



法界食譜——紅燒烤麩 (約4人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING)

Braised Gluten Chunks (Serves 4 people)

法語：一個國家偉大之處，可由該國對待動物的方法中顯露無遺。

“The greatness of a nation and its moral progress can be judged by how they treat their animals.”

—— 甘地 (Mohandas K. Gandhi)

材料Ingredients:

烤麩5個 竹筍300公克(半台斤) 香菇3朵
gluten (kao-fu) 5 blocks
bamboo shoots 300 grams
dried black mushrooms 3

調味料Seasonings:

醬油1茶匙 糖1/2匙 海鹽1/4茶匙 薑片3片
soy sauce 1 tablespoon sugar ½ tablespoo
sea salt ¼ tablespoon ginger 3 slices



作法Directions:

1. 烤麩掰開 (或切) 大小適中，入油鍋炸成金黃色 (或煎成金黃色)。竹筍洗淨，去外殼，切滾刀狀備用。香菇洗淨泡開，擠乾水份，切片狀 (或粗絲狀)。
2. 將步驟1. 之所有材料及調味料入炒鍋內，加入2杯自製高湯 (或水)，用小火燜煮約8分鐘，起鍋前淋上少許香油即成。

1. Cut (or tear) gluten into reasonable sized chunks. Deep fry or pan fry until golden brown. Wash the bamboo shoots and peel off the skin. Cut into irregular sizes. Soak dried mushrooms until soft. Squeeze dry and cut into slices or thick strips.
2. Add all ingredients from step 1 together with soup stock (or water) into the wok. Let cook and simmer for 8 minutes. Before scooping up, sprinkle some sesame oil. Ready to serve.

變化Alternative: 烤麩也可以不炸，直接煮，口感亦不錯，可省烹調時間；且不用擔心攝取的油量過高。

One can also directly cook the gluten chunks without frying them. They taste flavorful as well. This method saves time, and one need not worry about the high grease content in fried food.

知識Facts:

香菇含有蛋白質、維他命B群、D1及微量元素鋅和硒等礦物質。其十多種氨基酸中，其中有7種是人體必需的氨基酸。香菇中的香菇多醣、香菇嘌呤，可抗腫瘤、降膽固醇、抗血栓。中醫認為香菇性平味甘、治風破血、益胃助食。

Mushrooms contain protein, Vitamin B-complex, D1, zinc, selenium and other minerals. They have more than ten amino acids, seven of which are essential to the human body. The Polysaccharides extract and Eritadenine in dried mushrooms help fight tumors, lower cholesterol and blood clotting. Traditional Chinese Medicine believes that mushrooms are mild in nature; they are sweet in flavor and can subdue endogenous wind, invigorate blood circulation, increase appetite and aid digestion.