

Anna's Cooking Arts

December 2012 – January 2013 Schedule

13 Dec Thur 2 pm \$85 Chef Akemi	<u>日式蛋糕&布丁(新)</u> "提拉米苏"蛋糕 底部: 杏仁甜品 慕斯: 玛士卡邦"提拉米苏"淇淋 - 巧克力大理石雪纺蛋糕配淇淋装饰 - 诱惑白慕斯布丁	<u>Japanese Cake & Pudding (New)</u> - Tiramisu Bottom: Almond Genoise Mousse: Mascarpone Tiramisu Cream - Chocolate Marble Chiffon Cake with Cream Decoration - White Mousse Pudding
14 Dec Fri 2 pm / 7 pm \$55 Mrs Lim	<u>新春特备佳肴</u> 海参瑶柱羹 一品栗子烧鸭煲 炸咸蛋黄大虾	<u>New Year Delicacies</u> Sea Cucumber with Scallop Thick Soup Braised Duck with Chestnuts Deep Fried Salted Egg Yolk Prawns
15 Dec Sat 2 pm \$155 Mrs Chee	<u>商业饼干(调拌-万能松脆酥饼干预拌粉)</u> 原味月亮酥饼 黑芝麻蛋黄饼 抹茶南瓜籽蛋黄饼 杏仁蛋黄酥饼	<u>Commercial Crispy Moon Cookie Series</u> Original Moon Cookie Black Sesame Egg Yolk Moon Cookie Matcha Pumpkin Seeds Egg Yolk Moon Cookie Almond Egg Yolk Moon Cookie
19 Dec Wed 2 pm \$55 Mrs Lim	<u>新年饼干</u> 燕麦杏仁葡萄饼 白杏仁香片饼 古老式粿布鲁(烤小蛋糕,外脆内软)	<u>New Year Cookies</u> Cereal with Almond and Raisin Cookie White Almond Cookie Traditional Kueh Bulu
20 Dec Thur 2 pm \$55 Teacher Jean	<u>新年饼干 & 蛋糕</u> 蔓越莓杏仁饼 甜点蛋糕 法式貂纹饼	<u>New Year Cookies and Cakes</u> Cranberry Almond Biscuit Dessert Cake French Sables Cookie
22 Dec Sat 2 pm \$60 Anna Phua	<u>十谷米浆长寿瘦身法</u> 十谷米浆 (抗氧化,清肠,排毒,强化骨骼,帮助消化,改善便秘) 十谷粥 三天黑豆浆减肥法 美白薏仁浆 (浅化斑,利尿,消除肝火) 已买调理机学生,学费\$30	<u>Wholegrain Beauty & Slimming Workshop</u> Whole Grain Paste (Anti-oxidant, cleanses intestine, regulates blood circulation, treats constipation) Whole Grain Porridge 3 day Black Soy Bean (for slimming) Whitening Barley Paste (helps liver, skin pigmentation and urinary tract) Students with purchase of Juice Blender, class fees: \$30
28 Dec Fri 2 pm / 7 pm \$85 Anna Phua	<u>商业马来面食</u> 马来卤面 (咪乐不) 米暹 (有汤汁) 炸虾饼	<u>Top Commercial Malay Cooking</u> Malay Mee-Rebus Mee Siam (with Gravy) Fried Prawn Fritters

