

PRACTICAL

Please enrol at least THREE days prior to the start date of each course.

Course fee includes cost of all food.

We regret that coupons are not accepted for courses marked "◆".



To protect environment, please bring along your own apron and recyclable containers for food packing.

Mother's Day Special



APPENNINO
FINCHHI F TARTUFI



TRUFFLE DINNER FOR MOM

Truffle being a precious product will make a good choice of ingredient to express your gratitude towards your mom.

Instructor: Margaret Fu (Bilingual)

Cost: \$680 (CPWC0169)

(2 persons per group working on 1 set of ingredient)

Friday 11 May 6:30 – 9:30 p.m.

Practice: Braised Chicken with Black Truffle Paste,
Truffled Onion Tart in Filo Pastry.

Demo: Scallop & Potato Salad with Truffle Mayonnaise,
Yoghurt Panna Cotta with Truffled Honey.

* Any person over 12 years old is welcome to make your own group and join this class.

OSMANTHUS CREAM CAKE WITH STRAWBERRIES

Instructor: Cherol Li (Bilingual)

Cost: \$380 (CPBP0666)

Saturday 12 May 2:00 – 5:00 p.m.

Practice: Osmanthus Sponge Cake,
Osmanthus Cream Cake with Strawberries,
Smiling Face Cream Decorations.



Father's Day Special

COOKING WITH DAD

To celebrate Father's Day, don't limit yourself to ideas of sending cakes or eating out only. How about making it a memorable day by enjoying cooking with your dad under the guidance of TV culinary expert Annie?

Instructor: Annie Wong (Bilingual)

Cost: \$550 per group

(2 persons per group working on 1 set of ingredient)

(CPCC0190)

Saturday 16 Jun 2:00 – 5:00 p.m.

Practice: Prawns in Cheese Sauce served with
Crispy Fried Vermicelli (芝士明蝦球煎脆米粉),
Spare-ribs in Pomelo Sauce (柚子肉骨).

Demo: Seaweed & Seafood Potage (滷台海鮮羹).

* Any person over 12 years old is welcome to make your own group and join this class.

FATHER'S DAY MOCHA MOUSSE CAKE

Instructor: Cherol Li (Bilingual)

Cost: \$380 (CPBP0667)

Sunday 17 Jun 2:00 – 5:00 p.m.

Practice: Mocha Sponge Cake, Mocha Mousse Cake,
Suit Decorations.

Demo: Chocolate Mirror.

Parent & Kid Class

Cost: \$340 per pair

(Each group must consist of one kid age 6-14 & one adult)

(CPPK0098)

SPORTS DECORATED COOKIES

Instructor: Cherol Li (Bilingual)

Saturday 2 Jun 2:00 – 5:00 p.m.

Practice: Basketball Cookies, Football Cookies, Tennis Cookies.



(CPPK0078)

GREEN TEA TURTLE BREAD

Instructor: Cinderella (Bilingual)

Saturday 30 Jun 2:00 – 4:30 p.m.

Practice: Green Tea Turtle Bread, Piggy BBQ Pork Buns.

Festive Rice Dumplings

Instructor: Pauline Wong (Bilingual)

Note: Students will practise dumpling wrapping in class and bring the dumplings home for cooking.

(CPSP0020)

HOME-MADE RICE DUMPLINGS WITH ASSORTED FILLING

Cost: \$360 per class

Tuesday 5 Jun 6:30 – 9:00 p.m. or

Thursday 21 Jun 2:00 – 4:30 p.m.

Practice: Home-made Rice Dumplings with Assorted Fillings (秘製裹蒸糰).

Demo: Sweet Rice Dumplings with Lotus Seed Paste (鹹水糰).

(CPSP0059)

SHANGHAI RICE DUMPLINGS

Cost: \$340

Monday 11 Jun 2:00 – 4:30 p.m.

Practice: Shanghai Style Pork Rice Dumplings (鮮肉糰).

Demo: Sweet Rice Dumplings with Red Bean Paste (豆沙糰).

(CPSP0019)

HOME-MADE RICE DUMPLINGS WITH SPICY PORK

Cost: \$340 per class

Thursday 14 Jun 2:00 – 4:30 p.m. or

Wednesday 20 Jun 6:30 – 9:00 p.m.

