



商业 Malay 传统经典面食（米罗布（马来卤面）/"米暹"）

——潘秀霞老师（国际餐饮业顾问）

- ★ 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

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: \$250

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



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

— Anna Phua (International Food & Beverage Consultant)

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.

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: \$250

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