



法界食譜——豆豉炒草菇 (4人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY FANNY CHOU)

Straw Mushrooms with Black Bean Sauce (4 servings)

材料 Main ingredients:

豆豉 (濕) 3大匙	草菇半斤	麵筋條1條
九層塔半碗	小紅辣椒2個	
Fermented black bean	3 tablespoons	
Straw mushrooms	2/3 lb	
	(about 300 grams, or 10-12 oz)	
Wheat gluten	1 stick	
Basil	½ bowl	
Fresh red pepper (small)	2	
Minced ginger	½ bowl	

調味料 Ingredients for sauce:

不需加 (豆豉已有鹹味)
Not needed since fermented black beans are already salty.



作法 Directions:

1. 麵筋條切丁炒香，起鍋備用。草菇汆燙，瀝乾水份備用。九層塔去老梗洗淨。辣椒切小丁備用。
2. 油1大匙入炒鍋，放入豆豉略炒，加入薑末、辣椒丁、醬油炒香，再將作法1.之麵筋條、草菇加入，用小火燜煮約5分鐘 (不用加水，並在燜煮中，可以開蓋翻動)，淋上少許芡汁，最後加入九層塔翻炒變色即可起鍋。

1. Julienne the wheat gluten and stir fry in oil first. Briefly boil the straw mushrooms. Let drain. Wash basil and break off the tough stems. Cut red pepper into cubes.

2. Heat up one tablespoon of oil in wok. Stir fry black beans, then add ginger, red pepper and soy sauce. Put in already stir-fried gluten and straw mushrooms. Cover and simmer for 5 minutes. (There's no need to add water. Uncover the wok to stir vegetables as needed). Pour in cornstarch water. Finally, add basil before removing food from wok.

小技巧 Tips:

* 豆豉也可以用乾的，但得多洗幾遍再用，口感上亦不錯。* 通常炒麵筋丁 (麵製品或豆類製品) 時，要待油鍋熱時才放入，較不易黏鍋，若用不沾鍋煮，會比較得心應手。* 草菇加熱後會生出水份，故燜煮時，可不用另外加水，風味較佳。

* Dry fermented black beans can also be used but need to be washed a couple of times – they yield a good aroma. * When stir frying gluten or soy products, make sure the oil is very hot so that the ingredients do not stick to the wok. Using non-stick woks makes this easier. * When straw mushrooms are cooked, they produce water and there is no need to add more water. That way, the flavor will be more concentrated.