

Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
255 South Hill Street
Los Angeles, CA 90012

Phone (213) 623-4352
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TDD (800) 545-1833, Ext. 359

www.angelusplaza.org

~ The Angelus Plaza Waitlist is Currently Closed ~

WHAT WE DO

Located in the heart of Downtown L.A.'s Historic Bunker Hill District, Angelus Plaza is the largest affordable housing community for older adults in the nation. The Plaza and its Senior Activity Center opened in 1980. Five high-rise towers house a diverse community of 1400 adults with an average age of 82. The six-story Senior Activity Center provides a variety of supportive services, programs, and amenities. We collaborate with outside organizations, volunteers, and senior clubs to provide activities for older adults living downtown and surrounding areas. The Senior Activity Center serves approximately 8,000 older adults monthly. Our programs emphasize ongoing education, a healthy and active lifestyle, multi-cultural understanding, and intergenerational involvement. Our programs are free, and open to all seniors (age 55+).

We welcome donations to support programs and services.

EQUAL HOUSING OPPORTUNITY

Notification of Nondiscrimination on Basis of Disability Status

Retirement Housing Foundation does not discriminate on the basis of disability status in the admission or access, or treatment of employment in its federally assisted programs. The person named below has been designated to coordinate compliance with nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24CFR, Part 8 dated June 2, 1998).

Perry Glenn
Vice President of
Affordable Housing Operations
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The Flight by Angelus Plaza

A Retirement Housing Foundation® Community

April Message

"It's not about the bunny;
it's about the lamb."
~ Unknown

SPRING CONCERT & RESIDENT BIRTHDAY PARTY W/TRICIA & TRACY

Thursday, April 14 at 2:00 p.m.
Location: Promenade

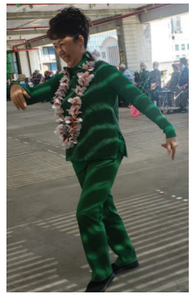
GOOD SAMARITAN HEALTH LECTURE BY PIH

Thursday, April 21 at1:30 p.m.
Location: 5th Floor Dining Room

St. Patrick's Day CELEBRATION AT ANGELES PLAZA













Angelus Plaza
Senior Activity Center

SPRING RUMMAGE SALE

Friday, April 29
10:00 a.m. to 3:00 p.m.
255 Hill St., Courtyard

Want to clean out your closets, sell your art or handmade goods? Reserve your table for $15

Come to the Activity Center office, 3rd Floor to register as a vendor.
Any questions, call (213) 623-4352, ext. 308



FRIDAY
May 20

12:30 to
3:30 pm
Promenade

Looking for dancers, singers.
Please register for your Festival performance by April 15.

Clubs at Angelus Plaza

A RETIREMENT HOUSING FOUNDATION® COMMUNITY

DANCE

LATIN-AMERICAN CLUB
Sunday (AR)
10:00 a.m. - 4:00 p.m.

CHINESE RESIDENTS CLUB
Monday and Thursday (AR)
Mon: 12:30 p.m. - 3:30 p.m.
Thurs: 12:30 p.m. - 3:00 p.m.

KOREAN FOLK DANCE
Monday (4CAF)
10:00 a.m. - 12:00 p.m.

LOS ANGELES COUNCIL FILIPINO-AMERICAN SENIOR DANCE CLUB
Tuesday and Friday (AR)
11:00 a.m. - 2:30 p.m.

MUSIC

CHINESE FOLK MUSIC
Tuesday
3:30 p.m. - 5:00 p.m.
Room 313

KOREAN CHORUS
Saturday
10:00 a.m. - 12:00 p.m.
4th Floor Cafeteria

ANGELUS PLAZA CHOIR BY LA HOPE CHURCH
Tuesday
11:00 a.m.
4th Floor Dining Room

RECREATION

BILLIARDS (POOL)
Monday - Friday (AR)
8:30 a.m. - 4:00 p.m.

