



法界食譜——翠玉捲 (6捲)

Dharma Realm Recipes - Jade Rolls (6 rolls)

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法語：殘殺百千命，完成一襲衣。唯知求適體，豈無傷仁慈。——弘一大師

Thousands of lives are taken just to make one [silk] dress. We only seek physical comfort, yet harm our capacity for kindness in the process. ~ Great Master Hong Yi

材料Main ingredients:

高麗菜葉6片 香菇絲半碗 木耳絲半碗 金針半碗 金針菇1把

6 cabbage leaves, half cup of thinly sliced mushrooms, half cup of thinly sliced black wood ear fungus, half cup of dried lilies, 1 bunch of needle mushrooms

調味料Ingredients for seasonings:

鹽1/2茶匙 糖少許 地瓜粉少許

½ tsp salt, a little sugar, a little sweet potato powder

步驟Directions:

1. 高麗菜葉洗淨汆燙，起鍋入冷水漂涼瀝乾水份備用。金針洗淨去硬梗。金針菇去根部洗淨備用。2. 油1大匙入炒鍋，放入香菇絲略炒香，加入木耳絲略炒，加入金針、金針菇、鹽、糖炒約2分鐘起鍋備用。3. 作法2.之材料包入作法1.之高麗菜葉內，捲起(如春捲)，用乾地瓜粉抹在封口，排入盤中，入蒸鍋蒸10分鐘取出。4. 炒鍋入水1碗煮滾，加入少許鹽、糖、徐徐倒入少許芡水，芡薄芡拌勻起鍋淋在作法3.上面即成。

1. Wash cabbage leaves and place briefly into boiling water, then rinse with cold water. Drain. Wash dried lilies and remove hard stems. Wash needle mushrooms and cut off roots. 2. Pour 1 tbsp oil into wok, stir in mushrooms, stir in black wood ear, add dried lilies, needle mushrooms, salt, sugar, stir for 2 minutes then place in a bowl. 3. Wrap the ingredients made in step 2 into cabbage leaves (like wrapping a spring roll). Apply sweet potato powder at the edge of cabbage leaf to seal the roll. Line up on a plate, then steam for 10 minutes in a steamer. 4. Boil one cup of water in wok, add a little salt and sugar, slowly drip in flour mixed with water to thicken the sauce. Pour sauce over cabbage rolls.

秘訣Tips:

也可將整顆高麗菜洗淨，勿剖開，直接將高麗菜心取出，然後放入開水中，從外圍邊煮邊用筷子撥，即可取下完整的高麗菜葉片。

Wash the whole cabbage. Don't cut in half, but remove only the core and then place briefly in boiling water. Use chopsticks to peel complete outer leaves.

變化Alternative:

也可以加入少許楠筍(市面上所賣之熟筍)絲，口感也不錯。

It is also good to add a few cooked thinly sliced bamboo shoots.

知識Information:

金針菇形似黃花菜(金針)而得名。金針菇含蛋白質高達13.4%，其中含有18種人體必需的氨基酸，尤以精氨酸、賴氨酸含量最為豐富，賴氨酸、精氨酸能促進記憶，開發智力，特別是對兒童智力開發有相當的效用。

Needle mushrooms, which look like dried lilies, contain up to 13.4% protein, including 18 amino acids needed by the human body. They are especially rich in Arginine and Lysine, which can activate memory and develop brain capacity. They are especially good for children's brain development.

