



**MDRBA Vegetarian Food Fair, 2010**

法界觀音聖寺主辦，馬來西亞法界佛教總會協辦的第二次素食美食會，於2010年1月17日開鑼，我們共邀請了800位貴賓，早上和下午各400位。

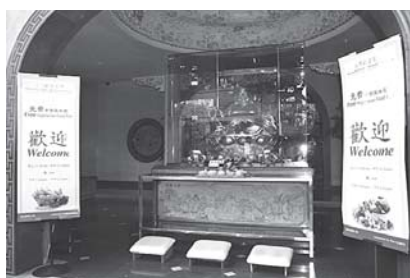
經過幾個星期的策劃和兩次的食物試吃，我們信心十足為嘉賓服務。為了確保這次美食會的成功，大約有100位義工在一大早六點多就進場。

在場地後面，義工準備了美味的薄餅和波羅蜜（兩種都是當地美食）和批薩（義大利脆餅）。接待組興高采烈地在一起佈置招待櫃檯。

人潮在11點前已經涌入，接待組義工已經準備帶領他們去大餐廳。

法界觀音聖寺的公共餐室安置了四個自助餐站，每一站都有超過20多種食物。懸掛在頭頂上的菜單詳述了每站的最棒食物，使得每一位來賓垂涎欲滴。

食物的種類擺設非常壯觀，有流行的意大利麵、蘑菇湯、北印度阿薩姆的辣叻沙、素鮮麵，吉隆坡的咖喱叻沙和清湯麵。如果有人不想錯過米飯，有椰漿飯、海南飯和稀飯。



## 馬來西亞 素食饗宴

法界觀音聖寺提供  
Provided by the Dharma Realm  
Guan Yin Sagely Monastery

The 2nd Annual Vegetarian Food Fair was held by Dharma Realm Guan Yin Sagely Monastery and co-sponsored by the Malaysia Dharma Realm Buddhist Association on January 17, 2010. We invited 800 guests, half for the morning session and the other half for the afternoon.

After weeks of brainstorming with two food tasting sessions thrown-in, we were more than ready for our guests. About 100 volunteers walked in as early as 6 a.m. to ensure the success of the food fair.

The volunteers preparing the yummy popiah and jackfruit (both local delicacies) and pizza were behind the scenes.

The counter team worked together in high spirits to set up their respective counters.

The crowd streamed in before 11 a.m. Ushers were at hand to guide them to the dining hall.

A total of four buffet stations with over 20 varieties of dishes each were set up at the Dharma Realm Guan Yin Sagely Monastery Public Canteen. The menus hanging overhead detailing the scrumptious spread each station promised made the guests' mouth water.

The variety of food laid out was spectacular. The ever popular pastas, mushroom soups, hot and spicy Assam Laksa from the north, together with vegetarian noodles, Kuala Lumpur's

大眾最愛的是點心。有不同形狀，一口可以吞下去的蒸餃或炸餃子，包著不同的餡最受歡迎。飯後甜點：咖哩泡芙、蒸地瓜素糕、米腸粉、奶油素糕、日本壽司和中國茶。大眾都很享受著吸引他們眼光的食物，而小份量就是為了減少浪費。

第一場在十二點三十分結束。同時貴賓被引領到果汁攤位去試喝自家生產的有機百香果汁和椰子汁。喝過醒胃的飲料後，貴賓就前往佛殿。佛殿已經被美化為展示廳，不同的佈告欄展示馬來西亞法界佛教總會舉行的不同活動。

彩色照片裡，孩子明亮的眼光是我們法界少年學習園地和週日讀經班。照片也有我們每一年的敬老節、懷少節，和在大海的放生活動。

最受歡迎的照片是我們在龍邦、金寶，和勞務的有機農場，有清澈的溪流和小河。金寶有機農場的岩石畫面，使人聯想到中國景象，只不過較為柔和，吸引了很多人。

在大廳的最左邊，貴賓可以坐下來看「放生的意義」的影片和採取素食生活方式的觀點。素食食譜也在展覽。清潔小組的工作有收碟子，洗碟子，和擦乾碟子。在組長的鼓舞下，大家一起工作，俾確保在下午1點鐘的第二場有足夠碟子可用。

美食會大約在下午二時三十分圓滿結束，此時疲勞但喜悅的義工，趕在大清潔前走近路往齋堂去吃午餐。



curry laksa, and noodles in clear broth were featured. For those who cannot forgo rice, there were Nasi Lemak, Hailam Rice, and porridge.

The crowd's favorite was dim sum, tiny bite-sized savory dumplings of various shapes, filled with a variety of fillings that found eager takers. They were either steamed or fried.

The desserts: curry puffs, steamed yam cakes, chee cheong fun, cream cakes, and Japanese sushi were available for dessert together with Chinese tea.

The crowd enjoyed the food that caught their eyes and the small portions served meant minimal waste.

The first session came to an end at 12:30. Meanwhile, guests were ushered to the fruit drinks counter where they sampled juices made from our organic passion fruit and coconuts.

After the refreshing drink, they proceeded to the Buddha Hall. It was transformed into an exhibition hall with display boards detailing the different activities conducted by Malaysia Dharma Realm Buddhist Association.

Colorful photos of bright-eyed children from our very own Dharma Realm Young Learners' Meadow and Sunday Dharma Class were displayed. There were also photos covering our annual Honoring Elderly Day Celebrations, Cherishing Youth Day, and the Liberation of Life Ceremonies on the open seas.

The most popular photos were taken on our organic farms at Kalumpang, Kampar, and Raub, which feature clear brooks and a river. Many were fascinated by photos of our Kampar organic farm, detailing rocky scenes that were reminiscent of China, though more subdued.

At the extreme left of the hall, guests could sit and watch a video on the meaning of liberation of life and the reasons for adopting a vegetarian lifestyle. Vegetarian recipe books were displayed.

The housekeeping team comprised of dish collectors, a dishwasher operator, the manual dishwashing team, and the dish-drying team worked as a team with their inspiring leader, ensuring that the plates would be ready for the second session at 1 p.m.

As the fair drew to a close at 2:30 p.m., tired but delighted volunteers made a beeline for the dining hall to grab a bite before the big clean-up.

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