



法界食譜——味噌蘿蔔

Dharma Realm Recipes – Miso Pickled Turnip

法語：眾生肉是好吃的，但我們為什麼不吃呢？就因為我們要有慈悲心，要有愛護眾生的心。

——宣公上人

“Meat is tasty. So, why don't we eat it? We should be compassionate and cherish and protect all beings.”

— Venerable

材 料：白蘿蔔6公斤（10台斤）

Ingredients: turnips 6 kgs (about 15 lbs)

調味料：海鹽半斤300公克(8台兩) 味噌300公克

(8台兩) 紅糖1碗

Seasonings:

sea salt 300g (about 1/2 lb) miso 300g (about 1/2 lb)

dark brown sugar 1 cup

步 驟:

1.洗淨白蘿蔔晾乾(不用去皮)，對切再對切(視蘿蔔大小而決定)，再切約3公分正方(盡量使每一小塊都帶皮)，加入海鹽略搓揉，用重物壓一天一夜(中途可再搓揉2~3次會比較柔軟、入味)，取出放入布袋，再用重物壓一天或一夜，使水份流出。

2.紅糖入炒鍋(不可有油漬)加大匙水，用小火煮至香味溢出，加入味噌及一碗水煮滾起鍋，置涼備用。

3.將步驟1.加入步驟2.拌均勻，分裝至乾燥玻璃瓶內，放入冰箱冷藏，醃漬三天後即可食用，並可保存一個月左右。

Directions:

1. Wash turnips (no need to peel). Cut in halves vertically and then into quarters (depending on size). Cut into 1 ¼ inch long piece (make sure every piece has the skin on it). Add sea salt and rub into turnips with hands. Press under something heavy overnight (during this time, use hands to rub them 2 or 3 times to make softer) Put turnip pieces into cloth bag and press again for another day and night to let the water come out.

2. Prepare wok – make sure it's dry. Put dark brown sugar into wok with one ladle full of water. Cook on low fire until you can smell the sugar. Add miso and one cup of water, and let boil. Let cool for use later.

3. Combine the material from steps 1 and 2 and mix well. Store in several dry glass containers. Refrigerate for 3 days before use. They will keep for about one month.

秘訣：用海鹽醃漬後，再用重物壓使水份流出，可以保存久一點。在製作過程不可沾到生水，否則易發霉。

Tips: The reason we press the turnip pieces after mixing in the sea salt is so that they will keep longer. During the entire pickling process, make sure turnips do not touch water or else they will easily grow moldy.

變化：味噌可改用醬油1碗半、糖500公克、白醋1碗，同煮滾置涼後，加入蘿蔔同醃便是醬味蘿蔔。其餘作法同，並可保存更久，因醋有防腐之功能。

Variation: Miso can be replaced with 1½ cups of soy sauce, 500g of sugar, and one cup of distilled vinegar to make Soya Pickled Turnip. The rest of the steps are the same, but the turnip will keep longer since vinegar acts as a preservative.

