



# 法界食譜——蒟蒻塊之製作

Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING)

## How to Make Ju-ruo

### 材料Main ingredients:

蒟蒻粉37.5公克(1台兩)、鹼粉1/4茶匙、  
水850CC、白醋1大匙、海鹽1茶匙

Ju-ruo powder 37.5 gm

Lye powder 1/4 teaspoon

water 850CC

white vinegar 1 big spoon

sea salt 1 teaspoon



### 作法Directions:

水放入鍋內，將鹼粉徐徐倒入，用筷子攪拌均勻，再徐徐倒入蒟蒻粉，用筷子攪拌均勻，再繼續攪拌至呈稀糊狀再倒入平盤內，端起平盤抖動，使之充實，室溫放置2小時(或不用先放置2小時，立刻放入蒸鍋內，用小文火蒸30分鐘)，取出，切大塊(或視自己需要之大小)，再放入鍋內加水煮，以小火煮約10分鐘，再換一次水加白醋及海鹽煮30分鐘即可。

Place water in a pot and slowly pour alkaline powder into the pan. Mix well using chopsticks. Then slowly mix in the Ju-Ruo powder. Stir evenly using chopsticks until consistency becomes like light batter. Pour the mixture into a pan. Shake it a little so that the pan is evenly filled. Let stand at room temperature for two hours (or steam over low heat for 30 minutes). Take the congealed substance out of the pan. Boil in water over low heat for 10 minutes. Change water and add white vinegar and sea salt. Cook for another 30 minutes.

### 用途Ways of Serving:

可當涼拌菜、炒菜、紅燒、滷味。

Can be served cold, stir fried, or braised with soy sauce.

### 小技巧 Tips:

1. 攪拌時，要同一方向，例如順時鐘，比較不會有空氣，而有細緻感。
2. 倒入平盤時，再端起抖動，會更充實不含空氣。
3. 蒸或煮的時候，要用小火，成品較細緻感。

1. When stirring the mixture, stir in the same direction, e.g. clockwise, so there is less air in the mixture which will make smoother ju-ruo blocks.
2. Shaking the pan after the mixture is poured in will make the ju-ruo block solid without air bubbles.
3. When steaming or boiling with water, use low heat so that the result is finer.