Anna's Cooking Arts

December 2012 – January 2013 Schedule

29 Dec Sat 2 pm \$60 Anna Phua 已买调理机 学生,学费\$30 Students with purchase of Juice Blender, class fees: \$30	<u>长寿饮食法 (1)</u> 1. 壮骨高钙精力蔬果汁 2. QQ长寿果仁蒸糕 (瘦身营养代餐) 3. 超级排毒花粉蔬果汁(蔬菜, 芽菜,水果,海藻类灵活搭配法) • 可以预防肾结石, 含大量纤维, 可以预防大肠癌 • 含丰富酵素, 维生素C, 抗氧化, 美白, 改善皮肤发炎 • 瘦身, 淡斑 • 降尿酸, 胆固醇, 排肝毒	<u>Longevity Workshop</u> 1. Bone-building Vege Fruit Juice 2. QQ Longevity Steamed Cake [Meal Replacement] 3. Super Detox Vege Fruit Juice [combine the right foods for maximum health benefits] - prevent and lower risks in kidney stones and colon cancer - anti-aging, skin-beautifying and anti-inflammation - body-slimming and pigmentation-lightening - lower urea acidity, cholesterol and liver toxins
4 Jan Fri 2 pm / 7 pm \$60 Anna Phua	<u>新年年糕</u> 娘惹金瓜糕 (超好吃) 软Q芋头糕 三峇辣椒酱 香煎萝卜糕 H.K "碗仔"萝卜糕 (免费讲议)	<u>New Year Celebration Cakes</u> Nonya Pumpkin Kueh Soft Q Yam Cake Sambal Chilli Sauce Pan Fried Radish Cake H.K "Bowl Radish Cake (Bonus recipe)
5 Jan Sat 2 pm \$80 Anna Phua 已买调理机 学生,学费\$40 Students with purchase of Juice Blender, class fees: \$40	<u>健康是磨出来的 (1)</u> DIY 研磨芝麻粉、杏仁粉、青仁黑豆粉、薏仁粉、糙米粉、五谷粉、莲子粉 <u>DIY如何配搭养生糊的黄金比例</u> • 降低胆固醇, 预防高血脂, 脑中风养生糊 • 美白, 祛斑, 抗老化养生糊 • 高钙养生糊 • 减肥代餐糊	<u>Delicious Nut Pastes For Great Health [1]</u> DIY Nut Powder Making: black sesame, almond, barley, wholegrain, five-grains and lotus seed. <u>DIY Nut Paste Making Techniques</u> - lower risks of high cholesterol, high fat content in blood vessels and rheumatism - achieve clearer and youthful skin - stronger bones with high calcium nut pastes - meal replacement for body-slimming
8 Jan Tue 2 pm / 7 pm \$70 Anna Phua	<u>鱼丸制作 (新年火锅配料)</u> 福州包馅鱼丸 福州蒸燕饺 / 炸燕饺 潮州纯鱼肉鱼丸 鱼饼	<u>Anna's Commercial Class</u> Hock Chew Fish Ball Hock Chew Dumpling / Deep Fried Dumpling Teochew Fish Ball Teochew Meat Ball Fish Cake
9 Jan Wed 2 pm / 7pm \$85 Anna Phua	<u>传统新年菜 (潘老师家传菜)</u> 妈妈福建五香 古早味福建虾枣 腌萝卜泡菜 (消脂,消胃胀气)	<u>Anna's Traditional Recipe</u> Mum's Homemade Hokkien 'Ngor Heang' Hokkien Prawn Ball Pickled Radish

