



商业马来椰浆饭全套

——潘秀霞老师（国际餐饮业顾问）

- ✓ 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？

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。



欢迎大家踊跃报名!

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

网站: www.annascookingarts.com.sg

邮箱: coyaku@yahoo.com.sg



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

- ◆ Where to Purchase ingredients? Refrigeration? / Freezing? Storage Method.
- ◆ How to wash rice and vegetable?
- ◆ How to prepare to wash pandan leaves?
- ◆ 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 wash ikan bilis, peanut and kum leng fish?
- ◆ 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.

Please contact us if you are interested!

Fees: \$280

Address: Atrix Bldg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 S 388409

Tel: 67470069 / 62943588 / 90605747

Website: www.annascookingarts.com.sg

Email: coyaku@yahoo.com.sg