Practice: Home-made Rice Dumplings with Spicy Pork (咸肉糰).

Demo: Savoury Red Bean Rice Dumplings (紅豆糰).

Introduction to Chinese Cooking

Cost: \$340 per person, bring a partner and work in pairs; share the same workstation and enjoy 50% off on the 2nd person.

Instructor: Pauline Wong (Bilingual)

(CPIB0024)

CLASS 4

Tuesday 15 May 6:30 – 9:00 p.m.

Practice: Stir-fried Mutton with Peking Onion in Satay Sauce (京蔥沙嗲炒羊肉),
Braised Tofu with Salted Fish & Minced Pork (鹹魚肉蓉豆腐).

Demo: Duck's Webs & Abalone Mushrooms Casserole (鮑菇鴨掌煲).

(CPIB0028)

CLASS 8

Tuesday 12 Jun 6:30 – 9:00 p.m.

Practice: Braised Chicken with Fermented Bean Curd (腐乳焗雞).

Deep-fried Fish in Corn Sauce (粟米魚塊).

Demo: Coconut & Purple Rice Sweet Soup (椰汁紫米露).

(CPIB0030)

CLASS 10

Tuesday 26 Jun 6:30 – 9:00 p.m.

Practice: Steamed Fish Fillets with Assorted Garlic (金銀蒜茸蒸魚塊),

Spareribs in Curry & Shallots Sauce (乾葱咖喱排骨).

Demo: Red Bean & Tangerine Peel Sweet Soup (陳皮紅豆沙).

Introduction to Western Basic Cooking

Cost: \$340 per person per class
 Instructor: Kaley Leung (Bilingual)

CLASS 3

(CPIB0011)

SMOKED SALMON CAPELLINI IN CREAM SAUCE

Tuesday 8 May 6:30 – 9:00 p.m.

Practice: Smoked Salmon Capellini in Cream Sauce,
 Penne with Chicken in Pumpkin Cream Sauce.

Demo: Mixed Mushrooms in Cream Sauce on Toast,
 Port Wine Poached Pears.

CLASS 4

(CPIB0054)

CHICKEN A LA KING

Tuesday 22 May 6:30 – 9:00 p.m.

Practice: Basic Béchamel Sauce, Chicken a la King
 (Please bring a 2-serving baking dish).

Demo: Seafood Chowder Soup,
 Warm Sabayon with Fresh Berries.

CLASS 5

(CPIB0055)

BRAISED LAMB SHANKS IN RED WINE

Wednesday 6 Jun 10:00 a.m. – 12:30 p.m.

Practice: Braised Lamb Shanks in Red Wine,
 Creamy Mashed Potato.

Demo: Cream of Carrot Soup, Pineapple Cottage Cheese Slices.

CLASS 6

(CPIB0015)

RIBEYE STEAK WITH BLACK PEPPER & ONION SAUCE

Tuesday 12 Jun 2:00 – 4:30 p.m.

Practice: Ribeye Steak with Black Pepper & Onion Sauce.

Demo: Cream of Cabbage & Bacon Soup,
 Fresh Fruits Almond Crumble.

Introduction to Cakes & Pastries Making

Traditional ways of cake making without any artificial additives!

Cost: \$340 per person per class

(CPIB0049)

CLASS 13

BASIC BREAD MAKING – BACON EPI

Instructor: Margaret Fu (Bilingual)

Tuesday 15 May 2:00 – 4:30 p.m.

Practice: Bacon Epi.

Demo: French Baguette.

(CPIB0067)

CLASS 14

ALL-TIME FAVOURITES

Instructor: Cherol Li (Bilingual)

Friday 25 May 2:00 – 4:30 p.m.

Practice: American Brownies, Madeleine Cake.

Demo: Sprite Cake.

CLASS 1

(CPIB0060)

BUTTER CAKES

Instructor: Cherol Li (Bilingual)

Wednesday 6 Jun 2:00 – 4:30 p.m.

Practice: Walnut Butter Cake, Banana Bread.

Demo: Lemon & Glazed Ginger Pound Cake.

CLASS 2

(CPIB0002)

ANGEL FOOD CAKE

Instructor: Cherol Li (Bilingual)

Thursday 21 Jun 10:00 a.m. – 12:30 p.m.

