



商业马来椰浆饭全套

——潘秀霞老师（养生达人）

- ✓ 香兰汁椰浆饭（蒸）
- ✓ 炸香脆鸡翼
- ✓ 煎荷包蛋/蔬菜蛋卷
- ✓ 原味椰浆饭（煮）
- ✓ 三峇登杯/花生/江鱼仔
- ✓ 炸香脆“将能”鱼
- ✓ 私制三峇辣椒酱

- ◆ 如何采购食材，冷藏？/冷冻？ 储存法
- ◆ 如何准备清洗香兰叶？
- ◆ 如何清洗冷冻鸡翼没有药味？
- ◆ 自制辣椒膏：如何清洗、浸泡、煮软，用什么 Blender 打幼？如何储存
- ◆ 炸物的正确温度调法
- ◆ 如何调配脆浆预拌粉黄金比例？
- ◆ 如何清洗米、蔬菜？
- ◆ 如何清洗江鱼、花生、鱼？
- ◆ 如何浸泡香甜脆黄瓜？

可以使用您的
\$500 技能培训津
贴来参加我们的
课程!

About Anna Phua:

潘老师 1994~2003 年在食阁经营巴东咖喱及米罗布（马来卤面）/"米暹"的生意——Anna's Nasi Padang。她将 44 年餐饮业经营经验、服务品质、品质控管及食谱的秘方不私囊传授给大家。她著有 8 本畅销美食书。

日期：20/10/2018 星期六 时间：9am-7pm 学费：\$280
 上课地址：Atrix Bldg（阿裕尼地铁站对面）82 Lorong 23 Geylang #01-03 S 388409
 报名热线：67470069 / 62943588 / 90605747（每班仅限 10 位）
 网站：www.annascookingarts.com.sg 邮箱：coyaku@yahoo.com.sg



Can use your
SKILLSFUTURE
(\$500 credit) to enroll
for the course!

Commercial Nasi Lemak Whole Set Meal

— Anna Phua (Cooking Celebrity)

- ✓ Pandan Nasi Lemak (steamed)
- ✓ Original Flavor Nasi Lemak (rice cooker)
- ✓ Homemade Sambal Chilli Paste
- ✓ Fried Crispy Chicken Wings
- ✓ Sambal Tempeh/ Peanut/ Ikan Bilis
- ✓ Fried Egg/ Vegetable Egg Rolls
- ✓ Fried Crispy “Kum Leng” Fish

- ◆ Where to Purchase ingredients? Refrigeration? / Freezing? Storage Method.
- ◆ How to wash rice and vegetable?
- ◆ How to prepare to wash pandan leaves?
- ◆ How to wash ikan bilis, peanut and kum leng fish?
- ◆ How to wash frozen chicken wings without medicinal taste?
- ◆ Homemade Chilli Paste: how to wash, soak, boil soft. Use which blender to blend finely? Storage Method.
- ◆ The correct temperature method for Fried food
- ◆ How to soak fragrant sweet crispy cucumber?
- ◆ How to adjust the Golden Proportion for crisp batter mixed powder?

About Anna Phua:

Chef Anna operated Padang Curry and Mee Rebus/ Mee Siam business in the Food Court from 1994 to 2003 — Anna’s Nasi Padang, a money-making business. She has 44 years of experience in teaching, business management, quality of service, quality control and creation of recipes. She is an author of 8 cook books.

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商业 Malay 传统经典面食（米罗布（马来卤面）/"米暹"）

——潘秀霞老师（养生达人）

- ★ 食材采购
- ★ 准备、储存
- ★ 清洗方法（如何去掉蔬菜农药残留？）
- ★ 如何掌控煮蛋的温度、时间与方法，保存优质的油脂及蛋白质
- ★ 三峇预拌酱食材配制黄金比例（保存3个月）
- ★ 拌炒出与众不同的香气十足汤汁三峇酱及辣椒配酱

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Commercial Malay Traditional Classic Noodles (Mee Rebus/ Mee Siam)

— Anna Phua (Cooking Celebrity)

Course Outline:

- ★ Where to Purchase ingredients
- ★ Preparation and storage
- ★ Washing Methods (how to remove pesticide residues from vegetable?)
- ★ How to control the temperature, timing and method of egg cooking, and to preserve high quality oil and protein?
- ★ Sambal mixed sauce Golden Proportion (can keep for 3 months)
- ★ Stir-fry to different fragrant, sambal sauce and chilli sauce.

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