

# Anna's Cooking Arts

November Schedule 2012

<p>9 Nov Fri 2 pm / 7 pm \$50</p> <p>特价/Special Offer :\$15</p> <p><b>Anna Phua</b></p>	<p><b>养生水疗法 (喝水可以健康)</b></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)</p> <p>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><b>超强排毒果汁示范</b></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><b><u>Water Health Therapy (Drink to Great Health)</u></b></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><b><u>Super Detox Juice Demo</u></b> Sweet Potato Detox Juice (cleanses intestines)</p> <p>Banana Pineapple Celery Juice (anti-bacterial, helps replenish blood, lowers cholesterol and promotes bowel movement)</p> <p>“Fuling” Watermelon Juice (hydrates, helps reduce water retention and heat in the body)</p>
<p>10 Nov Sat 2 pm \$85</p> <p><b>Chef Akemi</b></p>	<p><b>人气日式蛋糕&amp;布丁</b></p> <p>咖啡布丁 北海道双层芝士蛋糕</p> <ul style="list-style-type: none"> <li>• 底层: 海绵蛋糕底</li> <li>• 中间: 烘乳酪淇淋蛋糕</li> <li>• 顶层: 马斯卡邦(意大利乳酪)慕斯</li> <li>• 装饰: 用蛋糕屑</li> </ul>	<p><b><u>Popular Japanese Cake Series</u></b></p> <p>Coffee Jelly Hokkaido Double Layered Cheese Cake</p> <ul style="list-style-type: none"> <li>• Bottom: Genoise Sponge</li> <li>• Lower Cake: Baked Cream Cheese Cake</li> <li>• Top of the Cake: Mascarpone Cheese Mousse</li> <li>• Decoration: Cake Crumb</li> </ul>
<p>14 Nov Wed 2 pm / 7 pm \$150</p> <p><b>Anna Phua</b></p>	<p><b>著名面食制作</b></p> <p>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</p>	<p><b><u>Famous Noodle Making</u></b></p> <p>Singapore Curry Chicken Noodle Whole Set (potato, pork skin, white fish cake, chicken) Special Chilli Sauce Penang Fresh Fruits Rojak</p>
<p>17 Nov Sat 2 pm \$80</p> <p><b>Anna Phua</b></p>	<p><b>优格DIY</b></p> <p>自制豆奶优格&amp;牛奶优格</p> <p><b>阳光疗法:</b> 1)优格亚麻油DIY(可用于打果汁,沙拉淋酱)- 改善您体质15种症状,让您靓丽健康!防癌,抗癌,防三高</p> <p>2)超级排毒蔬果优格奶昔 <b>饭后:</b>瘦身清肠啤酒酵母优格</p>	<p><b><u>DIY Yogurt</u></b></p> <p>Yogurt Fermentation Method (Milk &amp; Soya Milk)</p> <p><b>Sunshine Therapy</b> 1) High Quality Flaxeed Oil DIY (Used in Blend &amp; salad dressing) – Improve your body constitution and 15 symptoms! Bring you to good health and beauty!</p> <p>2)Super Detox Vege Fruit Yogurt <b>After Food:</b> Slimming Effect - cleanses intestines</p> <p><b>P.S: Students with purchase of Juice Blender, class fee: \$40</b></p>

P.S: 已买调理机学生,学费:\$40

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19 Nov Mon 2 pm / 7 pm \$80 <b>Anna Phua</b>	<b><u>美人瘦身餐饮疗法</u></b> 意大利青酱面 (罗勒酱) 二种DIY很好吃沙拉酱 三文鱼海带芽沙拉配糙米味噌酱 番茄海藻沙拉 (百香芒果酱) 排毒蔬果汁 (想瘦哪里就瘦哪里) 蔬果的搭配法  <b>P.S: 已买调理机学生,学费:\$40</b>	<b><u>Anti-aging &amp; Slimming Diets</u></b> Italian Basil Sauce Noodle (Basil Sauce) 2 types of Salad Sauce Salmon Kelp Sprout Salad with Miso Sauce Tomato Seaweed Salad (Passion Mango Sauce) Detox Vegetable Fruit Juice Fruit and vege Combination method  <b>P.S: Students with purchase of Juice Blender, class fee: \$40</b>
21 Nov Wed 2 pm / 7 pm \$60 <b>Mdm Chee</b>	<b><u>美味糕点系列</u></b> 港式点心糯米鸡 印尼金蛋香糕点 印尼椰汁番薯糕	<b><u>Delicious Tim Sum Series</u></b> HK Tim Sum Glutinous Rice Chicken Indonesia Kueh Ambon Indonesia Coconut Sweet Potatoes Kueh
23 Nov Fri 2 pm \$95 <b>Anna Phua</b>	<b><u>Anna's 私房菜</u></b> 风梨蜜烤鸡 (获第一名) 古法纸包鸡 泰国香兰叶鸡	<b><u>Anna's Secret Recipe Delicious Cooking</u></b> Grill Homemade Pineapple Jam Chicken ( Prize winning dish) Traditional Chicken Wrap in Paper Thai Pandan Leaves Chicken
24 Nov Sat 2 pm \$85 <b>Chef Akemi</b>	<b><u>圣诞节庆蛋糕</u></b> 精致草莓鲜奶油蛋糕 (配特别的夹心 淇淋) 德国圣诞蛋糕	<b><u>X'mas Cake Series</u></b> X'mas Shortcake Kugelhopt (German Christmas Bundt Cake)
30 Nov Fri 2 pm / 7 pm \$ 60 <b>特价/Special Offer \$35</b> <b>Anna Phua</b>	<b><u>香港人气冻糕 (甜品)</u></b> 桂花杞子糕 马豆糕 紫米椰汁糕 红豆糕	<b><u>Popular H.K Dessert</u></b> Osmanthus Wolfberry Jelly Yellow Bean Pudding Purple Rice Coconut Milk Pudding Red Bean Pudding

(Enjoy \$5 discount with advance booking)

[www.annascookingarts.com.sg](http://www.annascookingarts.com.sg) Office: ( 65 ) 62943588, 67470069 Fax: (65 ) 67470021