



# 法界食譜——香酥豆腐 (4人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY FANNY CHOU)

## Savory Tofu (4 servings)

法語：下功斷緣戒殺，中功斷緣兼素，上功斷緣放生。 —— 李炳南老居士

Dharma: Those with little skill refrain from killing. Those with average skill refrain from killing and also practice vegetarianism. Those with advanced skill not only refrain from killing but also liberate lives.

—— By Upasaka Li Bing-nan

### 材料 Main ingredients:

嫩豆腐1盒  
Tofu 1 box

### 調味料 Ingredients for sauce:

醬油1/2茶匙 素香鬆少許 芹菜末少許  
Soy sauce 1/2 teaspoon  
Vegetarian soy crisps Some  
Minced celery Some



### 作法 Directions:

1. 水煮滾，豆腐放入汆燙，起鍋，瀝乾水份，待涼，切片狀，排入盤中備用。
2. 醬油、水1/4碗入鍋煮滾，起鍋淋入步驟1.之豆腐上，洒上素香鬆、芹菜末即成。

1. Boil water in a pot. Add tofu and bring to a boil. Scoop out tofu and let drain. When cool, slice tofu into pieces arrange on a plate.

2. Add soy sauce and 1/4 cup of water to pot. When it boils, pour the sauce on top of the tofu as a dressing. Sprinkle vegetarian soy crisps and minced celery on top. Ready to serve.

### 小技巧 Tips:

用餐前才做較佳（或調味料於食用前再洒上），因豆腐會生出水份，使得素香鬆變濕，會減少口感。

Cook right before the meal (or add sauce right before serving) for better taste. Otherwise, the water produced from the tofu will make the vegetarian crisps soggy and spoil the taste.

### 知識 Facts:

豆腐的蛋白質含量比牛奶高一倍。豆腐是老年人補充蛋白質最佳來源，豆腐中的鈣、鎂、鐵含量較多，對骨骼、心臟和造血均有益。豆腐含有8種人體必需的氨基酸，還含有動物性食物缺乏的不飽和脂肪酸、卵磷脂等，可預防老年癡呆症。

Tofu has twice as much protein as milk. Tofu is the best source of protein for seniors. Since tofu contains more calcium, magnesium and iron, it is good for the bones, heart and blood production. Tofu contains eight kinds of amino acids needed by the human body, as well as unsaturated fatty acids and soy Linthicum,