

『NEW YEAR GATHERING』
SHARING THE CONCEPT OF
HEALTHY CUISINE

CULINARY DEMONSTRATION & COOKING CLASS

Culinary expert Theresa Lin Cheng will be hosting a unique cooking demonstration on January 11 in the afternoon.

This event is part of D4-L2 District Governor Kaiser Mo's newly launched Lions Club "Presidential Team" for a special New Year gathering. It aims to let club members taste and learn how to cook auspicious dishes for the upcoming Chinese New Year, share healthy culinary ideas, and foster family happiness.

Participants are also welcome to bring their own plated dishes to share, allowing everyone to learn about and exchange diverse culinary cultures.

11

JAN 11 2025

1-3PM

PASADENA SENIOR CENTER

85 E. HOLLY STREET PASADENA, CA 91103

626.795.4331



林慧懿 Theresa Lin
Maywood Lions Club,
President

Delicious Dishes

Pearl Ball

Ground pork (including pig trotter meat) mixed with chopped water chestnuts is shaped into meatballs and then coated with glutinous rice to form "pearl balls." They symbolize completeness and good fortune, as the white sticky rice resembles pearls, signifying wealth and prosperity.



Baked Crispy Golden Salmon

This dish is simple yet healthy. Salmon is often prepared in a way that makes it dry, tough, and fishy, but my unique baked salmon recipe is absolutely delicious—and surprisingly easy to make.

