



核桃 (四)

Walnuts (4)

法界佛教印經會提供

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

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核桃沙拉

材料：

核桃100g (採用美國萬佛城自產之有機核桃效果最佳)、紅棗10粒、枸杞20g、蘋果1個、玉米粒半碗、馬鈴薯2個、地瓜1條、紅蘿蔔1條、小黃瓜一條、紫高麗菜2片、縐葉萵苣1~2棵、沙拉醬適量。

作法：

1. 核桃略焙。紅棗洗淨去子對切。枸杞洗淨瀝乾水分。蘋果削皮(有機無農藥之蘋果不用去皮)，切成小方塊，過鹽水備用。小黃瓜切丁。

2. 紫高麗菜洗淨切絲。縐葉萵苣洗淨瀝乾水分備用。

3. 馬鈴薯、地瓜去皮切片、紅蘿蔔去皮切丁，隔水蒸熟，馬鈴薯、地瓜趁熱搗成泥狀，待涼後，拌入作法1。(除核桃)，同時加入適量沙拉醬拌均勻。

4. 縐葉萵苣舖於盤底，並沿著周邊舖上紫高麗菜絲，再把作法3. 倒入盤子之中間，撒上壓碎的核桃即成。

◎小黃瓜亦可先用少量鹽，抓數下，稍醃，去水份後用，口感不錯，不妨一試。

Walnut Salad

Ingredients:

Walnuts 100g (preferably the organically grown walnuts produced by the City of Ten Thousand Buddhas), 10 red dates, wolfberry seeds 20g, 1 apple, ½ bowl corn kernels, 2 potatoes, 1 sweet potato, 1 carrot, 1 cucumber, purple cabbage 2 leaves, Romaine lettuce 1-2 stalks, salad dressing.

Directions:

1. Bake walnuts slightly over a slow fire. Wash red dates, remove the seeds and cut lengthwise. Wash wolfberry seeds and let dry. Peel apple (not necessary if organically grown), cut into cubes and soak in salt water. Cut cucumber into cubes.

2. Wash purple cabbage and cut into strips. Wash Romaine lettuce and let dry.

3. Peel potatoes and sweet potato and cut into slices. Peel carrot and cut into cubes. Steam them until cooked, and while still hot, mash the potatoes and sweet potato. When they have cooled, pour in the ingredients (1) (except the walnuts) and at the same time add a suitable amount of salad dressing and mix evenly.

4. Line the bottom of a tray with Romaine lettuce. Line the sides of the tray with the purple cabbage strips, and pour the mixture from (3) into the center of the tray. Sprinkle the crushed walnuts on top.

*The cucumber should be scrubbed with a little salt to marinate it slightly. This method produces a fine flavor and is worth trying out.

