



# 法界食譜——香炒花生

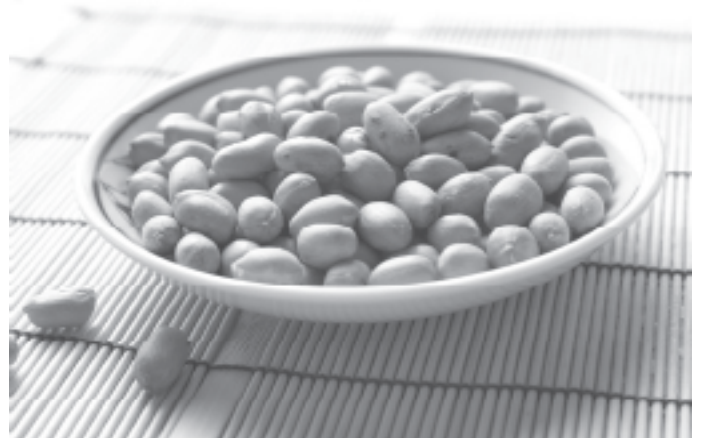
## Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING) Aromatic Stir-fried Peanuts

法語：莫謂蟲命微 沉溺而不援 應知惻隱心 是為仁之端 ——弘一大師

Don't say that the lives of insects don't count.  
Don't say it's alright to let them drown.  
Do you know that one thought of kindness  
Is where the basic human kindness begins?  
—— Great Master Hong-Yi

### 材料Main ingredients:

生花生600公克 (1台斤)  
海鹽1碗  
raw peanuts 600 gm (about 2 ½ lb)  
sea salt 1 bowl



### 作法Directions:

1. 花生洗淨，瀝乾水份。
2. 將海鹽入炒鍋，用中小火，放入花生，不停的翻炒，至花生表皮變色，並感覺較堅硬、清脆聲，起鍋，篩去鹽，待涼，即可食用。

1. Wash peanuts. Let dry. 2. Place sea salt into wok and roast peanuts over a medium fire. Stir peanuts continuously until peanut skin changes color. When peanuts become hard and make clear sounds when they knock against the wok, it is time to scoop up the peanuts. Sift out the salt. Ready to serve when cool.

### 秘訣Tips:

若是初次炒花生者，可以先用小火慢慢炒，待有經驗時，再用中火炒。用中火炒，要不停的翻動，一刻不得停，一直炒到比較輕手、有清脆聲的感覺時，即可起鍋。

If one is frying peanuts this way for the first time, one may use low fire to roast slowly. When one is more experienced, one can use medium fire. However, be sure to constantly stir the peanuts without stopping until the peanuts turn lighter in color and makes clear sounds. Then, the peanuts can be scooped up.

### 變化Alternative:

喜歡有點鹹味時，花生洗淨撈起，直接入炒鍋炒，帶點水份，使海鹽入味。

If one likes salty flavor, one can stir fry the peanuts right after they are washed. Peanuts will absorb the salt better when wet.

### 知識Facts:

常吃花生可保健康，故又稱為「長生果」。花生的營養價值很高，含有脂肪質、蛋白質、磷質、鈣質、鐵質，以及維他命A、B，更含有促進血液凝固的成份（花生皮含此種成份較多）。養顏潤膚，治腳氣病和止血。

Incorporating peanuts in the daily diet helps to maintain good health. Therefore, peanuts are also called "the fruit of longevity". Their nutrient values are extremely high. They contain fat, protein, phospho-