



# 法界食譜——甘鹹花生 (約4~6人份)

## Dharma Realm Recipes

### Sweet Salty Peanuts (4-6 servings)

名言：我認為素食者的人生態度，乃是出自極單純的生理上平衡狀態，因此對於人類的理想是有所裨益的。

——愛因斯坦

Quote: It is my view that the vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind.

– Albert Einstein

#### 材料Main ingredients:

生花生300公克(半台斤)

Raw peanuts 300 grams (10.5 oz)

#### 調味料Ingredients for seasonings:

八角3粒 檸檬汁1大匙 醬油2大匙

star anise 3 grains, lemon juice 1 tbsp,

soy sauce 2 tbsp



步驟Directions:花生洗淨，加1倍水先煮5分鐘，將水

濾乾，再加1倍水，放入八角、檸檬汁、醬油，用大火煮開，改小火燜煮至花生熟透(約1小時)即成。(若鹹度不夠再加少許海鹽)

Wash peanuts, add water (twice the amount of the peanuts) and cook for 5 minutes. Drain, add water (twice the amount of the peanuts again), star anise, lemon juice, and soy sauce. Bring to a boil over high heat, then cover the pot and simmer on low heat till the peanuts are completely cooked (about one hour). You may add a dash of sea salt for flavor.

秘訣Tips: 花生務必煮至熟透，可掐一掐，感覺很爛，才可加海鹽，若未爛時，即加入海鹽，會使花生變得更生硬。Pinch the peanuts to make sure they are fully cooked. Add the sea salt only when peanuts are very soft. Otherwise, the salt will cause peanuts to harden.

變化Alternative:可以用黑豆換個口味，並加入少許海帶同煮會更佳。

Use black beans instead of peanuts. Even better, cook the beans with a bit of seaweed.

知識Information: 花生營養豐富，熱量大大高於肉類，比牛奶高1倍，比雞蛋高4倍，且容易被人體吸收。用油煎、炸或爆炒花生，對花生中富含的維生素E及其營養成分破壞很大。中醫認為花生有悅脾和胃、潤肺化痰、調氣養血，利水消腫、止血生乳之效。

Peanuts are full of nutrients that can easily be absorbed by the human body. Peanuts contain many more calories than meat, twice as much as milk and 4 times as much as eggs. However, the rich vitamin E and other nutrients that peanuts contain are mostly destroyed by stir frying, deep frying, and frying over high heat. According to Chinese medicine, peanuts help the spleen and stomach to function smoothly, clean the lungs and clear phlegm, regulate the energy and nurture the blood, act as a diuretic and a treatment for edema, stop hemorrhage and increase breast milk.