

<p>09.05.17 星期二/Tue 2pm</p> <p>学费: \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>老福建名点</u></p> <p>扣肉包 荷叶包制作 (半月型) 失传高酵素马六甲阿渣 (可耐 1 年)</p>	<p><u>Traditional Hokkien Cooking</u></p> <p>Stewed Pork Bun Lotus Leaf Bun Making Traditional Malacca High Enzyme Achar (can be preserved for 1 year)</p>
<p>11.05.17 星期四/Thur 2pm</p> <p>学费 : \$90</p> <p>Mrs Chee</p>	<p><u>可松制作</u></p> <p>丹麦脆皮可松面包 (杏仁奶油馅, 奶酪馅) 鸡肉派 咖喱派</p>	<p><u>Croissant Pastry Making</u></p> <p>Danish Pastry Making (Almond Cream Filling, Cheese Filling) Chicken Puff Curry Puff</p>
<p>12.05.17 星期五/Fri 2pm</p> <p>学费 : \$80</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>娘惹糕点</u></p> <p>原味蒸木薯糕 香兰汁木薯糕 软 Q 粿各瑞 糯米加椰</p>	<p><u>Nonya Kueh</u></p> <p>Plain Steamed Tapioca Kueh Pandan Juice Tapioca Kueh Soft Q Kueh Ko Swee Glutinous Rice Kaya</p>

K.L 新哥大厨在饮食业拥有 40 年烹饪经验

- 1993 年-1997 年曾任马来西亚酒楼学校教授 ;
- 曾担任五星美国/英国中餐总厨师 ;
- 曾获得世界烹饪比赛银奖 ;
- 1994 年获得厨房比赛银奖 ;
- 担任 K.L 高尔夫俱乐部厨师

新哥是 K.L 知名大厨, 首次公开教他的招牌菜及自创秘制酱料



新哥大厨

<p>16.05.17 星期二/Tue 2pm/7pm</p> <p>学费: \$125</p> <p>新哥大厨 K.L. Chef Chong</p>	<p><u>创意泰式料理</u></p> <p>泰式酸辣海鲜煲 (酸辣酱制作) 泰酱排骨王 (煮肉类泰式酱制作) 冬奄炒饭</p>	<p><u>Creative Thai Cuisine</u></p> <p>Thai Style Sour Spicy Seafood Pot (sour spicy sauce making) Thai Paste Rib King (boiled meat thai style sauce making) Tom Yan Fried Rice</p>
<p>17.05.17 星期三/Wed 2pm/7pm</p> <p>学费: \$125</p> <p>新哥大厨 K.L. Chef Chong</p>	<p><u>娘惹经典菜</u></p> <p>首创仁当鸡 (仁当酱可以煮牛、羊、鸡肉) 亚参鱼头 (亚参酱可以煮各类海鲜、炒菜) 甘香虾</p>	<p><u>Nonya Classic Dish</u></p> <p>Original Rendang Chicken (Rendang sauce can be boiled beef, mutton, chicken) Assam Fish Head (Assam sauce can be boiled all kinds of seafood, cooking dish) Sweet and Fragrant Prawn</p>
<p>18.05.17 星期四/Thur 2pm/7pm</p> <p>学费: \$125</p> <p>新哥大厨 K.L. Chef Chong</p>	<p><u>新哥招牌菜</u></p> <p>秘制辣子酱螃蟹 (辣子酱 DIY, 可以煮各种肉类、海鲜料理) 配炸馒头 新哥金酱煎鸡/牛/羊扒 (金酱 DIY) 奶油酱鸡丁</p>	<p><u>Chef Chong Signature Dish</u></p> <p>Homemade Chilli Sauce Crab (Chilli sauce DIY, can be boiled meat and seafood cuisine) Fried Steamed Bread Chef Chong Gold Sauce Fried Chicken Steak/Steak/Lamb Chop (Gold Sauce DIY) Minced Chicken with Cream Sauce</p>
<p>23.05.17 星期二/Tue 2pm</p> <p>学费 : \$150</p> <p>Mrs Chee</p>	<p><u>马来西亚面食</u></p> <p>亚参叻沙 (檳城) 怡保咖喱面 (馅料 : 蚌、长豆、鱿鱼、茄子)</p>	<p><u>Malaysia Noodle</u></p> <p>Penang Assam Laksa Ipoh Curry Noodle (Filling: Ham, Long Bean, Squid, Eggplant)</p>