THRIFTY SHOP
Tuesday and Thursday, Room 403
9:00 a.m. - 12:00 p.m.

PING-PONG
Monday, Tuesday, Thursday, Friday (AR)
6:00 - 11:00 a.m. / 4:00 - 8:00 p.m.
Wednesday, Sunday
5:00 a.m. - 8:00 p.m. (AR)
Saturday
6:00 a.m. - 8:00 p.m. (AR)

LATIN-AMERICAN GAME CLUB
Wednesday (AR)
1:00 p.m. - 4:00 p.m.

Spiritual Services at Angelus Plaza

ANGEL'S CHURCH
Monday - Saturday
5:00 - 7:00 a.m.

Sunday
10:00 a.m.
3rd Floor. Library

THE GLOBAL LOVE'S CHURCH
Monday - Sunday
5:00 - 7:00 a.m. - 5th Floor Dining Room

GRAPEVINE CLUB AT LOS ANGELES
1st Sunday and 2nd Saturday of the Month
5:00 - 10:00 p.m. - 4th Floor, Auditorium

LA HOPE CHURCH SERVICES
Sunday
11:00 a.m. - 4th Floor, Auditorium

JOYFUL CHRISTIAN COMMUNITY CHURCH BIBLE STUDY
2nd Wednesday
10:00 -11:30 a.m. - 5th Floor Dining Room

YOUNG NAK PRESBYTERIAN CHURCH OF LOS ANGELES BIBLE STUDY
3rd Thursday of the Month
3:00 p.m. - 4th Floor Auditorium



Honoring our Volunteers

The Irish poet and playwright Oscar Wilde once said that, "The smallest act of kindness is worth more than the grandest intention." Volunteers can make such a difference, and in fact, really help to make the world go 'round. The month of April has been designated as National Volunteer Month and as such, we'd like to thank all of those people who selflessly give of themselves and their time to assist others. April 17 - 23 is also National Volunteer Week, and this year's theme is "Shining a light on the people and causes that inspire us to serve."

National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages active volunteerism in generations to come. Most often unpaid, they generously donate a part of their lives to do the work that nobody else likes to do – cleaning up after the event, fostering shelter dogs, chaperoning field trips, or helping the librarian; there are so many areas requiring volunteers. This month, we salute them for their unwavering services to businesses and communities and hold aloft their examples to inspire others toward volunteerism.

Angeles Plaza celebrates all of the many volunteers who help us every month with our events, serving food, manning booths, preparing assembling goodie bags and holiday gifts. Your generous help is very much appreciated. We'd also "shine a light on the people" who every month give of their time and share their varied talents with all of us. These include Vivian, the choreographer who conducts our line dance classes, the talented Mrs. Kim, who hosts some of our art classes, the creative Charles Yoon, who teaches calligraphy classes, and friendly Sarah, who works in our Thrifty Shop.

Honrando a nuestros Voluntarios

El poeta y dramaturgo irlandés Oscar Wilde dijo una vez que "el acto de bondad más pequeño vale más que la intención más grandiosa". Los voluntarios pueden marcar una gran diferencia y, de hecho, realmente ayudan a hacer que el mundo gire. El mes de abril ha sido designado como el Mes Nacional del Voluntariado y como tal, nos gustaría agradecer a todas aquellas personas que desinteresadamente dan de sí mismos y de su tiempo para ayudar a los demás. Del 17 al 23 de abril también es la Semana Nacional del Voluntariado, y el tema de este año es "Iluminar a las personas y las causas que nos inspiran a servir".

El Mes Nacional del Voluntariado en abril celebra el impacto que los voluntarios tienen en nuestras vidas y fomenta el voluntariado activo en las generaciones venideras. La mayoría de las veces no remunerados, donan generosamente una parte de sus vidas para hacer el trabajo que a nadie más le gusta hacer: limpiar después del evento, criar perros en refugios, acompañar en excursiones o ayudar al bibliotecario; hay tantas áreas que requieren voluntarios. Este mes, los saludamos por sus servicios inquebrantables a las empresas y las comunidades y mantenemos en alto sus ejemplos para inspirar a otros hacia el voluntariado.

