



# 法界食譜——丹汁豆腐 (4人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY FANNY CHOU)

## Tofu with Pureed Carrot (4 servings)

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.

Master Hua

—— Venerable

### 材料Main ingredients:

嫩豆腐 1盒	soft tofu	1 box
紅蘿蔔泥1大匙	pureed carrot	1 tbsp
熟青豆仁1/2茶匙	frozen peas	½ tsp

### 調味料Ingredients for sauce:

海鹽1茶匙	香油少許
sea salt	1 tsp
sesame oil	



### 作法Directions:

油1大匙入炒鍋，待熱，放入紅蘿蔔泥，略炒香，再放水1杯，煮開，倒入豆腐丁、海鹽，用小火燜煮約2分鐘，淋上少許芡粉水勾薄芡，輕輕略拌均勻，最後放入青豆仁，並淋上少許香油即可起鍋。

Heat one tablespoon of oil. When hot, put in pureed carrots and stir fry. Add one cup of water. Let boil. Add tofu cubes and sea salt and simmer for 2 minutes. Pour in water mixed with cornstarch and stir a little. Finally, add peas and drizzle in some sesame oil. Ready to serve.

### 小技巧 Tip:

豆腐是很容易破，在烹煮過程小心翻動，最好是用有柄的小鍋煮，可用搖動鍋子的方式代替翻動，即可煮得很漂亮。

Since soft tofu crumbles easily, it is better to cook it in a wok with a handle. Instead of stirring the tofu with a spatula, one can move the wok around and keep the tofu intact.