

Forthcoming Macrobiotic Event

Macrobiotics & Songs

Theme: Passion of Italy

Programme:

7-course Italian style plant-based organic fine dining Macrobiotic cuisine and Italian classical songs

by vocalist, Mr. Han Ting and piano accompaniment by Mr. Stephan Neupert

Date : 12 Nov 2023 , Sunday ,

Time: Lunch 12pm-2pm

Songs: 2.30pm-4.30pm

Ticket: RM 290/pax

Whatsapp: 012-3977851 Ms King

Venue: Lapan Wellness Café

Lot 3A-1, Level 1, Symphony Square, Menara Symphony,
5, Jalan Prof Khoo Kay Kim

Sek 13, Petaling Jaya, Selangor, Malaysia

Tel: 03-74900333 Whatsapp: 012-7988038

Email: lapanwellness2018@gmail.com

7-course Italian style plant-based organic fine dining Macrobiotic cuisine

Food quality: macrobiotic, organic, vegan

Menu:

Menu del pranzo di sette portate

1. Aperitivo: Yin e Yang mocktail senza alcol

(Alcohol-free mocktail)

Aperitif: Yin and Yang mocktail

2. Antipasti: Arancini di riso, ragù di verdure, mozzarella vegano, salsa di melanzane, insalata fiche.

Appetizer: Sicilian style brown rice ball with vegetable ragu and vegan mozzarella filling, egg plant tahini sauce and fig salad

3. La Suppa: Minestrone con pesto e chips di verdure

Soup: Italian style mixed vegetable soup with coriander pesto and vegetable chips.

4. Piatto principale (Main)

4.1 Primo piatto: Gnocchi con pesto di piselli, parmigiano vegano

Primary Plate: Italian style potato dumpling with pea pesto and parmesan cheese

4.2 Secondo piatto: bistecca vegano con zucca al forno, crema di finocchi, prosciutto di vegetal.

Secondary plate: Vegan steak with baked pumpkin, fennel cream and vegan ham

6. Dolce al piatto: matcha tiramisu con mascarpone vegano

Platted Dessert: Matcha tiramisu with vegan mascarpone cream
7. Caffè/tè (Coffee/tea)

Menu designed & food photography by June Ka Lim

2.30 pm- 4.30pm

Italian classical songs by vocalist, Mr. Han Ting accompanied by pianist Mr. Stephan Neupert.

Them: Passion of Italy

Songs:

" Caro mio ben "

(My dear beloved)

" Amarilli mia bella "

(My beautiful Amarilli)

" Già il sole dal Gange "

(Already the sun from the Ganges)

" Al di là "

(Beyond there)

" Gira con me "

(Spin with me)

" Cinema Paradiso "

(Cinema paradise)

And many others...

Organised by:

Macrobiotic Wellness Support Group Malaysia

Whatsapp: 012-3977851 Ms King

<https://www.facebook.com/profile.php?id=100093518267392&mibextid=ZbWKwL>

Profile of Mr Han Ting

Mr. Han Ting is a Malaysian vocalist who majored in classical guitar and minored in vocal music at the Malaysian Institute of Arts from 1991 to 1993. Thereafter, he went to Italy for further studies and learned the Italian Bel Canto technique and Italian language. He is an Italian language tutor recommended by the Italian Consulate in Kuala Lumpur and has also participated in teaching and singing tours in the United States of America. Soon after, he received a cultural scholarship from the Italian Ministry of Foreign Affairs and went to the University of Perugia in Italy to further his study in Italian language and song interpretation, in becoming an enthusiastic singing teacher. He was later trained at the Lyric Opera Studio Weimar in Germany and played multiple roles in Mozart's operas.

11月正食节目预告

正食与歌

主题：意大利风情

日期：12-11-23 星期天

节目：

12pm-2pm

正食意大利式7品精致午餐

食物品质：正食，有机，纯素

1. 餐前饮料：无酒精鸡尾酒
2. 前菜：茄酱饭团, 素莫扎热拉馅, 橄榄油素干贝, 麻酱茄子奶油, 无花果及沙拉
3. 汤品：意大利蔬菜汤, 青酱, 蔬菜脆饼
4. 主食一：
马铃薯汤团, 碗豆青酱, 素巴梅森
5. 主食二
麦麸, 南瓜, 筋道片, 茴香纯素奶油
6. 甜品：抹茶提拉米苏甜点付纯素玛斯卡伯尼奶油
7. 咖啡/茶

2.30pm-4.30pm

意大利经典歌唱会：

主题：意大利风情

歌唱家：陈荣汉

钢琴伴奏：Stephan Neupert

节目：

" Caro mio ben "

(我的挚爱)

" Amarilli mia bella "

(我美丽的阿玛莉莉)

" Già il sole dal Gange "

(恒河的太阳)

" Al di là "

(在远方)

" Gira con me "
(与我共舞)

" Cinema Paradiso "
(天堂电影院)
及其他。。。

陈荣汉 (Han Ting) 是马来西亚歌唱家，1991年至1993年在马来西亚艺术学院主修古典吉他，副修声乐。之后前往意大利深造，学习意大利美声技巧 Bel Canto 和意大利语。他是吉隆坡意大利领事馆推荐的意大利语导师，也曾参与美国巡回教学与演唱。他之后获得意大利外交部的文化奖学金，再次赴意大利 Perugia 大学深入学习意大利语和歌曲诠释，成为歌唱教学热衷者。他之后考入德国Weimar歌剧演员训练学院 (Lyric Opera Studio Weimar)，并在莫扎特歌剧中扮演多个角色。

主办单位：马来西亚正食社群

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