Angeles Plaza celebra a todos los muchos voluntarios que nos ayudan cada mes con nuestros eventos, sirviendo comida, manejando puestos, armando bolsas de golosinas y regalos navideños. Su generosa ayuda es siempre muy apreciada. También "brillaríamos una luz sobre las personas" que cada mes dan de su tiempo y comparten sus variados talentos con todos nosotros. Estos incluyen a Vivian, la coreógrafa que dirige nuestras clases de baile en línea, la talentosa Sra. Kim, que organiza algunas de nuestras clases de arte, el creativo Charles Yoon, que imparte clases de caligrafía, y la amigable Sarah, que trabaja en nuestra tienda Thrifty.



表彰我們的志願者

愛爾蘭詩人和劇作家奧斯卡·王爾德曾經說過：“最小的善舉比最偉大的意圖更有價值。”志願者可以做出這樣的改變，事實上，真的有助於讓世界運轉起來。四月被指定為全國志願者月，因此，我們要感謝所有無私奉獻自己和時間來幫助他人的人們。4 月 17 日至 23 日也是全國志願者周，今年的主題是“聚焦激勵我們服務的人和事業”。

四月的全國志願者月慶祝志願者對我們生活的影響，並鼓勵子孫後代積極參與志願服務。大多數情況下，他們是無償的，他們慷慨地捐出自己生命的一部分來做別人不喜歡做的工作——活動結束後打掃衛生、飼養收容所的狗、陪伴實地考察或幫助圖書管理員；有很多領域需要志願者。本月，我們向他們對企業和社區堅定不移的服務表示敬意，並高舉他們的榜樣來激勵他人走向志願服務。

天使公寓向所有每個月幫助我們舉辦活動、提供食物、配備攤位、組裝禮品袋和節日禮物的志願者表示敬意。非常感謝您的慷慨幫助。我們還將“關注那些每個月都付出時間並與我們所有人分享他們各種才能的人”。其中包括指導我們排舞課的編舞 Vivian、主持我們一些藝術課的才華橫溢的金夫人、教授書法課的創意人 Charles Yoon 以及在我們（二手服裝店）工作的友善的 Sarah。

우리 자원봉사자들에게 경의를 표합니다.

아일랜드의 시인이며 극작가인 오스카 와일드는 “가장 작은 친절한 행동이 가장 위대한 생각보다 더 가치있다” 고 했습니다.자원봉사자들은 그 차이를 만들어 낼 수 있으며, 실제로 세상을 움직이게 돕는 힘입니다. 4월은 자원봉사자의 달이며, 우리는 이타적으로 다른 사람을 돕기 위해 스스로와 자신의 시간을 기꺼이 내어주는 분들에게 감사를 표합니다. 4월 17일에서 23일까지는 전국 자원봉사자 주간이며, 올해의 주제는 “ 사람들에게 빛을 밝혀 우리가 봉사하도록 이끈다.”입니다.

4월 전국 자원봉사자 주간은 자원봉사자들이 우리 삶에 끼친 영향을 기리며 미래 세대들에게 적극적으로 자원봉사에 참여하도록 격려합니다. 대부분 무보수로, 그들은 너그럽게 자신의 삶의 일부를 어느 누구도 하지 않으려는 일에 내어줍니다–행사 후 청소, 유기견 임시보호, 견학시 보호자역할, 혹은 도서관 사서보조; 자원봉사자들을 필요로 하는 곳은 아주 많습니다. 이달에, 우리는 사업장들과 공동체들을 위해 봉사하는 그들의 변함없는 노력에 경의를 표하며 그들을 다른 사람들을 자원봉사로 이끄는 본보기로 높이 세웁니다.

