



法界食譜——芥末蒟蒻 (約4-6人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING)

Wasabi Ju-ruo (serves 4-6 people)

法語：世界所有的人不食衆生肉，而吃素、戒殺、放生，如此世界災難就會消滅於無形。——宣公上人

If everyone in the world stops eating meat and becomes a vegetarian, refrains from killing and liberates living beings instead, the disasters in the world will disappear.



材料Main ingredients:

白蒟蒻條600公克 (1台斤)
 沙拉醬2大匙 芥末醬1/2茶匙 海鹽少許
 ju-ruo strips (unflavored) 600 gm (about 2 ½ lb)
 mayonnaise (vegetarian) 2 tablespoon
 wasabi sauce ½ teaspoon
 sea salt a dash

作法Directions:

1. 蒟蒻洗淨，汆燙，撈起，直條對切排入盤中備用。
 2. 沙拉醬加入芥末醬、海鹽調均勻，淋入步驟1.上面(或倒入拌勻)即可上桌。
1. Rinse Ju-ruo with water. Quickly boil in the water. Scoop up, drain and arrange in a plate.
 2. Mix mayonnaise, wasabi sauce and sea salt thoroughly. Pour sauce on Ju-ruo as dressing (or mix the sauce with Ju-rou strips). Ready to serve.

小技巧 Tip:

蒟蒻僅可冷藏，不可冷凍，否則質感變硬。

Ju-ruo can only be refrigerated; if it is kept in the freezer it will become too hard.

變化Alternatives:

也可將芥末醬加入少許醬油，口感亦不錯。或薑末、醬油膏、白醋、香油一起拌勻，淋蒟蒻內即可食用。

Adding some soy sauce to the wasabi will also make a nice dish. Minced ginger, soy paste, white vinegar and sesame oil can also be added to use as the dressing for Ju-ruo.

知識Facts:

芥末含芥子、芥子酚以及脂肪、蛋白質、多種維他命等人體所必需的營養成分。本草記載「芥末辛熱無毒，具有散寒溫巾、通利五臟、健胃消食」等功效。但多食昏目動火，洩氣傷精。

Wasabi contains muster seed, fat, protein, and multi-vitamins which are essential nutrients for the body. The Handbook of Chinese Herbs indicates the following functions for Wasabi: "It is pungent, hot but non-toxic in nature. It serves to dispel cold and warm the body. It can benefit the five organs, stimulate stomach and help with digestion." But when too much wasabi is consumed, one may