Practice: Angel Food Cake, Fresh Fruit Angel Cream Cake,
 Honeycomb Brittles.

Demo: Devil's Chocolate Food Cake.

Pin's Patisserie

Instructor: Chi Pin, Ho (Bilingual)

JAPANESE TOFU CHEESECAKE WITH MANGO

Cost: \$360 (CPBP0452)

Thursday 3 May 6:30 – 9:00 p.m.

Practice: Cake Base, Tofu Cheesecake, Mango Jelly Décor.

FRENCH CHOCOLATE MACAROON

Cost: \$380 (CPBP0665)

Wednesday 9 May 6:30 – 9:00 p.m.

Practice: French Chocolate Macaroon,
Coffee Butter Cream Filling.

Demo: Dark Chocolate Raspberry Filling.

Cake Artistry

MONT BLANC

Instructor: Cherol Li (Bilingual)

Cost: \$360 (CPBP0649)

Thursday 3 May 2:00 – 4:30 p.m.

Practice: Meringue Base, Sponge Cake, Chestnut Cream.



OPERA CAKE

Instructor: Cinderella Yau (Bilingual)

Cost: \$380 (CPBP0286)

Saturday 9 Jun 10:00 a.m. – 12:30 p.m.

Practice: French Jaconde, Home-made Coffee Butter Cream,
French Ganache, Chocolate Decorations.

SMILEY PIGGY FIGURE CAKE ROLL

Instructor: Cherol Li (Bilingual)

Cost: \$360 (CPBP0668)

Wednesday 13 Jun 2:00 – 4:30 p.m.

Practice: Pig Figure, Chocolate Cake Roll,
Chocolate Banana Filling.

Demo: Chocolate Pig Decorations.



SOFT CENTERED CHOCOLATE PUDDING

Instructor: Cinderella Yau (Bilingual)

Cost: \$340 (CPBP0447)

Friday 29 Jun 2:00 – 4:30 p.m.

Practice: Soft Centered Chocolate Pudding, Tiramisú Pudding.

Cookies

ANIMAL-SHAPED COOKIES

Instructor: Cherol Li (Bilingual)

Cost: \$340 (CPBP0618)

Friday 18 May 2:00 – 5:00 p.m.

Practice: Panda Cookies.

Demo: Frog Cookies.



PARMESAN POPPY SEEDS BISCUITS

Instructor: Margaret Fu (Bilingual)

Cost: \$340 (CPBP0662)

Saturday 19 May 10:00 a.m. – 12:30 p.m.

Practice: Olive Oil Crackers, Parmesan Poppy Seeds Biscuits.

Demo: Farinata Genovese.

TEA SCENTED COOKIES

Instructor: Kaley Leung (Bilingual)

Cost: \$340 (CPBP0673)

Wednesday 13 Jun 10:00 a.m. – 12:30 p.m.

Practice: Earl Grey Tea Shell Cookies,
Genmaicha Crunchy Finger Biscuits.

Demo: Jasmine Tuiles.

DMY Bread

PEASANT BREAD

Instructor: Cinderella Yau (Bilingual)

Cost: \$340 (CPBP0669)

Saturday 26 May 2:00 – 4:30 p.m.

Practice: Peasant Bread – with Starter, Curry Vegetable Filling.

Demo: Making Starter.

ONION WALNUT WHEAT BREAD

Instructor: Margaret Fu (Bilingual)

Cost: \$380 (CPBP0671)

Tuesday 29 May 10:00 a.m. – 1:00 p.m.

Practice: Onion Walnut Wheat Bread,
French Wild Strawberry Jam.

SOFT BUNS WITH CRISPY TOP

Instructor: Cinderella Yau (Bilingual)

Cost: \$340 (CPBP0008)

Saturday 2 Jun 10:00 a.m. – 12:30 p.m.

Practice: Soft Buns with Crispy Top (菠蘿包),
Soft Cocktail Buns (雞尾包).

Demo: Soft Mexican Buns (墨西哥包).

*Cinderella's Health Kitchen***TRADITIONAL SNACK WITH HEALTHY TWIST**

Traditional snack made with natural ingredients and without the use of refined or artificial sugar. A guarantee to satisfy both your palate and health!

Instructor: Cinderella Yau (Bilingual)

Cost: \$340 (CPDE0073)

Thursday 17 May 6:30 – 9:00 p.m.

