

International Vegan Cuisine

Supreme Kitchen

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International Vegan Cuisine



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International Vegetarian Cuisine

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國際素食珍饈



The Art of Vegan Cooking

純素食烹調的藝術

The art of cooking is very simple. The main point is that we must have a creative spirit. After someone has taught us one dish, we can transform it into ten dishes. If we just stick to the recipe, there will be only one dish, and it'll become rather boring.

Everyone says, "I don't know how to cook!" I am really amazed! Why can't you? It's such a fun thing to do!

When cooking, we should know that to nourish people's bodies and souls is a very sacred task, just like giving alms. It is not true that you cannot cook, but only that you dislike cooking, and are unwilling to do it. You are lazy and not compassionate, so you think you cannot cook. You can always learn from others; it's easy. God has given us so many spices and nutritious vegetables. We should try our best to use them. It is a great pity to waste them.

~ *The Supreme Master Ching Hai*

我認為煮菜是最簡單的，主要是有那種創造的精神，人家教我們一樣，然後我們可以變成十樣，而不是只依照食譜煮下去，結果就這一樣而已，這樣比較無聊一點。

大家都喊：我不會煮菜！我真的感到很驚訝！怎麼不會呢？這是一種很好玩的事情，我們煮菜的人應該知道，保養人家的身體、精神，是一種很神聖的工作，就像佈施一樣。有什麼不會煮，就是不願意煮、不喜歡煮，懶惰、沒愛心，才會感覺到不會煮。不會煮也可以學，很簡單，上帝生很多香料、好的補菜給我們，我們應儘量使用，不然太可惜。

~ 濟海無上師

Since there is a great difference among the customs of the various races, there is generally a big difference in people's tastes. For example, Australasian food is quite savory; Formosan food is distinctively sweet; Thai food is noticeably hot; Japanese food is characteristically plain; and Indian food is spicy.

This book is a collection of culinary delicacies recommended by fellow practitioners from all parts of the world. It includes a large variety of dishes and a diversity of cooking styles.

國情不同、人種不同，口味自然有很大的差異。比如悠樂菜風味佳，台菜偏甜，泰菜偏辣，日菜則清淡，印度菜香郁。

本書所集的食譜，匯集世界各地的同修平日做菜的心得，推薦而成，菜色豐富、風格多端。



Conversion Table

Tablespoon (Tbsp)
Teaspoon (tsp)
Measuring cup (cup)
Kilogram (kg)
Gram (g)
Pound (lb)
Ounce (oz)
Fluid ounce (fl oz)
Milliliter (ml)

Weight

1 kg = 1000 g or 2.2 lb
1 lb = 16 oz = 454 g
1 oz = 28.35 g

Volume

1/2 tsp = 2.5 mls
1 tsp = 5 mls
1 Tbsp = 3 tsp = 15 mls = 0.5 fl oz
2 Tbsp = 1/8 cup = 30 mls = 1 fl oz
4 Tbsp = 1/4 cup = 60 mls = 2 fl oz
8 Tbsp = 1/2 cup = 120 mls = 4 fl oz
16 Tbsp = 1 cup = 240 mls = 8 fl oz



* Most of the recipes in this book are measured for 4 servings.

換算表

(一) 重量換算

1 公斤=2.2 磅=1000 克
1 磅=454 克=16 盎司
1 盎司=28.35 克

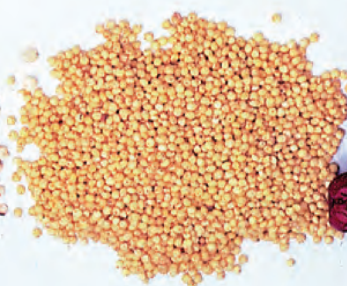
(二) 液量(容積)換算

1 杯=240 cc(毫升)=8 液量盎司=16 大匙
1/2 杯=120 cc(毫升)=4 液量盎司=8 大匙
1/4 杯=60 cc(毫升)=2 液量盎司=4 大匙
1/8 杯=30 cc(毫升)=1 液量盎司=2 大匙
1 大匙=15 cc(毫升)=0.5 液量盎司=3 茶匙
1 茶匙=5 cc(毫升)
1/2 茶匙=2.5 cc(毫升)

