



法界食譜——味噌蕪菁

Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING)

Marinated Kohlrabi with Miso

法語： 儒教周易有言，乾曰大生，坤曰廣生，天地之大德曰生，故孔子讚易以生生。吾人應體天地好生之德，提倡戒殺放生。——圓瑛法師 *The Book of Changes* from Confucianism says that “Qian” refers to birth on a great scale, whereas “Kun” generates life on a vast scale. The great merit of heaven and earth is in its generative ability. Therefore, Confucius praises the *Book of the Changes* in its ability to generate life. We should understand that heaven and earth cherish life and urge others to refrain from killing and to protect all life.

—— By Dharma Master Yuan-Ying

材料Main ingredients:

大頭菜 (結頭菜) 1顆	有機蘋果 1個
有機味噌半杯	糖 1/2茶匙
	葡萄柚汁 1杯
Kohlrabi	1 head
Organic apple	1
Organic miso	½ cup
Sugar	½ tablespoon
Grapefruit juice	1 cup



作法Directions:

1. 調味料全部一起拌均勻備用。結頭菜去皮洗淨擦乾，切約0.3公分薄片。蘋果(連皮)亦切成同樣大小。
2. 將步驟1. 全部放入碗中拌均勻即可食用。(醃泡1小時會更入味)
 1. Mix all ingredients well together. Set aside for later use. Wash the kohlrabi and wipe dry. Cut into slices an eighth of an inch thick. Cut the apple the same way.
 2. Place everything from step #1 into a bowl. Mix well. Ready to serve. (It can be marinated for an hour to enhance flavor.)

秘訣Tips:

1. 切結頭菜、葡萄柚時，砧板及壓汁器也要擦乾，醃漬以後保存較久。放入冰箱，約可保存一星期。
2. 漬製泡菜取食的時候，要用乾淨的筷子夾取。若生水或不淨的筷箸進入罐內，泡菜的漬汁就會變質。

When cutting the kohlrabi and grapefruit, both the cutting board and the juicer must be wiped dry so that the pickled vegetables will keep longer. If refrigerated, it will last for one week. Be sure to use clean chopsticks to remove pickled vegetables from the container. Contact with unboiled water or unclean chopsticks can cause the pickled juice to spoil easily.

知識Facts:

味噌蕪菁原為日本著名湯品，亦可製成涼拌菜。喜愛美食的北宋文學家蘇東坡，有道出名的東坡羹，就是將大白菜、蕪菁、蘿蔔等加上生米去煮，類似什錦蔬菜粥的做法，很受歡迎。Kohlrabi with miso was originally a famous soup in Japan. However, it can be made into a cold dish. Dong-po Su, who was fond of gourmet food in the Northern Song Dynasty, invented a well-known dish called “Dong-po Soup”. It is made by cooking the rice along with napa cabbage, kohlrabi and turnip. The preparation method is very similar to cooking mixed vegetable porridge. It is a very popular dish.