앤젤레스 플라자는, 매달 주최되는 행사를 도와주시고, 음식을 나르시며, 부스를 지켜주시고, 선물 꾸러미와 명절 선물 포장을 도와주시는 모든 자원봉사자분들을 기억합니다. 당신들의 너그러운 도움에 항상 감사드립니다. 우리도 또한 매달 그들의 시간과 다양한 재능을 우리를 위해 나누시는 분들에게 “빛을 밝힙니다.” 여기에는 우리의 라인댄스 수업을 진행해 주시는 안무가 비비안, 몇 개의 미술수업을 진행해주시는 미세스김, 손글씨 강좌의 찰스 윤, 우리의 알뜰 가게에서 일하시는 다정한 사라가 포함됩니다.

ANGELUS PLAZA
A Retirement Housing Foundation® Community

ACTIVITIES CALENDAR
The Flight / Angelus Plaza Senior Activity Center

APRIL 2022
All Activities Are Subject to Change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		"Easter is the only time when it's perfectly safe to put all of your eggs in one basket." ~ *Evan Esar*		LOCATION KEY (3AG) Art Gallery (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Flor Conference Room (3AR) 3rd Floor Activity Room (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5DR) 5th Floor Dining Room (PD) Promenade Deck	**April Fools Day** 1 8:30 Tai Chi 9:00 Cardio Workout (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C)	2 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
3 8:00 Zumba Gold with Saida (P)	4 7:30 Chinese Folk Dance (P) 8:30 Tai Chi (P) 9:00 Zumba Gold w/Saida (P) 10:00 Korean Folk Dance (4CAF) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) *Easter Parade* (1948)	5 7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	6 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba w/Fransini (P) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	7 8:30 Tai Chi (P) 9:00 Cardio Workout (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (3AR)	8 8:30 Tai Chi 9:00 Cardio Workout (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C)	9 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
Palm Sunday 10 8:00 Zumba Gold with Saida (P)	11 7:30 Chinese Folk Dance (P) 8:30 Tai Chi (P) 9:00 Zumba Gold w/Saida (P) 10:00 Korean Folk Dance (4CAF) 10:00 Art Class w/Nate (304) 2:00 Seated Yoga (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) *Grand Hotel* (1932)	12 7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	13 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba w/Fransini (P) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	14 8:30 Tai Chi (P) 9:00 Cardio Workout (P) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 2:00 **Spring Concert & Birthday Party w/Tricia & Tracy** (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304)	**Passover / Good Friday** 15 8:30 Tai Chi 9:00 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C)	16 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
Easter 17 8:00 Zumba Gold with Saida (P)	18 7:30 Chinese Folk Dance (P) 8:30 Tai Chi (P) 9:00 Zumba Gold w/Saida (P) 10:00 Korean Folk Dance (4CAF) 10:00 Art Class w/Nate (304) 2:00 Seated Yoga (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) *Being the Ricardos* (2021)	19 7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	20 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba w/Fransini (P) 2:00 **Craft Corner w/Danny** (313) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	21 8:30 Tai Chi (P) 9:00 Cardio Workout (P) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 **Health Lecture by PIH** (5DR) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (3AR)	**Earth Day** 22 8:30 Tai Chi 9:00 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C)	23 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
24 8:00 Zumba Gold with Saida (P)	25 7:30 Chinese Folk Dance (P) 8:30 Tai Chi (P) 9:00 Zumba Gold w/Saida (P) 10:00 Korean Folk Dance (4CAF) 2:00 Seated Yoga (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) *Steel Magnolias* (1989)	26 7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	27 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba w/Fransini (P) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	28 8:30 Tai Chi (P) 9:00 Cardio Workout (P) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (3AR)	29 8:30 Tai Chi 9:00 Cardio Workout (P) 10:00 **Spring Rummage Sale** (on Hill Street) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C)	30 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)

Please like us on Facebook. https://www.facebook.com/AngelusPlaza
Reminder: Please wear FACIAL MASKS and keep 6 ft social distance.

