private cooking studios, and private clubs for culinary classes. He has also contributed recipes to many publications and TV cooking programs. Chef Sharma is versatile in many cuisines like Indian ,Thai, Indonesian and Singaporean.

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