

**Six Senses Cooking Studio**  
**June, July & August 2010**  
**Monthly Theme "I Love Sunshine, Healthy Summer Cuisine "**

6 Senses has tailored the 2010 Summer Kids Program for Ages 5 - 13. This summer, we have specially designed a kid's program "Learning Basic Japanese Thru Cooking". Check us out!!!

**CREATE YOUR OWN CLASS SCHEDULE**  
SIMPLY PICK TWO PRACTICAL DISHES AND ONE DEMONSTRATION DISH FROM BELOW SUGGESTED MENU AND TIME, CALL US OR EMAIL US THEN WE WILL SET UP YOUR CLASS ACCORDING TO YOUR REQUEST!!

Studio Hours	Code	June, July & August 2010 SUGGESTED COOKING PROGRAM MENU	Price	
			Regular	VIP
	SS67810	<u>Summer Salad</u> Mixed Greens with Blueberry Vinegar; Grilled Caesar Salad with Tofu Mustard Dressing; Tea-Dressed Pear & Greens; Mint Carrot Salad; Tomato, Goat Cheese & Watermelon Salad Tofu Salad with Spicy Peanut Dressing; Strawberry-Kiwi Salad with Basil; Artichoke and Rice Salad; Fresh Salmon Salad with Chickpeas and Tomatoes; Crunchy Asian Green Salad Sesame Black Rice Pickled Cucumber and Radish; Seafood Salad with Fennel and Green Beans; Green Bean, Orange and Green Olive Salad; Spinach and Mint Salad with Black - Eyed Peas; Soba Salad; Beetroot, Avocado Salad with Strawberries Vinaigrette Spinach Scallops and vercemill Salad; Tomato Chopped Salad; Dilled Potato and Pickled Cucumber Salad;	\$380	\$340
	SP567810	<u>Summer Party Snack</u> Pesto Chicken Spirals; White Bean Dip; Eggplant with Mint bruschetta; Fresh Corn Cakes; Grilled Lemon, Zucchini and Eggplants; Orange-Scented Couscous; Crab and Pork Spring Rolls; Egg Rolls with Tofu and Vegetables; Tomato and Olive Tart; Eggplant Parmesan Stacks; Orange Ginger Pork Skewers; Lemon Chicken with Avocado and Corn Salsa; Chive Blini with Crème Fraiche, Quail Eggs and Tarragon; Leek and Olive Tart with Two Cheese; Stuffed Tomatoes with Peaches, Corn, Cucumber and Basil	\$400	\$360
	H5CC67810	<u>Healthy Simple Chinese Cuisine</u> Rice Rolls with Shredded Chicken; Mini Vegetarian Rice Dumpling; Steamed Chicken in Lotus leaf; Yin Yang Rice Dumpling with XO Sauce; Beef Oatmeal Rolls with Fruits; Minced Beef, Sweet Corn and Oatmeal Soup; Stirred Fried Pork Fillet With Mango and Kiwi; Crispy Oatmeal Rice Tofu Pocket; Fruit Seafood Salad Rolls; Egg White and Conpoy Fried Oatmeal Rice; Minced Prawn in Lettuce Cups;	\$400	\$360
