



# 法界食譜——懷古豆豉

Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING)

## Fermented Black Bean Dish

名言：上帝所創造的，即使是最低等的動物，皆是生命合唱團的一員。

——林肯



### 材料Main ingredients:

乾豆豉1碗 薑末1大匙

糖1/2茶匙

dry fermented black beans 1 bowl

minced ginger 1 tablespoon

sugar 1/2 teaspoon

### 作法Directions:

1. 豆豉洗淨，瀝乾水份。
  2. 油入炒鍋待熱，放入薑末炒香，加入豆豉、糖，再炒香即可起鍋。
1. Wash dry fermented black beans. Drain.
  2. Heat up oil in the wok. Stir fry minced ginger until you can smell ginger. Add fermented black beans and sugar and stir fry until the aroma of black beans comes out.

### 小技巧 Tip:

乾豆豉至少要洗五次以上，把外皮(表皮含有毒)洗掉效果較佳。

Wash dry black beans at least five times until the outer skin is washed away (as it has toxins).

**變化Alternatives:** 也可以加入蘿蔔乾、豆干丁等。或豆豉、薑末炒蘿蔔乾；或豆豉、薑末炒豆干丁，其他步驟同，可任意變化。

One may instead add dry preserved turnip or tofu cubes. One may stir fry black beans, minced ginger and preserved turnip. Or stir fry black beans, minced ginger and tofu cubes. All the other steps are the same. One may modify the recipe as one wishes.

### 知識Facts:

豆豉是大豆的釀造製品。日本科學家指出：常以服用豆豉，可防治食物中毒和腸道疾病，並認為豆豉有助消化、防疾病、減慢老化、增強腦力、提高肝臟解毒功能、防治高血壓、消除疲勞、預防癌症等好處。然豆豉的食鹽含量高，要注意此點。

Black beans are fermented soy beans. Japanese scientists point out that frequent consumption of fermented black beans can prevent food poisoning and intestinal diseases. They also believe that fermented black beans can help with digestion, prevent illness, slow the aging process, increase mental alertness, reinforce the liver's metabolic functions, prevent hypertension, eliminate fatigue, prevent cancer, etc. However, one must be aware that fermented black beans