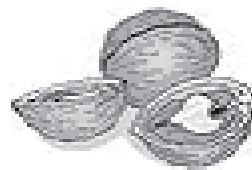




核桃

Walnuts



法界佛教印經會提供

BY THE DHARMA REALM BUDDHIST BOOKS DISTRIBUTION SOCIETY (DRBBDs) IN TAIPEI, TAIWAN

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法界核桃棗泥糕

材料：

1. 碎核桃375g (採用美國萬佛城自產之有機核桃效果最佳)
2. 麥芽675g、黃砂糖50g、海鹽5g、水50g
3. 棗泥300g
4. 紅豆沙150g
5. 太白粉37.5g、水65g
6. 油25g(沙拉油、葵花油或是無味之油，以免影響其本味)

作法：

- A. 將材料1.放入烤箱烤熱(用150度烤10分鐘)，維持溫度備用。



- B. 將材料2.放入不鏽鋼鍋，用小火加熱並攪拌。

Put ingredients (2) in a stainless steel pot and stir over low heat.



- C. 待其完全均勻混合後，加入材料3.和4.，再細心的攪拌至無顆粒狀。

When they are thoroughly and evenly mixed, add ingredients (3) and (4) and stir carefully until there are no lumps.



- D. 材料5.先調勻，再慢慢一邊攪拌一邊倒入。

Mix ingredients (5) evenly before adding it slowly to the mixture while

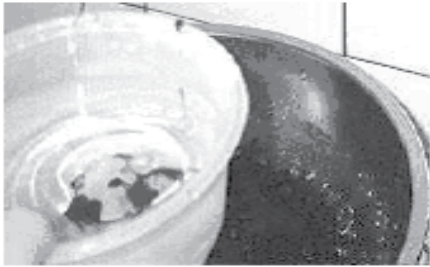
DRBBDs Walnut and Chinese Date Paste Cake

Ingredients:

1. Crushed walnuts 375g (preferably the organically grown walnuts produced by the City of Ten Thousand Buddhas)
2. Malt 675g, brown granulated sugar 50g, sea salt 5g, water 50g
3. Chinese date paste 300g
4. Red bean paste 150g
5. Corn starch 37.5g, water 65g
6. Oil 25g (salad oil, osmanthus oil or other non-fragrant oil, so as not to affect the original flavor.)

Directions:

- A. Bake ingredients (1) in the oven at 150°C (300°F) for 10 minutes. Keep warm.



E. 待均勻混合後，再加入材料6.，再一直攪拌。

When it has been mixed evenly, add ingredient (6) and stir continuously for 15 minutes.



F. 約15分鐘後，取出少量滴入冷水中，待冷卻，取出其硬度達到比耳垂稍硬點時即可。

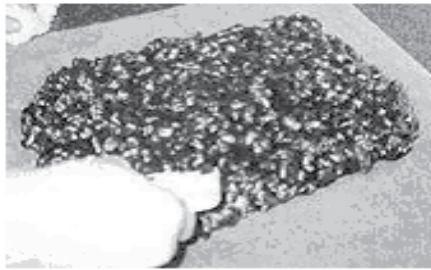
Place a small portion into cold water and let it cool until it attains a consistency that is slightly harder than the earlobe.



G. 此時加入材料1.
Add ingredients (1).



H. 並用最快速度將其攪拌均勻。
Mix evenly as fast as possible.



I. 倒入不沾紙上，鋪平，待涼。
Pour the mixture out on nonstick paper and flatten. Let it cool.



J. 切成大小適中的尺寸。
Cut into moderate lengths.



K. 分別包入糯米紙及外包裝內即成。

Wrap individually in brown rice paper and place in a bag.

☞待續

☞To be continued

◎ (以上紅豆沙的部份，也有人是不用) 若完全用棗泥來做，其口味， 稍有中藥的味道。所以加紅豆沙，口感較好。

◎ (以上材料可做成成品2.5台斤左右)

*Some people do not use red bean paste. If only Chinese date paste is used, the cake tastes slightly like Chinese medicine. Red bean paste improves the taste..