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

<p>25.05.17 星期四/Thur 2pm/7pm</p> <p>原价 : \$80 调理机会员 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p>元气早餐 (新) (含丰富维他命矿物质, 帮助一天的新陈代谢, 最适合忙碌早晨 5 分钟完成美容果昔)</p> <p>优格 DIY 制作/豆浆制作/阳光优格疗法 (能提供身体全方位保护力) 凤梨果昔 (酵素/维他命能增加代谢) 蔬果果昔 (改善肠道环境) 奇异果昔 (永葆年轻, 美白) 综合莓果 (瘦身, 抗老化) 净化血液果昔 (补充身体元气)</p>	<p>High Energy Breakfast (New) (riches in vitamins and minerals, to help one day's metabolism. The most suitable for busy morning, only 5 mins to complete beauty smoothie)</p> <p>Yogurt DIY Making/ Soy Milk Making/ Sunshine Yogurt Therapy (supports overall health) Pineapple Smoothie (enzyme/ vitamins can increase metabolism) Vegetable Fruit Smoothie (supports gut health) Kiwi Smoothie (skin beautifying) Mixed Berries (slimming and anti-aging) Purify Blood Smoothie (energizing)</p>
<p>27.05.17 星期六/Sat 1pm-3pm</p> <p>原价 : \$80 调理机会员 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p>高能量高钙蔬果坚果奶</p> <p>高蛋白谷豆浆 (热) (蛋白质丰富, 有助于小朋友发育成长, 对病人的病体治愈有加速复原的特效) 净肠优格奶 (改善便秘, 可短期见效) 降脂核果奶 (热) (有助于改善三高三酸甘油酯) 补血蔬果汁 (改善脸色苍白, 尤其适合女性在月经期间作为营养品)</p>	<p>High Energy and Calcium Vegetable Fruit Nut Milk</p> <p>High Protein Wheat Soy Milk (hot) (rich in protein, supports children's growth and physical health) Gut Healing Yogurt Milk (helps relieve constipation) Lower Fat Drupe Nuts Milk (hot) (helps 3 high and triglyceride) Blood Tonic Vegetable Fruit Juice (beautifying and suitable for women during menstruation as a nutritional supplement)</p>