Practice: Pandan Coconut Cup Pudding,
Hi-Calcium Brown Sugar Steamed Sponge.

Demo: Chinese Knotweed & Sesame Rolls.

BETROOT WHOLE MEAL BREAD ROLL

Instructor: Cinderella Yau (Bilingual)

Cost: \$380 (CPBP0670)

Friday 1 Jun 2:00 – 4:30 p.m.

Practice: Beetroot Whole Meal Bread Roll,
Tofu & Egg White Chiffon Cake.**KUSA MOCHI**

Instructor: Cinderella Yau (Bilingual)

Cost: \$350 (CPDE0025)

Saturday 16 Jun 10:00 a.m. – 12:30 p.m.

Practice: Kusa Mochi, Sweetened Red Beans.

Demo: Chilled Green Tea Pudding.

Sweets by Annie

Sweets have always been Annie's favourite. She has designed many classic dessert recipes for Towngas Cooking Centre over the years. Let's welcome the return of the Master to show you the secrets in making fail-proof desserts with natural ingredients!

Instructor: Annie Wong (Bilingual)

HIGH TEA ENGLISH SCONES

Cost: \$400 (CPBP0672)

Saturday 26 May 10:00 a.m. – 1:00 p.m.

Practice: Traditional English Scones served with
Clotted Cream & Jam,
Cherry Clafoutis
(Please bring an 18-cm loose-bottom flan dish).**FRESH STRAWBERRY ALMOND TART**

It's the strawberry season! Let's make a tart filled with lots of them!

Cost: \$420 (CPBP0674)

Wednesday 20 Jun 2:00 – 5:00 p.m.

Practice: Sweet Short Crust Pastry, Frangipane Filling,
Custard Cream
(Please bring an 18-cm loose-bottom pie dish).

Demo: Strawberry Soufflé.

Wok-Talk with Annie

Cooking show host Annie brings us new ideas of cooking every week on TV and has attracted thousands of fans from all walks of life. Annie is also an expert in adapting recipes by restaurant chefs for home cooking. Under her guidance, you can also be a great chef at home easily!

Instructor: Annie Wong (Bilingual)

CANTONESE ROAST CRACKLING PORK

Cost: \$400 (CPCC0024)

Thursday 17 May 2:00 – 5:00 p.m.

Practice: Roast Crackling Pork – 1.2kg (脆皮燒腩).
Demo: Spicy Pig Trotters (豉水豬腳).**VEGETARIAN DELIGHTS**

Cost: \$380 (CPCC0184)

Wednesday 23 May 6:30 – 9:30 p.m.

Practice: Vegetarian Duck Gizzard (齋鴨腎),
Crispy Soya Bean Sheets with Mushrooms (脆皮素雞).
Demo: Vegetarian Soya Bean Sheets in Stock (白切素雞).

BRAISED OX TONGUE IN DEMI-GLAZE SAUCE

Cost: \$420 (CPWC0172)

Wednesday 6 Jun 6:30 – 9:30 p.m.

Practice: Braised Ox Tongue in Demi-glaze Sauce with Spaghetti (西汁燴牛柳意粉),
Braised Ox Tongue in Sweet Corn Sauce with Rice (粟米燴牛柳飯).

Demo: Grilled Ox Tongue with Japanese BBQ Sauce (烤秘製日式燒汁牛柳).

HOME-STYLE SALT BAKED CHICKEN

Cost: \$400 (CPCC0096)

Wednesday 13 Jun 6:30 – 9:30 p.m.

Practice: Home-style Salt-baked Chicken (新派鹽焗雞)
(Please bring containers for 1 whole chicken & 2 dips).

Demo: Authentic Salt-baked Chicken Wings & Giblets (正宗鹽焗雞翼及珍肝).

SAUTÉED LOBSTER IN SUPERIOR BROTH WITH CRISPY NOODLES

Cost: \$480 (CPCC0112)

Tuesday 26 Jun 2:00 – 5:00 p.m.

Practice: Sautéed Whole Lobster in Superior Broth (上湯焗龍蝦),
Lohan Vegetarian Crispy Noodles (羅漢素脆麵).

Demo: Sago Pudding with Pumpkin & Chestnut Purée (焗南瓜栗茸西米布甸).

