

<p>05.01.17 星期四/Thur 2pm</p> <p><b>学费 : \$150</b></p> <p><b>Chef Patrick &amp; Jenny 老师</b></p>	<p><b><u>新春佳肴</u></b></p> <p><b><u>Chef Patrick 餐厅招牌菜</u></b> 日式麻糬扣肉 日式炆软骨</p> <p><b><u>Jenny 老师拿手好菜</u></b> 炆梅菜</p> <p><b>Chef Patrick 是本地著名日本餐厅拥有 30 年经验的总厨</b></p>	<p><b><u>New Year Cuisine</u></b></p> <p><b><u>Chef Patrick Restaurant Signature Dish</u></b> Japanese Mochi Kakuni Pork Soft Bone</p> <p><b><u>Good Dishes by Chef Jenny</u></b> Stew Preserved Vegetable</p> <p><b>Chef Patrick is a local famous Japanese restaurant head chef with 30 years of culinary experience.</b></p>
<p>06.01.17 星期五/Fri 2pm</p> <p><b>学费 : \$85</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>传统新年菜 (潘老师家传菜)</u></b></p> <p>妈妈福建五香 古早味福建虾枣 梅子酱金瓜泡菜</p>	<p><b><u>Anna's Traditional Recipe</u></b></p> <p>Mum's Homemade Hokkien 'Ngor Heang' Hokkien Prawn Ball Plum Sauce Pumpkin Pickle</p>
<p>07.01.17 星期六/Sat 2pm</p> <p><b>学费 : \$85</b></p> <p><b>杨晓丽老师</b></p>	<p><b><u>香味与养生</u></b></p> <ul style="list-style-type: none"> <li>● 了解《中国香文化》的渊源</li> <li>● 辨别香的五味</li> <li>● 针对过敏性鼻炎等呼吸道疾病患者如何用香来疗疾</li> <li>● 针对现代都市生活节奏, 如何用香来舒缓压力/调节情绪/改善睡眠</li> <li>● DIY 手工香品制作</li> </ul>	<p><b><u>Incense and Health</u></b></p> <ul style="list-style-type: none"> <li>● To understand the origin of "China Incense Culture"</li> <li>● The identification of incense five flavours</li> <li>● In patients with allergic rhinitis and other respiratory diseases with incense therapy.</li> <li>● According to the pace of modern urban life, how to use incense to relieve pressure/emotional/improve sleep.</li> <li>● DIY Hand Incense Making</li> </ul>
<p>09.01.17 星期一/Mon 2pm</p> <p><b>学费 : \$18</b></p> <p><b>嘉雯老师(Olivia)</b></p>	<p><b><u>嘉雯老师拿手好菜</u></b></p> <p>客家卤鸭 花开富贵 (海鲜) 传统小鸡蛋糕 金瓜发糕</p>	<p><b><u>Good Dishes by Chef Jiawen</u></b></p> <p>Hakka Duck Blossom Prosperity (seafood) Kueh Bahlu Pumpkin Cake</p>

<p>10.01.17 星期二/Tue 2pm  <b>学费 : \$80</b>  <b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>失传娘惹糕饼</u></b>  外脆内松“粿不嚙” 粿乃吉 香港角仔 (花生酱)</p>	<p><b><u>Nonya New Year Cookies</u></b>  Kueh Bura Kueh Bang kit H.K Peanut Puff</p>
<p>13.01.17 星期五/Fri 2pm  <b>学费 : \$160</b>  <b>Janet 老师</b></p>	<p><b><u>花开富贵 (果冻)</u></b>  DIY 果冻制作  *学费包括器材, 每位学生可有 8 寸果冻带回家, 并赠送一套挤花器材</p>	<p><b><u>Blossom Prosperity Jelly</u></b>  DIY Jelly Making  *Fees include ingredient and each student can take 8 inches' jelly home. Given a set of flowers created equipment.</p>
<p>17.01.17 星期二/Tue 2pm  <b>学费 : \$120</b> <b>Offer: \$95</b>  <b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>泰式烧烤海鲜</u></b>  柠檬金目卢 老虎虾 苏东 <b>安娜秘制:</b> 青色蒜茸辣椒酱 亚参红辣椒酱</p>	<p><b><u>Top Thai BBQ Seafood</u></b>  Lemon Sea Bass Tiger Prawns Sotong <b>Anna's Special Secret recipes:</b> Green Garlic Chilli Sauce Thai Chili Sauce with Assam</p>
<p>19.01.17 星期四/Thur 2pm/7pm  <b>Fees : \$180</b>  <b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>最夯海鲜白米粉</u></b> ●商业峇拉煎辣椒  ●上汤煮法  ●总调味酱调法  ●猪油渣炸法  (配料: 花蚧、花啦啦、虾、虾婆)</p>	<p><b><u>Most “In-thing” seafood White Bee Hoon</u></b> – Business Balachan chili – Special soup making – Seasoning paste making – Pig's oil frying method (Flower Crab, Flower Lar lar, Prawn, Gray fish)</p>

***Wishing everyone Merry Christmas and Happy New Year !***

**Atrix Blg (opp Aljunied MRT)**

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:6747 0069 or 6294 3588 or 90605747

Email: coyaku@yahoo.com.sg 欢迎登陆我们的网站: [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)