量杯(cup)

大匙(Tbsp)
茶匙(tsp)
公斤(kg)
克(g)
磅(lb)
盎司(英兩)(oz)
液量盎司(fl oz)
毫升(cc 或 ml)

* 本書大部分食譜以 4 人份計量。



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*Supreme Master Ching Hai's
Specialities*

清海無上師的拿手菜



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Avocado Salad

Ingredients:

- 1 cup diced vegan ham
- 1/3 onion, diced
- 3-4 small green onions, minced
- 1 medium tomato, diced
- 1 large, ripe avocado, peeled, halved, pitted, and diced
- 3-4 cilantro* sprigs, coarsely chopped

Dressing ingredients:

- 1 tsp sugar
 - 1/2 tsp vegan seasoning
 - 1/2 tsp salt
 - 2 tsp olive oil
 - 3-4 tsp lemon or lime juice (or vinegar)
 - 2 tsp Maggi soy sauce
- Thoroughly mix above ingredients and set aside.

Directions:

Combine all ingredients in a large bowl. Pour dressing on ingredients. Toss well and serve.

Suggestion:

Serve cold as salad or appetizer.

*Avocado and cucumber sandwiches can be made with French bread, avocado salad (this recipe), slices of cucumber, shredded lettuce, pickled dill, jalapeno pepper and soy cheese (optional); salt and pepper to taste.

*Avocado and jam sandwiches are also another great idea for those with a sweet tooth. Slice avocado into thin slices, add a squeeze of lemon juice to keep from oxidizing, mash, and spread onto one side of sandwich. Spread your favorite jam on the other side. Put them together, and you have a delightful sandwich!

*Cilantro is also known as coriander or Chinese parsley.

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酪梨沙拉

材 料：

- 素火腿丁 1 杯
- 洋蔥 1/3 個，切小丁
- 綠蔥(小) 3 ~ 4 根，切碎
- 中型蕃茄 1 個，切小丁
- 已熟的大酪梨 1 個，剝皮、切開去子、切小塊
- 香菜 3 ~ 4 小朵，切碎

淋 汁：

- 糖 1 茶匙
- 天然味素 1/2 茶匙
- 鹽 1/2 茶匙
- 橄欖油 2 茶匙
- 檸檬或萊姆汁 3 ~ 4 茶匙或用白醋
- 美極鮮味露 2 茶匙

以上材料調勻備用

作 法：

所有材料放入一個大碗中，將淋汁淋上去再搖拌均勻，即可上菜。

* 可在主菜之前，當作開胃的冷盤菜。

* 酪梨沙拉潛水堡：用法國麵包，橫剖開，放上酪梨沙拉、黃瓜片、萵苣絲、醃黃瓜(切薄片)、純素大豆起司(可不加)，適量的鹽和胡椒。

* 酪梨果醬三明治：喜歡吃甜的口味時，可將酪梨切片後淋上些檸檬汁，防止氧化。再將酪梨搗成醬塗在土司麵包上，拿另一片土司塗上喜歡的果醬夾上，就是一份可口又營養的三明治。烤過的土司夾夾也很好吃。

AVOCADO SALAD



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Bachelor's Grains

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Ingredients:

1 cup onion, finely chopped
 1/2 cup minced vegan meat (pre-soaked)
 1/2 cup vegan ham (or vegan hot dog), coarsely chopped
 1/2 cup finely chopped pressed bean curds (optional)
 1/2 cup finely chopped konjaku* (optional)
 1/2 cup finely chopped salty preserved turnips
 1/2 cup finely chopped shiitake mushroom stalks (optional)
 1 cup green onion, finely chopped
 1 cup cilantro, finely chopped
 3 Tbsp oil

Seasonings:

2 Tbsp Maggi soy sauce (a must)
 3 tsp tomato ketchup
 1 tsp sugar
 1 tsp vegan seasoning
 1/2 tsp salt
 1/2 tsp black pepper
 1/2 tsp Five Spices powder (optional)
 1/2 tsp chili sauce (optional)
 Thoroughly mix above ingredients and set aside.

Directions:

Soak minced vegan meat in hot water until soft, wash twice, and then squeeze out all excess water. Soak finely chopped salty preserved turnips in water for about 5-10 minutes and wash before using.

