



法界食譜——雙色木耳 (約4~6人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY FANNY CHOU)

Two Colored Wood Ear Fungus (4-6 servings)

材料Main ingredients:

新鮮黑木耳300公克 (半斤) 泡開白木耳1碗

Fresh black wood ear fungus 300g (about 2/3 lb)

Dried white wood ear fungus 1 bowl (steep in water)

調味料Ingredients for sauce:

薑絲半碗 醬油2大匙

shredded ginger ½ bowl

soy sauce 2 tablespoons



作法Directions:

- (1) 洗淨材料，去根部，用手撕成大小適中。

Wash the fungus clean and cut off the roots. Tear the fungus into appropriately sized pieces for cooking.

- (2) 油1大匙入炒鍋，放入薑絲略炒，加入醬油，再炒出香味，放入雙色木耳，再翻炒，淋入半碗自熬高湯(或水)，燜煮約3分鐘即可起鍋。

Place a large spoonful of oil in wok and stir fry the ginger briefly. Add soy sauce and cook briefly. Add wood ear fungus and stir fry some more. Add water or stock and cook for about 3 minutes.

小技巧 Tip:

青江菜經過汆燙，味道比較清香，但在汆燙過程，不必等水開，就要把菜撈起來，入冷水，才能保持其鮮綠度。

Try to use fresh black fungus since it contains more calcium and is suitable for frequent consumption.

變化 Alternative Recipe:

也可以加些鳳梨片同炒，呈現別種風味。

One may add a few slices of pineapple to produce a different flavor.

知識 Nutrition Facts:

木耳含蛋白質、脂肪、糖和鈣、磷、鐵等礦物質，以及胡蘿蔔素、核黃素、菸鹼酸等維他命。此外，木耳中還含有對人體有益的植物膠質，這是一種天然的滋補劑。木耳中所含的多醣體，可增加人體的抗癌性。

Wood ear Fungus contains protein, fat, sugar, minerals (calcium, phosphorus, iron), and vitamins such as Beta carotene, riboflavin and folic acid. Wood Ear Fungus also contains vegetable gelatin, a natural nutrient. The polysaccharides found in fungus can fight cancer.