**上课地址 : Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang  
#01-03 Singapore 388409**

**报名热线 : 67470069 / 62943588 / 90605747**

**Open hours: Mon~Fri 10.30am~7.30pm Sat 10.30am~5.30pm**



**花开富贵 (果冻) by Chef Janet**

**Janet 老师是新加坡果冻达人**

# 鱼生

by Chef Patrick

## 年年有余

\$168 6~8人份

### 材料:

海鲜——鲍鱼、黄尾鱼(日本)、甜虾(日本)、三文鱼

其他——白萝卜、红萝卜、淮山、甜菜根、海带芽、水菜(日本)、

蜜制水果、紫苏叶、干无花果、柿子、综合坚果

酱料——芥末、芝麻酱、梅子酱

## 风生水起

\$88 2~4人份

### 材料:

海鲜——黄尾鱼(日本)、三文鱼

其他——白萝卜、红萝卜、淮山、甜菜根、海带芽、水菜(日本)、

紫苏叶、干无花果、柿子、综合坚果、蜜制水果

酱料——芥末、芝麻酱、梅子酱

订货时间:

3/1/17-21/1/17

取货时间:

23/1/17~27/1/17

地址: Anna's Cooking Arts

82 Lorong 23 Geylang (opp Aljunied Mrt)

Atrix Blg #01-03 Singapore 388409

电话: 67470069/ 62943588/ 90605747





**YuSheng** by Chef Patrick

**年年有余**

**\$168 6~8pax**

**Ingredient:**

**Seafood:** Abalone, Yellow Tail (Japan), Sweet Prawn (Japan), Salmon

**Others:** Radish, Red Carrot, Wai san, Beetroot, Wakame, Fruits Pickles

Mizuna (Japan), Shiso Leaf (Perilla Leaf), Dry Fig, Persimmon, Assorted Nuts

**Dressing:** Wasabi Dressing, Sesame Dressing, Plum Dressing

**风生水起**

**\$88 2~4pax**

**Ingredient:**

**Seafood:** Yellow Tail (Japan), Salmon

**Others:** Radish, Red Carrot, Wai san, Beetroot, Wakame, Mizuna (Japan),  
Shiso Leaf (Perilla Leaf), Dry Fig, Persimmon, Assorted Nuts, Fruits Pickles

**Dressing:** Wasabi Dressing, Sesame Dressing, Plum Dressing

**Order Time:**

**3/1/17~21/1/17**

**Collection Date from :**

**23/1/17~27/1/17**

**Location: Anna's Cooking Arts**  
82 Lorong 23 Geylang (opp Aljunied Mrt)  
Atrix Blg #01-03 Singapore 388409

**Tel: 67470069/ 62943588/90605747**



## Flora Sante' December Time Table

<p>12.01.17 星期四/Thur 2pm <b>原价 : \$80</b> <b>特价 : \$38</b></p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>日本热卖沙拉 (商业)</u></b></p> <p>羊栖菜沙拉 牛蒡沙拉 日式海哲黄瓜沙拉</p>	<p><b><u>Commercial Japanese Salad</u></b></p> <p>Hijiki Salad Gobo Salad Japanese Jelly Fish &amp; Cucumber Salad</p>
<p>16.01.17 星期一/Mon 2pm <b>原价 : \$80</b> <b>特价 : \$28</b></p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>活力精力蔬果汁</u></b> 黑五宝(热)(补气血, 增加抗病能力)</p> <p><b>超级排毒豆浆</b>(加4种纤维素, 含B17坚果, 抗癌防癌, 消除疲劳, 预防心血管疾病)</p> <p><b>火龙果活力果汁</b>(分解脂肪, 预防便秘, 帮助消化)</p> <p><b>莲藕苹果汁</b>(降血糖, 血脂, 血压)</p>	<p><b><u>Energy Vegetable &amp; Fruit Soup</u></b> <b>Black Five Treasures</b>(hot) (enrich blood, enhance immunity) <b>Super Detox Soya Bean Milk</b> (add 4 kinds Celluloses, Nuts with B17, prevent cancer, reduce tiredness, prevent heart and arteries disease) <b>Dragon Fruit Energy Juice</b> (breaks down fat, prevents constipation, helps digestion) <b>Lotus Apple Juice</b> (lower blood sugar, blood cholesterol and blood pressure)</p>
<p>18.01.17 星期三/Wed 2pm <b>Fee: \$80</b> <b>特价:\$38</b></p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>养生团圆年菜</u></b></p> <p>养生菇菌粥底火锅 泰酱七彩捞鲍鱼 金桔旺梨柠檬汁 (消油脂, 帮助消化)</p>	<p><b><u>New Year Healthy Dishes</u></b></p> <p>Healthy Mushroom Porridge Based Hot Pot Colorful Thai style Abalone "Lo Hei" Kumquat Pineapple Lemon Juice (eliminate grease, help digestion)</p>

**请预先报名, 每班限 30 人!**

***上课地址 : Wisma Atria, 435 Orchard #16-03 Singapore 238877 ( lift is on the main road, opp Lucky's Plaza)***

**报名热线 : 67470069 / 62943588 / 90605747**

**Open hours: Mon~Fri 10.30am~7.30pm Sat 10.30am~5.30pm**