BON APETIT





RECIPE BY
CHEF ANDY
BUILDING A
MANAGER

SLOW ROASTED LEG OF LAMB

INGREDIENTS

5 to 7# leg of lamb
1 head Garlic
Garlic powder ((1 tsp)
Onion powder (1 tsp)
Coriander Seeds crushed (1 tsp.)
Ginger Fresh (1 cup sliced)
Fennel Seed (1/2 tsp.)
Cinnamon Stick (2 ea.)
Star Anise (5 ea.)
Cloves (1/2 tsp)
Sea Salt (1 Tbsp.) can substitute for fish sauce
Pepper Ground (1/2 Tbsp.)
Brown Sugar (2 Tbsp.)
Oyster sauce (1/2 cup)
Chicken Broth (3-4 cups) to cover the Leg of lamb

DIRECTIONS

Needed: Roasting Pan 11" x 15" or larger will work, parchment paper, foil

Preheat oven at 175° Cooking time will be about 6 hours

First make incision to the lamb in order to stuff it with all the garlic (peeled into cloves). Then place the leg of lamb on to the roasting pan.

Prepare the liquids and dry ingredients by adding it into a bowl and mix. Note: the cinnamon stick can be placed in the roasting pan with the lamb.

Poor the liquid into the roasting pan just enough to cover the leg of lamb ¾ of the way. First cover with parchment paper and tightly seal the whole pan with foil. For the first 3 hours of cooking, cook at 250° leaving it covered. For the last 3 hours of cooking uncover the foil and parchment paper and reduce the temp. to 175° and cook until tender. The liquid will reduce to about ¼ of the way. Check to see if it's tender. If so it's ready. Let it rest for about 20 mins before serving.

PIERNA DE CORDERO ASADA LENTAMENTE

INGREDIENTES

pierna de cordero
1 cabeza de ajo
Ajo en polvo ((1 cucharadita)
Cebolla en polvo (1 cucharadita)
Semillas de cilantro trituradas (1 cucharadita)
Jengibre fresco (1 taza en rodajas)
Semilla de hinojo (1/2 cucharadita)
Canela en rama (2 c/u)
Anís estrellado (5 c/u)
Clavo (1/2 cucharadita)
La sal marina (1 cucharada) puede sustituir a la salsa de pescado
Pimienta Molida (1/2 Cda.)
Azúcar Moreno (2 cucharadas)
Salsa de ostras (1/2 taza)
Caldo de Pollo (3-4 tazas) para cubrir la Pierna de cordero
Se necesita: Bandeja para asar de 11" x 15" o más grande, papel pergamino, papel de aluminio
Precalentar el horno a 175° El tiempo de cocción será de unas 6 horas

DIRECCIONES

Primero hacer una incisión al cordero para rellenarlo con todos los ajos (pelados en dientes). Luego coloque la pierna de cordero en la asadera.

Preparar los líquidos y los ingredientes secos añadiéndolos a un bol y mezclar. Nota: la rama de canela se puede colocar en la asadera con el cordero.

Vierta el líquido en la asadera lo suficiente para cubrir la pierna de cordero ¾ del camino. Primero cubra con papel pergamino y selle bien toda la sartén con papel de aluminio. Durante las primeras 3 horas de cocción, cocinar a 250° dejándolo tapado. Durante las últimas 3 horas de cocción, destape el papel de aluminio y el papel pergamino y reduzca la temperatura. a 175° y cocine hasta que estén tiernos. El líquido se reducirá a aproximadamente ¼ del camino. Comprueba si está tierno. Si es así, está listo. Dejar reposar unos 20 minutos antes de servir.