Preheat 3 Tbsp of oil in a frying pan and sauté onion until fragrant. Add vegan meat, vegan ham, konjaku, pressed bean curds and turnips, and continue to stir-fry over medium heat until fragrant.

Turn heat down to low. Add premixed seasonings and stir evenly. Then add shiitake mushroom stalks, 1/2 cup green onion and 1/2 cup cilantro, and continue to stir-fry until fragrant. Add 2 Tbsp water, stir-fry and cover for half a minute. Finally, add remaining green

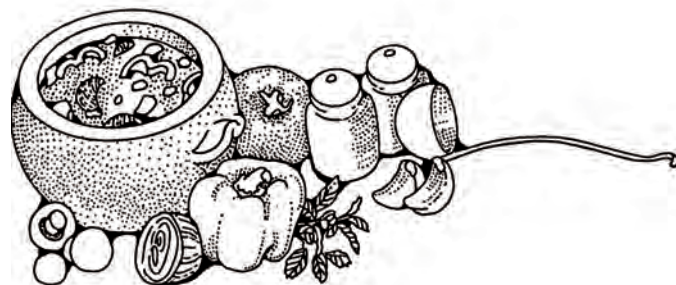
onion and cilantro, and stir evenly. Remove from heat and serve.

Allow mixture to cool, then store unused portion in a container and keep refrigerated.

If konjaku, firm bean curd, vegan ham, and shiitake mushroom stalks (vegan lamb) are not available in your country, you may omit any or all of these ingredients. Canned mushrooms can be substituted for shiitake mushroom stalks, and pickled radish or salty mustard cabbage may be substituted for salty preserved turnips. Drain water before using.

*Konjaku is a yam product that comes in different sizes and shapes. It has a crunchy, chewy texture, similar to squid. Konjaku can be purchased at vegan food stores or Asian grocery stores.

*This mixture may be used as a filling for rice rolls. (Spread cooked rice on foil or plastic wrap, put a tablespoonful of Bachelor's Grains in the middle, roll the rice up, and keep wrapped until ready to serve.) It can also be used to make sandwiches. Serve with fresh or steamed vegetables, or sprinkle over salad.





單身粒

材 料：

- 洋蔥丁 1 杯
- 泡開的碎素肉 1/2 杯
- 素火腿丁或素熱狗丁 1/2 杯
- 茼蒿丁 1/2 杯
- 五香豆干切小丁 1/2 杯
- 蘿蔔乾碎粒 1/2 杯
(泡水 10 分鐘去鹹味，洗淨備用)
- 香菇頭(素羊肉) 切小丁 1/2 杯
- 綠蔥末 1 杯
- 香菜末 1 杯
- 油 3 大匙

調味料：

- 美極鮮味露 2 大匙(一定要)
 - 蕃茄醬 3 茶匙
 - 糖 1 茶匙
 - 天然味素 1 茶匙
 - 鹽 1/2 茶匙
 - 黑胡椒 1/2 茶匙
 - 五香粉 1/2 茶匙(可不用加)
 - 辣椒醬 1/2 茶匙(可不用加)
- 以上材料混合均勻備用

作 法：

(1) 碎素肉用熱水泡軟，約 5 ~ 10 分鐘，洗 2 次後用雙手擠乾水分。
 (2) 先熱鍋後，加入 3 大匙油，油熱後，將洋蔥放入爆香後，繼續放入素碎肉、素火腿、茼蒿、五香豆干與蘿蔔乾用中上火炒到香味出來。
 (3) 轉小火，放入已混合好的調味料，翻炒均勻後，加入香菇頭、1/2 杯的蔥與 1/2 杯香菜，再炒香之後，放 2 大匙的水炒勻、燜 30 秒，最後再放入 1/2 杯的綠蔥末與 1/2 杯的香菜末，拌勻後即可熄火盛起。