VEGETARIAN GLUTEN IN 3 WAYS

Cost: \$400 (CPCC0181)

Wednesday 27 Jun 2:00 – 5:00 p.m.

Practice: Braised Gluten in Tomato Sauce (茄汁油筋),
Braised Curry Gluten (咖喱油筋),
Oyster Sauce Rolled Bean Sheets (蠔味扎蹄),
Rolled Bean Sheets with Shrimp Roe (蝦子扎蹄).

Advanced Chinese Cooking

Instructor: Pauline Wong (Bilingual)

FRIED PRAWNS IN SUPERIOR SOYA SAUCE

Cost: \$450 (CPCC0124)

Wednesday 2 May 6:30 – 9:00 p.m.

Practice: Prawns in Superior Soya Sauce (豉油皇煎中蝦),
Steamed Crab in Rice with Minced Garlic (蒜茸糯米蒸蟹).

Demo: Seafood with Portuguese Sauce in Coconut (葡汁海鮮椰盅).

DEEP-FRIED CRAB CLAWS

Cost: \$450 (CPCC0111)

Saturday 12 May 10:00 a.m. – 1:00 p.m.

Practice: Deep-fried Crab Claws (2 pieces) (炸釀蟹鉗),
Golden Thick Soup with Crabmeat (金湯蟹肉)
(Please bring a 1 litre container for the soup).

Demo: Thai Curry Crab (泰式咖喱蟹).

SPICY CHICKEN IN SECRET SAUCE

Cost: \$450 (CPCC0123)

Thursday 7 Jun 10:00 a.m. – 12:30 p.m.

Practice: Spicy Chicken in Secret Sauce (原隻貴妃雞),
Mock Crab Meat (費螃蟹).

Demo: Braised Cabbage in Milky Sauce (奶油津白).

*Chinese Dim Sum***CHINESE PASTRY**

Instructor: Cinderella Yau (Bilingual)

Cost: \$340 (CPDE0002)

Saturday 19 May 2:00 – 4:30 p.m.

Practice: White Sugar Cake (白糖糕),
Chinese Steamed Sponge Cake (中式雞蛋糕).

SNOWY ALMOND MILK BUN

Instructor: Pauline Wong (Bilingual)

Cost: \$340 (CPDE0076)

Thursday 24 May 2:00 – 4:30 p.m.

Practice: Snowy Almond Milk Bun (杏汁雪映包).
Demo: Deep-fried Almond Milk (炸杏汁鮮奶).

HOMEMADE DIM SUM

Instructor: Pauline Wong (Bilingual)

Cost: \$360 (CPCC0004)

Wednesday 30 May 10:00 a.m. – 12:30 p.m.

Practice: Prawn Dumpling - Ha Gao (蝦餃皇),
Crispy Spring Roll (春卷).

Demo: Vegetable Dumpling (素粉粿).

SPRING ONION SWIRL CAKE

Instructor: Pauline Wong (Bilingual)

Cost: \$340 (CPCC0106)

Thursday 28 Jun 10:00 a.m. – 12:30 p.m.

Practice: Shanghai Spring Onion Swirl Cake (蔥油饅餅),
Shanghai Spring Onion Cake-Yeast Mixture (蔥油大餅).

Demo: Spring Onion Patties (蔥油酥餅).

International Cuisine

BRAZILIAN CHICKEN RICE CASSEROLE

Instructor: Kaley Leung (Bilingual)

Cost: \$360 (CPWC0107)

Wednesday 9 May 10:00 a.m. – 12:30 p.m.

Practice: Brazilian Chicken Rice Casserole
(Please bring a 4-serving baking dish).

Demo: Mediterranean Tomato Soup, Lime Syrup Cake.

ROASTED GERMAN PORK KNUCKLE

Instructor: Margaret Fu (Bilingual)

Cost: \$400 per lesson (CPWC0156)

Thursday 10 May 2:00 – 5:00 p.m. or

Wednesday 27 Jun 6:30 – 9:30 p.m.

Practice: Roasted German Pork Knuckle, Apple Sauce,
German Potato Cakes.

Demo: German Apple Cake.

ROASTED KUROBUTA PORK RACK

Instructor: Margaret Fu (Bilingual)

Cost: \$750 (CPWC0162)

Wednesday 16 May 10:00 a.m. – 1:00 p.m.

