



法界食譜 —— 家鄉酸菜 (約4-6人份)

Dharma Realm Recipes (ENGLISH TRANSLATED BY SHRAMANERIKA JIN JING)

Stir-fried Aged Pickled Mustard Green Home Style (Serves 4-6 people)

名言：任何確實的實驗都說明，任何一種生理或心理的疾病都能靠吃素和喝純水而減輕病情。—— 雪萊

There is no disease, bodily or mental, which adoption of vegetable diet and pure water has not infallibly mitigated, wherever the experiment has been fairly tried.

(from "A Vindication of Natural Diet" by Percy Bysshe Shelley)

材料 Ingredients:

酸菜(鹹菜) 600 公克 (1 台斤) 小紅辣椒 2 個

Pickled mustard greens 600g (about 1-1/2lbs)

Small red pepper 2

調味料 Seasonings :

醬油 1 大匙 糖少許

Soy sauce 1 tbsp

Sugar a dash



作法 Directions:

1. 材料洗淨。酸菜切細丁，擠乾水份。辣椒切細丁。
2. 油一大匙入炒鍋，放入辣椒炒香，加入醬油，待醬油滾，即放入酸菜、糖，用小火炒至水份乾即成。只要炒到水份乾就可以，不必另外加水。

1. Wash all ingredients clean. Cut pickled mustard greens and red peppers into small cubes. Squeeze water out of pickled mustard greens.
2. Place one tablespoon of oil into wok to stir-fry red pepper. Add soy sauce and cook until it boils. Then add pickled mustard green and sugar. Stir fry over low fire until sauce dries.

變化 Alternative: 炒雪裡紅亦可用此法。

Pickled potherb mustard can also be prepared this way.

Stir fry until mixture is dry. There is no need to add water.

知識 Facts:

酸菜不但能增進食欲、幫助消化，而且還可以促進鐵元素的吸收。吃酸菜時，要多吃含維他命 C 豐富的新鮮蔬菜，維他命 C 能與亞硝酸海鹽發生還原反應，阻止致癌物質的生成。有兩種酸菜絕不能吃：一是已變味或黴變的酸菜，二是沒醃透的酸菜，都可能致癌。

Pickled mustard green can whet the appetite and help digestion. Moreover, it promotes the absorption of Iron. When eating pickled mustard green, one should consume more fresh vegetables that contain abundant Vitamin C, which can generate electronation reaction with the nitrous acid sea salt, preventing the production of carcinogens. Pickled mustard green is not suitable for consumption under two conditions: 1. Its flavor has changed or it has mildewed. 2. It is not completed pickled and processed.

Both types can cause cancer.