烤羊腿

原料

5-7磅羊腿
1頭大蒜
大蒜粉（1茶匙）
洋蔥粉（1茶匙）
芫荽籽碎（1茶匙）
新鮮生薑（1 杯切片）
茴香籽（1/2 茶匙）
肉桂棒（2 根）
八角茴香（5 粒）
丁香（1/2 茶匙）
海鹽（1湯匙），可以代替魚露
胡椒粉（1/2 湯匙）
紅糖（2湯匙）
蠔油（1/2杯）
雞湯（3-4杯）蓋在羊腿上
需要：烤盤 11x 15 英寸或更大，羊皮紙，箔紙

方向

烤箱預熱175°烹飪時間約為6小時首先在羊肉上做一個切口，以便用所有的大蒜（去皮成丁香）塞滿它。然後將羊腿放在烤盤上。
將液體和乾燥的原料加入碗中並混合。肉桂棒可以和羊肉一起放在烤盤裡。
將液體倒入烤盤中，剛好能蓋住 ¾ 路的羊腿。首先用羊皮紙覆蓋並用箔紙將整個鍋密封。烹飪的前 3 小時，在 250° 的溫度下烹飪，蓋上蓋子。在最後 3 小時的烹飪過程中，揭開箔紙和羊皮紙並降低溫度。至 175°，煮至嫩。液體將減少到大約四分之一。檢查它是否嫩。如果是這樣，它就準備好了。上菜前讓它休息大約 20 分鐘。

양 다리 구이

재료

양다리 5-7 파운드
껍질 벗긴 마늘 한통
마늘 가루 1 작은 술
양파 가루 1 작은 술
코리앤더 씨 가루 1 작은 술
썰은 생강 1컵
회향(펜넬) 씨 ½ 작은 술
통 계피 2개
팔각 5 개
정향 가루 ½ 작은 술
바닷소금 1 큰 술(어간장으로 대체 가능)
후추가루 ½ 큰술
흑설탕 2 큰술
굴소스 반 컵
닭 육수 3-4 컵(양 다리가 잠길 만큼)

지도

11인치X 15인치(28 센티X 38 센티), 혹은 더 큰 로스팅 팬
유산지(파치먼트 페이퍼)
알루미늄 호일

오븐을 화씨 175도(섭씨 80도)로 미리 데워 놓으세요.
전체 조리 시간은 6시간 입니다.
먼저 양 다리에 마늘이 들어갈 만큼 칼로 구멍을 내서 마늘을 꼽은 후,
양 다리와 통계피를 로스팅팬에 놓으세요.
큰 그릇에 위의 모든 재료를 넣고 섞으세요.
섞은 재료를 로스팅팬에 양 다리가 ¾ 정도 잠길 만큼 부으세요.
먼저 유산지(파치먼트 페이퍼)로 로스팅 팬을 덮고, 그 위에 알루미늄 호일로 단단히 봉 하세요.
이 상태에서 화씨 250도(섭씨 120도)의 온도에서 3 시간 조리한 후,
나머지 3 시간은 유산지와 호일을 벗기고 온도를 화씨 175도(섭씨 80도)로 낮추고,
육질이 부드러워 질 때까지 조리하세요. 양념이 ¼ 정도 줄어들 것입니다.
고기가 부드러워지면 다 된 것 입니다. 약 20분간 뜸을 들인 후 드세요.

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나성소망교회



담임목사: 김재율

예배시간: 주일 오전 11시

예배장소: (본관 4층)
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Los Angeles, CA 90012
마스크를 착용하고 거리두기를 하면서 예배할 것입니다
213.550.7377
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섬김 프로그램

1. 자연밥상: 주일 예배 후
   발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. 무료한방의료봉사: 매달 첫 주일 1-3PM
   경산한의과대학병원 원장과 기독한의사 협회
3. 키타교실(Guitar Class):
   목 10:30-11:30AM, 주일 2-3PM
   정신건강과 치매예방에 넘버원!
4. 엔젤스합창단(Choir): 수, 주일 1:00-2:00PM
5. 나성소망한국학교: 매 주일 오후
   1,2,3세 토탈 교육 현장 - 한국어, 영어, 수학, 스토리텔링, 음악, 미술

부속기관

소망수양관
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