



# 法界食譜——蕃茄豆腐

(約4-6人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING)

Tofu Fried with Tomato (Serves 4 - 6 people)

法語：衆生惡殘暴 萬物樂仁慈 不嗜殺人者 遊山可跨獅

Sentient beings despise cruel violence,  
Yet all creatures love gentle kindness.  
Even savage lions offer rides  
To people who refuse to kill.

—— 弘一大師 Great Master Hong Yi

## 材料Ingredients:

板豆腐1塊 蕃茄2個 皇帝豆4兩

素高湯 (或清水) 1杯

1 large cake of firm tofu; 2 tomatoes;

150 gm jumbo lima beans

1 cup vegetarian soup stock (or plain water);

1 tsp cornstarch (dissolved in ¼ cup water).



調味料Seasonings：海鹽1茶匙 糖1茶匙 太白粉1茶匙 (勾芡用)

1 tsp sea salt; 1 tsp sugar

## 作法Directions:

1. 板豆腐、蕃茄洗淨都切大丁。皇帝豆汆燙撈起，瀝乾水份。
2. 油入炒鍋，倒入蕃茄丁略炒香，加入所有的材料及調味料，加入1杯自製高湯（或清水），用小火燜煮約5分鐘（中途可開蓋輕輕翻動），徐徐倒入芡水拌勻（勾薄芡）即可起鍋。

1. Cut tofu and tomatoes into cubes. Boil jumbo lima beans until cooked, remove from water, and allow to drain.
2. Heat 1 tbsp oil in wok. Add tomatoes and stir fry until fragrant. Add other the ingredients, seasonings, and soup stock (or water). Cover and simmer for 5 minutes, stirring occasionally. Uncover and gradually pour in corn starch water until it forms a light sauce. Serve hot.

秘訣Tip：皇帝豆料理前宜先泡水，烹飪後口感香甜鬆軟。

Soak lima beans in water beforehand for a softer texture and sweeter taste.

## 知識Facts:

皇帝豆含有豐富的蛋白質、維他命和礦物質，它的含量雄居豆類作物之冠，1公斤鮮豆含蛋白質相當於2.36公斤豬肉。所含胡蘿蔔素比胡蘿蔔高4.4倍。皇帝豆所含鐵、鈣、鋅、磷、鉀在農作物中是最高的，是補血、補鈣的好來源。皇帝豆雖然有利腸整胃作用，但食後易飽脹悶痛的人，卻不宜多吃。

Lima beans are full of protein, vitamins and minerals; they contain the most nutrients among all beans. 1kg of fresh lima beans contains as much protein as 2.36 kilograms of pork. It contains 4.4 times more carotene than carrots. Lima beans also have the highest concentration of iron, calcium, zinc, phosphorous

and potassium among all agricultural products and are good sources of tonic for blood and calcium. Even though lima beans can help digestion and benefit the intestines, they produce gas and may cause heartburn, and so should be eaten in moderation.