

# Bro. Alec Chia's Cooking Class II

## Brother Alec Chia

who was a Chef de pate at Hyatt Regency and Concord Hotel previously, will once again be conducting a vegetarian cooking class at our centre.

Please call Brother Alec Chia @ **91066667** or email to **broalecchia@yahoo.com** for enquiries.

**Dates: 21 Jun, 26 Jul  
and 2 Aug 2009 (Sun)**  
**Time: 3 pm ~ 5.00 pm**

**Fee: \$20 per lesson or  
\$50 for 3 lessons**

Workshops in KKBC from June to August  
(15% off for members)

Vegetarian  
Gastronomy



噶玛迦如佛教中心

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# Bro. Alec Chia's Vegetarian Gastronomy Cooking Class II

Date/日期	(A) Name of Dishes/菜肴	✓
	Mountain Yam Salad 凉拌淮山	
	Chilled Veg-Ham Jelly 潮州式素火腿冻	
	Vegetarian-style Chicken Rice 素鸡饭	

Date/日期	(B) Name of Dishes/菜肴	✓
	Korean-style Spinach 韩式菠菜	
	Jade Cabbage Roll 翠玉白菜卷	
	Vegetarian-style Sweet & Sour Pork 古法素咕嚕肉	

Date/日期	(C) Name of Dishes/菜肴	✓
	Alfalfa Avocado Seaweed Roll 苜蓿鳄梨海藻如意卷	
	Smoked-Portobello Mushroom 法蘭煙熏香草大平菇	
	Moroccan Apple n Banana Lavender pastry 摩洛哥苹果香蕉薰衣草糕点	

Date/日期	(D) Name of Dishes/菜肴	✓
	Braised Five Spice Delight 五香卤味	
	Ningbo's Tofu & Yam Stew 紅燒寧波豆腐芋香煲	
	Organic Brown Rice with Red Koji Sauce 有机糙米拚紅麴醬	

Date/日期	(E) Name of Dishes/菜肴	✓
	Wild Mushroom Herbal Soup 野生蘑菇中药汤	
	Lotus Root Pancake 莲藕煎饼	
	Vegetarian-style Beijing duck 北京烤素鴨	

Please tick 3 Groups that you would like to learn. We would teach the most preferred group. 请选择3组，您想學習的菜肴。我们将传授最收歡迎的组合。