Practice: Roasted Kurobuta Pork Rack with Maple Syrup Glaze
(1.5 kg pork rack),
Glazed Carrots with Cumin.

Demo: Mashed Potatoes Scented with Truffle Oil.
Eton Mess – Strawberries & Meringue Cream Dessert.

JAPANESE CURRY WITH CRISPY KUROBUTA PORK CHOP

Instructor: Kaley Leung (Bilingual)

Cost: \$380 (CPAC0014)

Thursday 17 May 10:00 a.m. – 12:30 p.m.

Practice: Home-made Japanese Curry Sauce, Crispy Pork Chop.

Demo: Cold Tofu Appetizer with Bonito, Green Tea Mousse.

HAND-MADE PASTA - TROFIE

Instructor: Margaret Fu (Bilingual)

Cost: \$400 (CPWC0171)

Tuesday 22 May 10:00 a.m. – 12:30 p.m.

Practice: Hand-made Trofie, Ligurian Pesto Sauce.

Demo: Corzetti in Salsa di Noci – Corzetti in Walnut Sauce.

ROASTED CHICKEN WITH PLUM WINE

Instructor: Kaley Leung (Bilingual)

Cost: \$380 (CPAC0095)

Thursday 24 May 10:00 a.m. – 12:30 p.m.

Practice: Roasted Chicken with Plum Wine,
Stir-fried Brown Rice with Spicy Pork.

Demo: Clams in Sake with Dill Herb.

BRAISED BEEF SHORT RIBS IN BEER

Instructor: Kaley Leung (Bilingual)

Cost: \$480 (CPWC0163)

Thursday 31 May 2:00 – 4:30 p.m.

Practice: Braised Short Ribs in Beer,
Spaghetti Aglio, Olio e Peperoncino.

Demo: Fresh Mushroom with Madeira.

LASAGNE BOLOGNESE

Instructor: Margaret Fu (Bilingual)

Cost: \$400 (CPWC0168)

Friday 1 Jun 6:30 – 9:00 p.m.

Practice: Bolognese Sauce, Lasagne Bolognese
(Please bring a 24 x 24 cm square baking dish;
Lasagne will be assembled in class and then brought
home for baking).

Demo: Béchamel Sauce, Vegetable Lasagne.

THAI FRIED CRABS WITH GREEN PEPPERCORNS

Instructor: Margaret Fu (Bilingual)

Cost: \$450 (CPAC0091)

Monday 4 Jun 2:00 – 5:00 p.m.

Practice: Thai Fried Crabs with Green Peppercorns,
Spicy Fried Rice Noodles with Sliced Beef &
Chinese Kale.

Demo: Spicy Seafood Salad, Pandan Sago Pudding.

BARBECUED SPARE RIBS WITH CHILE MARINADE

Instructor: Margaret Fu (Bilingual)

Cost: \$420 (CPWC0021)

Thursday 14 Jun 10:00 a.m. – 1:00 p.m.

Practice: Barbecued Spare Ribs with Chile Marinade,
Truffled Macaroni & Cheese

(Please bring a 1.5 litre baking dish).

Demo: Cream of Corn Soup, Warm Prunes Tart.

QUICHE LORRAINE

Instructor: Margaret Fu (Bilingual)

Cost: \$340 (CPBP0563)

Tuesday 19 Jun 10:00 a.m. – 12:30 p.m.

Practice: Quiche Lorraine – French Bacon & Cheese Quiche
(Please bring a 24-cm loose-bottom pie dish).

Demo: Smoked Salmon & Leek Quiche.

NASI GORENG

Instructor: Margaret Fu (Bilingual)

Cost: \$380 (CPAC0021)

Wednesday 20 Jun 10:00 a.m. – 12:30 p.m.

Practice: Nasi Goreng – Indonesian Fried Rice, Chicken Satay,
Satay Sauce.

Demo: Coconut Custard.

ROASTED RACK OF LAMB WITH PORCINI CRUST

Instructor: Margaret Fu (Bilingual)

Cost: \$460 (CPWC0004)

Thursday 21 Jun 6:30 – 9:30 p.m.

Practice: Roasted Rack of Lamb with Porcini Crust,
Bordelaise Sauce.