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

Flora Sante' May Time Table

<p>05.05.17 星期五/Fri 2pm</p> <p>原价 : \$80 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>鸡尾小品 (享瘦也能享受)</u></p> <p>墨西哥沙拉酱配玉米脆片 椰水青汁 (利尿清水肿, 净化身体各器官) 爱玉冰配综合莓果 (抗氧化) 法式脆片面包配牛油果沙拉</p> <p>特价优惠 : 名额有限, 只限 30 位报名者, 报名从速</p>	<p><u>Cocktail Snacks (slim and relaxed)</u></p> <p>Mexico Salad Sauce with Corn Flakes Coconut Kale Juice (diuretic edema, purification of the body organs) Ice Jelly with Mixed Berries (antioxidant) French Bread Slices with Avocado Salad</p> <p>Special Offer: Seats are limited, only 30 students.</p>
<p>11.05.17 星期四/Thur 2pm</p> <p>原价 : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>体内环保抗老瘦身餐</u></p> <p>7 天瘦身蔬菜汤 烙饼生菜卷 (DIY 山药南瓜做成薄饼皮) 梅子姜汤 (祛斑, 瘦身, 抗老化) 活力早餐蔬果汁</p>	<p><u>Anti-Aging and Slimming Healthy Meal</u></p> <p>7 Days Slimming Vegetable Soup DIY Green Vegetables Po Piah Roll (using Wai San and Pumpkin) Plum Ginger (Skin lightening, slimming and anti-aging) Vitality Breakfast Vegetable Juice</p>
<p>13.05.17 星期六/Sat 11am-1pm</p> <p>原价 : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>酵素减肥养生, 5 日排毒消脂法 (新)</u></p> <p>Day1 : 梅子苹果凤梨青汁 (瘦小腹) Day2 : 芹菜哈密瓜汁 (利尿, 淡化斑点) Day3 : 果菜香瓜汁 (降脂, 通便) Day4 : 萝卜凤梨金桔汁 (健脾理气) Day5 : 苹果百宝汁 (促进体内新陈代谢, 清除体内毒素)</p>	<p><u>Enzyme Healthy Slimming, 5 Days' Detoxification Lower Fat Method (New)</u></p> <p>Day 1: Plum Apple Pineapple Kale Juice (support slim stomach) Day 2: Celery Cantaloupe Juice (diuretic, dilute spots) Day 3: Fruits Vegetable Muskmelon Juice (lower fat, relaxing the bowels) Day 4: Radish Pineapple Kumquat Juice (helps spleen) Day 5: Apple Treasure Juice (helps the process of metabolism, detox)</p>
<p>24.05.17 星期三/Wed 2pm</p> <p>原价 : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>日式抗老化美人便当</u></p> <p>厚烧野菇煎蛋卷 巴崙米克陈醋莲藕 香辣豆芽泡菜 红豆 Q 饭</p>	<p><u>Japanese Anti-Aging Beauty Box Lunch</u></p> <p>Deep Fried Mushroom Omelet Roll Pakistan Long Mick Black Vinegar Lotus Root Fragrant Spicy Bean Sprouts Pickle Red Bean Q Rice</p>

The above benefits are by no means intended as a self-guide. Always require a physician to establish their cause and to help in deciding on the right treatment .All Rights Reserved .

Flora Sante' May Time Table

<p>26.05.17 星期五/Fri 2pm</p> <p>原价 : \$80 特价 : \$28</p> <p>Yuko 老师& 潘秀霞老师 Anna Phua</p>	<p>天然发酵食品 (不老仙丹)</p> <p>DIY 发酵有机味增 (提升免疫力) 四色蔬菜棒 特制味增牛油果沙拉酱</p> <p>味增 : 非常丰富 B 群, 维生素 E, 大豆异黄酮、卵磷脂及膳食纤维</p> <p>功效 : 抗癌、抗老化、抗自由基, 预防骨质酥松症, 肝脏排毒</p> <p>*每班只限 20 人 (每位可以制作 500 克味增带回家)</p>	<p>Natural Fermented Food (Forever young- secret diet) DIY Fermented Organic Miso (enhance immunity) 4 Colors Vegetable sticks Special Miso Avocado Salad Sauce</p> <p>Miso: rich in vitamin B, vitamin E, soybean isoflavone, lecithin and dietary fiber</p> <p>Benefits: prevent cancer, anti-aging, anti-free radical, prevent osteoporosis, liver detoxification</p> <p>*Limited to 20 persons per class (each person can make 500gm miso and bring home.)</p>
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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 (10.30am~7.30pm)

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净化餐的饮食内容及功效

净化综合谷浆
熟地瓜
彩虹蔬果优格沙拉
高纤水果优格乳
清血黑木耳露
三宝胡萝卜汁
活力南瓜燕麦汤
修复银耳露



清肠
清血
加强肝脏排毒
提升免疫力
修复细胞

学习如何制作净化套餐工作坊

时间/Class Date	20/05/17 Saturday (12pm-5pm)
上课地址/Class Location	Atrix Bldg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409
学费Class Fees	\$360
报名热线/ Registration Hotline	67470069 / 62943588 / 90605747

特价优惠名额有限，仅限20位，报名从速!
Only 20 persons! Register now!

