



Yan Toh Heen



Yan Toh Heen Cooking Class Menu March 2009

	 <i>Diabetes Mellitus</i> 糖尿病	 <i>Heart Disease</i> 心臟病	 <i>Hypertension</i> 高血壓	 <i>Antioxidants</i> 抗氧化劑
Dim Sum Combination 點心拼盆 (Lunch only)				
Steamed Fresh Matsutake Mushroom Dumplings with Chive 鮮松茸蕈菜餃	✓	✓	✓	✓
Golden Tofu Sheets Rolls with Shredded Chicken and Spinach 雞絲菠菜鮮竹卷	✓	✓	✓	✓
Baked Oat Buns with Veal Loin, Celery and Green Bean Puree 芹香豆蓉牛仔柳燕麥飽	✓	✓	✓	✓
Main Courses 主菜 (Demonstration and lunch)				
Braised Winter Melon and Sesame Konnyaku Wontons with Lemon Grass in Soup 香茅冬茸芝麻茱萸雲吞湯	✓	✓	✓	✓
Braised Stuffed Bamboo Piths with Girolles and Minced Fish in Spinach Sauce 法國黃菌竹筍菠菜魚茸卷	✓	✓	✓	✓
Steamed Beef Loin Rolls with Cabbage and Mixed Nuts in Light Mustard and Pumpkin Seed Sauce 椰菜雜果仁牛柳卷伴南瓜籽淡芥末汁	✓	✓	✓	✓
Steamed Lotus Leaf Multi-grain Rice with Chestnuts and Raisins 栗蓉提子乾五穀米荷葉飯	✓	✓	✓	✓
Dessert 甜品 (Lunch only)				
Linseed Dumplings with Japanese Sweet Potatoes in Long Jin Flavoured Ginger Tea 龍井薑茶日本紫薯伴阿麻子湯圓		✓	✓	✓