Demo: Vichyssoise (Potato & Leek Soup),
Short Cake with Mixed Berries and Crème Fraiche.

SPINACH & RICOTTA TORTELLI

Instructor: Margaret Fu (Bilingual)

Cost: \$400 (CPWC0170)

Tuesday 26 Jun 10:00 a.m. – 1:00 p.m.

Practice: Spinach & Ricotta Tortelli with Tomato & Speck Sauce.

Demo: Maltagliati with Vegetable Ragù.

LOBSTER THERMIDOR

Instructor: Margaret Fu (Bilingual)

Cost: \$480 (CPWC0136)

Saturday 30 Jun 10:00 a.m. – 1:00 p.m.

Practice: Lobster Thermidor (whole lobster), Potato Puree.

Demo: Frisée Salad with Lardon, Pear Chocolate Cake.

☞ Certificate Training Course For Housemaids ☜

With your demand for good food and a healthy and balance diet, Towngas Cooking Centre is going to organize an intensive Chinese Cooking Course for your housemaids.

This "6-week Elementary Chinese Cooking Course" includes 5 weeks of practical training and a round-up examination on the last week.

The course covers:

- ★ Basic Chinese cooking methods and their variations
- ★ Choosing and preparing different kinds of ingredients (meat, poultry, seafood, vegetables, soy products, etc.)
- ★ 22 popular family recipes (include soups and desserts; steamed, braised, double-boiled dishes, etc.)
- ★ Hands on preparing 12 of the above dishes (individual practice; cooked dishes are to be brought home)
- ★ Cooking tips, suggestions and variations
- ★ Kitchen safety and hygiene

Sessions : 6

Date : Friday, 25 May to 22 June 2012

Examination date : Friday, 29 June 2012

Time : 10:00 a.m. to 1:00 p.m.

Course Fee : \$2,400.00 ❖ (CPSP0005)
(inclusive of all ingredients, recipes and one apron. A certificate to be awarded upon successful completion.)

Classes will be conducted in **Cantonese & English**.

Please bring your own containers for food packing.

❖ Membership discount applicable;

Coupons are not acceptable for this course.

DEMONSTRATION

Please ring to enrol at least THREE days prior to the start date of each course.

We regret that coupons are not acceptable for courses marked "◆".

≡ Celebrating Towngas 150th Anniversary ≡

HONG KONG EATERIES

Instructor: Pauline Wong (Bilingual)

Cost: \$180 (CDSP0367)

Tuesday 22 May 10:30 a.m. – 12:30 p.m.

Dishes: Clams in Hot Sauce (辣酒花蛤),
Stir-fried Egg with Bean Vermicelli (桂花炒長遠),
Layered Prawns with Fish Cake (三弄回味蝦球).

SHUNDE EATERIES (II)

Instructor: Pauline Wong (Bilingual)

Cost: \$180 (CDSP0368)

Wednesday 6 Jun 10:30 a.m. – 12:30 p.m.

Dishes: Braised Eel with Vegetable (六味燴長魚),
Exotic Shrimps with Black Beans (家鄉炒河蝦),
Stir-fried Treasures in Egg Nest (鳳巢三絲).

COOKING OF JIANGNAN

Adapting the traditional cooking method of the Jiangnan area, Annie marries it to the use of local ingredients in Hong Kong to recreate the essence of Jiangnan dishes.

Instructor: Annie Wong (Bilingual)

Cost: \$200 ◆ (CDSP0370)

Thursday 24 May 2:30 – 4:30 p.m.

Dishes: Huangshan Spicy Fish Cutlets (黃山燻魚),
Noodles with Sautéed Shrimps & Eel Julienne (蝦鱔麵),
Black Sesame Seed Dumplings (黑芝麻麻糍).

≡≡≡ Wok-Talk with Annie ≡≡≡

Cooking show host Annie brings us new ideas of cooking every week on TV and has attracted thousands of fans from all walks of life. Annie is also an expert in adapting recipes by restaurant chefs for home cooking. Under her guidance, you can also be a great chef at home easily!

Instructor: Annie Wong (Bilingual)

Cost: \$200 per lesson ◆

(CDAC0230)

MALAYSIAN BEEF BRISKET CURRY

Saturday 19 May 2:30 – 4:30 p.m.

Demo: Malaysian Beef Brisket Curry, Rojak, Char Kway Teow.