	AF67810	<u>Asian Fusion</u> Bulgogi (Marinated Sliced Beef); Japche (Vermicelli with Vegetables and Beef); Hae-Mool Pajun (Seafood Pancake); Rice-Noodle Salad; Pork & Shrimp Summer Roll; Grilled Thai Chicken Breasts with Herb-Lemongrass Crust; Green Tea Soup with Chicken and Diced Tofu; Green-Tea Rice; Rice Noodles with Chicken, Pork and Shrimp; Short Ribs with Tamarind Sauce; Chinese Chicken Salad; Grilled Asian Pork Tenderloin with Peanut Sauce;	\$400	\$360
	WS567810	<u>Western Summer Seafood:</u> Salmon with Orange-Lemon Hollandaise Sauce with Artichoke and Rice Salad; Poached Prawns w Green Tea Soba; Sautéed Fish with Summer Vegetables; Baked Sole with Tomato-Orange Sauce Scallops and Tropical Fruit Ceviche; Grilled Fish with Strawberry and Avocado Salsa; Ginger-Lemongrass Tea Steamed Mussels; Wok-Seared Pepper Prawns with Lemon-Jasmine Rice; Prawns with Pickled Ginger and Coconut Milk; Curried Salmon with Mango Jam; Scallops with Miso, Ginger and Grapefruit; Broiled Salmon with Pineapple-Chili-Basil Glaze; Shrimp Tikka with Fresh Mango Chutney; Fish Kebabs with Ginger-Chile Marinade;	\$450	\$405
	SD67810	<u>Summer Dessert</u> Sour Cream Panna Cotta with Berries Sauce; Mixed Berry Tiramisu with Lime Curd; Coconut Banana Tart; Smore Cheesecake with Summer Berries; Fresh Peach and Gingercream Shortcakes; Raspberry and Blueberry Vanilla Cheesecake; Blueberry-White Chocolate Mousse Tart; Strawberry-Yogurt Cake; Lime Mousse Cake; Strawberry-Almonds Cream Simple Tart; Creamy Chocolate-Amareto Cheesecake; Strawberry Mousse; Chocolate Silk Cheesecake; Bittersweet Chocolate Pudding;	\$450	\$405
	AD67810	<u>Asian Dessert</u> Coconut Flan with Toasted Coconut Flakes; Jasmine Flower Tea Pudding; Red Bean Coconut Pudding; Vietnamese Banana and Pineapple Fritters; Singapore Pineapple Tart; Korean Steamed Rice Cake with Mung Beans; Japanese Pumpkin Gratin with Low Fat Almond "Cream";	\$380	\$350
		<p><i>2 hours cooking/baking class</i> <i>Please choose 2 dishes for practical</i> <i>Class Date: Jun - August 31 2010</i> <i>Class time: Every Monday to Friday; 2 - 4p.m. or 7 - 9p.m.</i> <i>Please choose from the suggested time schedule as your cooking class time</i></p>		
	KIDSP67810	<u>2010 Summer Kids Program - Please check our website to find out more details</u>		

