



# 法界食譜——糖醋泡菜

Dharma Realm Recipes (ENGLISH TRANSLATED BY FANNY CHOU)

## Sweet and Sour Pickled Vegetables

法語：時時念佛 日日吃素 年年戒殺 月月放生 ——宣化上人

Dharma Words: Recite the Buddha's name at all times. Be a vegetarian every day. Refrain from killing all year every year. Liberate lives every month. — Venerable Master Hua

### 材料Main ingredients:

白蘿蔔1條 紅蘿蔔1條 小黃瓜2條  
1 turnip 1 carrot 2 cucumbers

### 調味料Ingredients for sauce:

嫩薑片1碗 冰糖1碗  
檸檬汁1碗 海鹽1大匙  
tender ginger 1 bowl rock sugar 1 bowl  
lemon juice 1 bowl sea salt 1 tbsp



### 作法Directions:

- (1) 洗淨所有材料，瀝乾水份，切1公分大丁，用海鹽、薑片醃至軟，用冷開水洗後撈起瀝乾水份。(2) 將步驟1.加入冰糖、檸檬汁醃一天即可食用。
1. Wash all ingredients, let drain and dry. Cut ingredients into 1 cm (1/2 inch) cubes. Marinate with sea salt until soft. Then rinse with cold water. Let drain and dry. 2. Add rock sugar and lemon juice to (1). Marinate for one day. Ready to serve.

### 變化 Alternative Recipe:

白菜，高麗菜、豆角（長豆）、西洋芹菜、紅蘿蔔、蓮藕、大頭菜、白花椰菜、茄子都可以製成相當美味的泡菜。Napa, cabbage, string beans, celery, carrots, lotus roots, cauliflower and eggplant are all excellent ingredients for making delicious pickled vegetables.

### 知識 Nutrition Facts:

經自然發酵的泡菜，因密封漬製，抑制了不良微生物的活動，而產生了豐富的乳酸菌，乳酸菌發酵產生乳酸、醋酸、醇、酯、氨基酸等，形成酸味與芳香的美味，營養成分高，維他命損失少，是一道有益人體健康之菜餚。

The natural fermentation involved in pickling vegetables suppresses the activities of unwanted microorganisms. As a result, rich lactic cultures are produced due to the airtight marinade method. With the fermentation of the lactic cultures, lactic acid, ethyl, ester and amino acids are produced. This produces a sour and fragrant flavor, yields high nutrition, and minimizes the loss of vitamins. This is a very healthy dish for the human body.