(CDCC0115)

CHIU CHOW SPICY DUCK

Thursday 7 Jun 2:30 – 4:30 p.m.

Dishes: Duck, Tofu & Five Layered Pork in Chiu Chow Spicy Sauce (潮州鹵水鴨、鹵豆腐、鹵五層肉),
Chiu Chow Congee (潮州粥),
Chiu Chow Preserved Cabbage (潮州鹹菜).

(CDCC0678)

SPICY SICHUAN COOKING

Thursday 14 Jun 2:30 – 4:30 p.m.

Dishes: Exotic Flavour Chicken (怪味雞),
Sliced Beef Shin in Spicy Sauce (夫妻肺片),
Stir-fried Lamb with Cumin (孜然爆羊肉)
Spicy Pickled Vegetable (四川泡菜).

≡≡≡ Pauline's Kitchen ≡≡≡

Instructor: Pauline Wong (Bilingual)

Cost: \$180

(CDCC0677)

SIGNATURE DISH OF FAMOUS EATERIES

Tuesday 8 May 10:30 a.m. – 12:30 p.m.

Dishes: Milk Custard on Toast (乳酪多士),
Baked Chicken in Bread Crust (麵包富貴雞),
Braised Pea Leaves with Ham (金腿浸豆苗),
Fried Rice with Treasures (閩佬炒飯).

Instructor: Margaret Fu (Bilingual)

PASTA FOR SUMMER

Cost: \$200 (CDWC0331)

Wednesday 30 May 2:30 – 4:30 p.m.

Dishes: Lobster Capellini Salad with Lobster Oil,
Pasta with Artichoke & Pancetta,
Pasta Salad with Smoked Salmon & Arugula Pesto.

HONG KONG STYLE WESTERN CUISINE

Cost: \$180 (CDWC0332)

Friday 29 Jun 2:30 – 4:30 p.m.

Dishes: Spaghetti in Tomato Sauce with Pork Chop,
Stewed Potato & Minced Beef in Brown Sauce with
Fried Egg & Rice,
French Toast Hong Kong Style.



You may not be aware that there are over 1,000 types of cheese. Some of them have a sweet aroma of fig leaves, or a pleasant milky flavour that rivaled only by the renowned Hokkaido milk pudding. Some kinds of cheese are even cholesterol free!

To guide you through the big world of cheese beyond the just-too-familiar Cheddar & Mozzarella cheese, Towngas Cooking Centre partners with Food for Foodies to provide you a wonderful experience of 3 kinds of exotic Italian cheese that you can hardly find in ordinary supermarkets.

Presenter: Andrea Iotti, Margaret Fu (Bilingual)

Cost: \$130

(CDWC0330)

Saturday 26 May 2:30 – 4:00 p.m.

Cheese: Mucchino (San Patrignano) – Soft Cow's Milk Cheese,
Ficaccio (Casa Madaio) –
Soft Cow/Bufalo's Milk Cheese in Fig Leaf,
Parmigiano Reggiano Vacca Bruna (Valserena) –
Hard Cow's Milk Cheese.



Flame Cooking for a Better Taste and Greener Lifestyle

All food lovers want to cook perfect meals. Towngas Cooking Centre has arranged a series of "Flame cooking demonstration" classes to show you the difference between flame cooking and non-flame cooking methods make to the taste of food and dish presentation.



(CDSP0221)

(Bilingual)

Cost: Free of charge

(Please call 2576 1535 to reserve seat in advance.)

Thursday 3 May 10:30 – 11:30 a.m.

Dishes: Stir-fried Bak Choi with Garlic, Golden Fried Rice,
Fish Fingers with Tomato Salsa.

≡ Towngas Oven Cooking Demonstration ≡



(CDSP0087)

(Bilingual)

Cost: Free of charge

(Please call 2576 1535 to reserve seat in advance.)

Towngas Cooking Centre will host a cooking demonstration session on the use of Towngas built-in oven. Our tutor will show you the cooking and caring tips to achieve the best results in baking, roasting and grilling.

"TGC BUILT-IN GAS OVEN" COOKING DEMONSTRATION

Thursday 7 Jun 10:30 – 11:30 a.m.

Dishes: Roast Herb Marinated Chicken Wings,
Cakes & Cookies Baking.