For more information or to register, please call 2838-9905 or email us at enquiry@s6nses.com.

Note: \*\*\* Payment should be made within 3 days after receiving our reservation confirmation. Otherwise, the reservation will be cancelled automatically without notice.\*\*\*Registration should be made at least 4 days in advance notice \*\*\*



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Website: www.s6nses.com

**Six Senses Cooking Studio**  
**二零一零年六至八月份課程推介**  
**"我愛夏日健康美食"**  
**自創課程表**

**6 Senses 今年夏天2010年暑期兒童課程特別為 5歲 - 13歲學童設計**  
**多款不同烘焙/烹飪班；新項目"通過烹飪班學習基本日本語"**

各下可在參考的課程下選擇任何二款實習菜式及一款示範菜式、個人上課時間。填上報名表格、致電本公司、電郵或傳真便成。本公司也有專人為各下度身訂做其私人課程表及上課時間。  
詳情請電 2838-9905 或電 郵 email: enquiry@s6nses.com

日期、時間	編號	二零一零年六至八月 建議菜譜	價目	
			普通	專責
	SS67810	<b>夏日沙律</b> 沙律配藍莓醬汁；蕃茄、西芹山羊芝士沙律；凱撒沙律配豆腐芥菜醬汁；茶浸香梨沙律；薄荷甘菊沙律；蕃茄，山羊芝士西瓜沙律；豆腐沙律配香辣花生醬；士多啤梨，奇異果紫蘇沙律；洋蔥糙米飯沙律；三文魚三角豆蕃茄沙律；爽脆亞洲色沙律；鮮茵香青豆海鮮沙律；紅甜菜頭，牛油果沙律配士多啤梨香醋醬汁；香辣帶子米粉沙律；碎蕃茄沙律；香草薯仔酸瓜沙律；鮮橙橄欖沙律；菠菜薄荷眉豆沙律；蕎麥麵沙律；	\$380	\$340
	SPS67810	<b>夏日小吃</b> 香蒜醬雞柳卷；白豆茸醬；茄子薄荷麵包片；玉米餅；烤檸檬，翠肉瓜和茄子；香橙中東米蟹肉碎肉春卷；越式豆腐蔬菜卷；蕃茄橄欖醬；茄子巴馬臣芝士件；鮮橙薑茸豬肉串；檸檬烤雞柳配牛油果玉粟醬；韭菜薄餅配奶油，鴨蛋，龍蒿；芝士大蒜橄欖醬；蜜桃，玉米，青瓜，紫蘇釀蕃茄	\$400	\$360
	HSCC67810	<b>簡易健康中菜</b> 雞絲壽司卷；迷你燕麥素粽；蒸荷葉雞；鴛鴦XO醬；鮮果牛肉燕麥卷；碎蝦生菜杯；碎牛肉，甜粟，燕麥湯；芒果奇異果炒豬柳；脆皮燕麥豆腐包；鮮果海鮮沙律卷；蛋白，瑤柱炒燕麥飯；甜粟，燕麥湯；芒果奇異果炒豬柳；	\$400	\$360
	AF67810	<b>亞洲 Fusion</b> 韓國烤牛肉(醃製牛肉)；Japche(韓國粉絲蔬菜和牛肉)；Hae-Mool Pajun (韓式海鮮煎餅)；米粉沙律；越式豬肉蝦春卷；烤泰式香茅脆雞胸肉；雞肉豆腐粒綠茶湯；綠茶湯飯；泰式雞肉，豬肉蝦米粉；羅芒子排骨；中式雞肉沙律；烤亞洲豬柳配花生醬；	\$400	\$360
	WSS67810	<b>西式夏日海鮮</b> 香橙檸檬醬三文魚配朝鮮飯沙律；水煮蝦配綠茶蕎麥麵；夏日時蔬炒魚柳；焗香橙蕃茄龍利魚柳；鮮果帶子刺身；烤魚配士多啤梨奇異果醬；香茅薑茶蒸青口；鍋煎黑椒大蝦配鮮檸檬茉莉花飯；酸薑椰奶大蝦；咖哩三文魚配芒果醬；日式麵豉，薑汁西柚帶子；烤三文魚配菠蘿，辣椒，紫蘇醬汁；印式燒蝦配鮮芒果酸辣醬；薑汁香辣魚肉串燒	\$450	\$405
	SD67810	<b>夏日西式甜品</b> 酸忌廉意大利乳凍與草莓果醬；意大利雜莓Tiramisu配青檸醬；椰子香蕉撻；夏日草莓朱古力拖肥芝士蛋糕；鮮桃薑汁忌廉餅；紅桑子藍莓芝士蛋糕；藍莓白朱古力慕絲撻；士多啤梨乳酪蛋糕；青檸慕斯蛋糕；士多啤梨杏仁忌廉撻；香滑朱古力杏仁酒芝士蛋糕；簡易士多啤梨慕斯；香滑朱古力芝士蛋糕；黑朱古力布甸	\$450	\$405
	AD67810	<b>東南亞甜品</b> 椰子撻；茉莉花茶布甸；紅豆椰子布甸；越式香蕉菠蘿脆條；新加坡菠蘿撻；韓式蒸綠豆年糕；日式南瓜布甸配杏仁忌廉	\$380	\$340
<p><b>兩小時烹飪/烘焙班</b> 上課日期：六月日至八月 上課時間：星期一至五 下午二時至四時 或 午七時至九時 請在以上指定時間內選擇二小時為上課時間 請在以上建議菜譜中選擇一款實習菜式</p>				
	KIDSP67810	<b>兒童暑期烹飪/烘焙班 - 請參兒童期網站或致電2838-9905查詢詳情</b>		

如有任何查詢或報名，請致電 2838-9905 或可電郵至enquiry@s6nses.com。  
註：\*\*\* 學員需於收到留位確認後的3天內付款，留位後3天內未收到學員的存款通知，留位資格將會自動被取消，不另行通知 \*\*\*