



# 法界食譜——養生紫菜醬

(約4-6人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING)

## Nourishing Seaweed Paste (Serves 4 - 6 people)

**法語：**血肉淋漓味足珍 一般痛苦怨難伸

設身處地捫心想 誰肯將刀割自身 —— 宋·陸游

Bloody flesh, rich in flavor

Pain and agony, hard to express

Put yourself in their shoes:

Who is willing to cut their own body with a knife?

—— Lu You (Song Dynasty)

### 材料Main ingredients:

無沙乾紫菜1片

醬油1茶匙 糖1茶匙 白醋1茶匙

Clean dry seaweed - 1 sheet

Soy Sauce 1 teaspoon

Sugar 1 teaspoon

Vinegar 1 teaspoon



### 作法Directions:

1. 將紫菜剪成2公分寬，用水洗淨，撈起瀝乾水份。
  2. 水入鍋煮開，放入紫菜絲汆燙，撈起瀝乾水份，加入調味料，拌均勻即可食用。
1. Cut the sheet of seaweed into one-inch-wide strips. Wash with water. Drain and let dry.
  2. Boil water in a pot. Boil the seaweed briefly. Scoop up. Drain and let dry. Add seasonings and mix well. Ready to serve.

### 秘訣Tip:

在汆燙後，水瀝得越乾越好，加入調味料後，口感好。

After being boiled briefly, the more thoroughly the seaweed is drained, the more flavorful it is.

### 知識Facts:

紫菜含豐富的蛋白質、碘、鈣、磷、鐵、硒及維他命A、C、葉酸、葉綠素等，有「微量元素寶庫」之稱。中醫認為紫菜味甘鹹、性寒，能化痰、清熱利尿。紫菜是高蛋白、低脂肪、多礦物質、多維他命的理想食材。

Seaweed is full of nutrients such as protein, iodine, calcium, phosphorous, iron, selenium, Vitamins A and C, folic acid and chlorophyll. It is known as a 'treasure trove of trace elements'. Chinese medicine considers seaweed to be cool in nature with a sweet and salty flavor. It can reduce phlegm and clear heat and is diuretic. It is high in protein, low in fat, and rich in minerals and vitamins. It's a perfect cooking ingredient.