Anna's Cooking Arts

December 2012-January 2013 Schedule

10 Jan Thur 2 pm \$85 Chef Akemi	新年蛋糕 (新) - 乳酥棒 顶层: 榛果&杏仁奶酥 中间: 浓郁奶油芝士蛋糕 底层: 榛果&杏仁饼干 - 香浓羽毛苏菲乐乳酪蛋糕 - 纽约芝士蛋糕	<u>New Year Cake (New)</u> - Stick Cheese Cake Topping: Hazelnut & Almond Crumble Middle: Rich Cream Cheese Cake Bottom: Hazelnut & Almond Cookie - Milky & Light Souffle Cheese Cake - New York Cheese Cake
11 Jan Fri 2 pm / 7 pm \$55 Teacher Jean	健康新年糕点 健康地瓜米饼 健康燕麦芝麻米饼 健康果蔬磅蛋糕	<u>Healthy New Year Cookie & Cake</u> Healthy Sweet Potato Rice Cookie Healthy Oat Sesame Rice Cookie Healthy Fruit Vegetables Pound Cake
15 Jan Tue 2 pm / 7 pm \$55 Anna Phua	新年宴客鸡尾酒 柑橘茉莉花茶果盾 莓果豆腐果盾 凤梨椰汁果汁 苹果山药奶盾 高钙杏仁奶 P.S: 已买调理机学生, 学费\$25	<u>New Year's Mocktail Juices</u> Citrus Jasmine Fruit Shake Berry Tofu Shake Pina Colada Apple Yam Shake High-calcium Almond Shake Students with purchase of Juice Blender, class fees:\$25
16 Jan Wed 2 pm / 7 pm \$55 Mrs Lim	新年佳肴 富贵袋 (猪肚焖四宝) 酥葱酱汁蒸鱼 海参焖鸡	<u>New Year Delicacies</u> Assorted Mashrooms in Pig's Stomach Steamed Fish with Onion Sauce Stewed Chicken with Sea Cucumber
17 Jan Thur 2 pm / 7 pm \$80 Anna Phua	新年肉干 传统切肉肉干 快速鸡肉干/猪肉干 肉松/金钱肉干	<u>Favorite New Year 'Ba Gua' Making</u> Traditional Sliced Sweet Pork Ba Gua New Method BBQ Ba Gua: Chicken / Pork Chicken Gold Coin Pork & Pork Floss
18 Jan Fri 2 pm / 7 pm \$60 Anna Phua	节庆马六甲娘惹菜 罗加花亚参鸡 娘惹什菜(用蕃薯, 辛菜什菜) 高酵素马六甲亚渣(失传泡菜)	<u>Malacca Nonya Cooking</u> Ayam Berselesa (Asam Chicken) Nonya Sayor Lemak with Sweet Potato Healthy Enzyme Malacca Achar
19 Jan Sat 2 pm \$65 Anna Phua	传统蛋糕 (很好吃) 娘惹式香蕉蛋糕 著名沙巴蒸黑奴奴蛋糕 杏仁万蓝池麦心蛋糕	<u>Exclusive Traditional Cakes [too good to miss!]</u> Nonya Traditional Banana Cake Sabah Famous Steam Seri Kaya (Black Steamed Brownies) Almond Brandy Sugee Cake

(Enjoy \$5 discount with advance booking)

Anna's Cooking Arts

December 2012-January 2013 Schedule

22 Jan Tue 2 pm / 7 pm \$70 Anna Phua	新春佳肴 沙律金条豆付(DIY 苏东胶豆付) 养生水果鱼生 金牌蒜头泡菜炸鱼	<u>Springtime New Year Feast</u> Salad Gold Bar Taufu (DIY sotong paste with taufu) Fresh Fruit(Ye Seng)Raw Fish Gold Award Garlic Pickle Deep-fried Fish
23 Jan Wed 2 pm / 7 pm \$55 Mrs Lim	新年糕点 椰糖发糕 红枣香兰年糕 紫色芋泥玫瑰饺	<u>New Year Tim Sum</u> Gula Melaka Fast Kueh Red Dates Pandan Nian Gao Steamed Oyster Rose Dumpling and Yam Paste
24 Jan Thur 2 pm / 7 pm \$55 Anna Phua	养生甜点秘方 山药白菓羹 (保健肠胃,对更年期不适有帮助) 药膳茶(饭后甜点,帮助消化,消脂) 补钙薏莲浆(不用靠钙片) 已买调理机学生,学费\$40	<u>Delicious & Healthy Dessert (secret recipe)</u> Yam Ginko (strengthens digestion system and treats menopause symptoms) Herbal Dessert Tea (promotes digestion and reduces fats) High Calcium Barley Ginko Juice(without calcium tablet) Students with purchase of Juice Blender, class fees:\$40
25 Jan Fri 2 pm / 7 pm \$80 Anna Phua	娘惹名菜 妈妈香来咖哩鸡(金枕头) 娘惹蟹肉丸汤	<u>Famous Nonya Cuisine (Popular demand)</u> Mum's Curry Chicken Golden Pillow Bawang Kapiting (Carb Ball Soup)
26 Jan Sat 2 pm \$60 Anna Phua	日式养生寒天布丁(6) 白桃可尔必思 苹果布丁 巨峰白酒葡萄布丁 白酒洋梨果冻 DIY蜜煮水果 (苹果,巨峰葡萄,白桃,洋梨)	<u>Nutritious Japanese Kantan Pudding (6)</u> Peach Calpis Kantan Pudding Apple Kantan Pudding Honey White Wine Grape Kantan Pudding Snow Pear & White Wine Kantan Pudding DIY Fruit Cocktail Making (Apple, Grape, Peach, Snow Pear)

(Enjoy \$5 discount with advance booking)

Wishing You and Your family a
Merry Christmas
and A Happy New Year!
祝大家
圣诞节 & 新年快乐!!!