* 若茼蒿、五香豆干、素火腿、香菇頭等材料不易取得時，可省略不用；可用罐頭洋菇替代香菇頭(素羊肉)，榨菜或酸菜替代蘿蔔乾，使用前須瀝乾水分。

* 可選用香椿醬代替洋蔥，此時就不要放綠蔥末與香菜末。因香椿醬已有鹹味，所以調味時，美極鮮味露減為 1 大匙，最後要起鍋前拌入一大匙的香菜末調勻即可。

* 未食用完的「單身粒」待涼了之後，放入盒子或小桶內冰起來，隔天再食用。外出時可包飯糰吃(在鋁箔紙或塑膠膜上鋪上煮好的飯，放一大匙的單身粒在中間，捲起來，吃的時候才打開膠膜)，做成三明治，配生菜或燙菜，灑在生菜沙拉上吃，方便、營養又健康。

作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Bachelor's Burger Bits

Ingredients:

2 cups minced vegan meat (pre-soaked)
 1 or 2 stalks (3 Tbsp) lemongrass (white part of stem only), finely chopped (or 1 Tbsp dried lemongrass)
 1/4 cup finely chopped onion
 Some chopped cilantro for topping
 2 Tbsp vegetable oil

Seasonings:

1 Tbsp Maggi soy sauce
 1/2 tsp sugar
 1/2 tsp vegan seasoning
 A pinch of ground black pepper
 1/2-1 tsp chili sauce (optional)
 Salt (optional, if insufficient Maggi soy sauce is used)

Directions:

First, soak dried vegan meat in hot water for about 5-10 minutes, then squeeze out excess water.

Combine minced vegan meat, lemongrass and all seasonings, and mix well. Let mixture marinate for 15 minutes to enhance flavor.

Preheat 2 Tbsp of oil in frying pan and sauté onion until golden brown. Add marinated vegan meat and a little more oil, if necessary. Stir-fry for 4-5 minutes over medium heat and then remove from heat. Mixture will be dry, as water has evaporated, but still moist inside. Sprinkle some chopped cilantro on top and serve.

*Crushed fresh, well-drained tofu or coarsely chopped vegan ham may be substituted for minced vegan meat.

*Preserved bean curd or fermented black beans can be added to seasoning, according to taste.

*Can be served with boiled Chinese chard, cabbage, Chinese cabbage, piccalilli, pickles and/or sauerkraut.

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單身素碎

材 料：

- 泡開的碎素肉 2 杯
- 香茅草 1 或 2 根，取白色莖部，切很細，約 3 大匙，或乾香茅草 1 大匙
- 洋蔥末 1/4 大匙
- 香菜一些，裝飾用
- 油 2 大匙

調 味 料：

- 美極鮮味露 1 大匙
- 糖 1/2 茶匙
- 天然味素 1/2 茶匙
- 黑胡椒粉少許
- 辣椒醬 1/2 或 1 茶匙（可不加）
- 鹽（自行斟酌，可不加）

作 法：

(1) 將乾的碎素肉用熱水泡 5 ~ 10 分鐘後，將水分擠乾。再與香茅草和所有調味料拌勻，浸泡十五分鐘讓其入味。

(2) 鍋中放 2 大匙的油，油熱後放入洋蔥末炒至金黃色，再放入浸泡好的碎素肉(若太乾，可再放一點油)，用中火炒約 4 ~ 5 分鐘，到表面水分蒸發，有些黃黃乾乾的，即可盛起，再撒上一些香菜。

* 將豆腐捏碎成粒狀，擠乾水分(像素碎肉)，或把素火腿撕成小塊也可替代素碎肉。

* 調味料可依個人口味加豆腐乳及豆豉。

* 食用時，可配燙好的皇宮菜、高麗菜、白菜或泡菜、醃菜、酸菜。



BOILED VEGETABLES

SIMPLE SAUCE

BACHELOR'S BURGER BITS

作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Simple Sauce

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簡易佐醬

Ingredients:

1/3 cup roasted crushed peanuts (or roasted ground sesame seeds)
1/2 cup Maggi soy sauce

Directions:

If not already crushed, place peanuts in a plastic bag and crush with the side of a knife. Then put crushed peanuts into a bowl and add Maggi soy sauce.

*Peanut/sesame sauce is savory and nutritious. It is tasty as a dipping sauce, or served with boiled cabbage.

材 料：

· 炒熟的脆花生碎粒 1/3 杯(或以烤熟的芝麻磨成粉後代替)
· 美極鮮味露 1/2 杯

作 法：

將脆花生裝在塑膠袋中，用刀面拍碎，放入碗中，加入美極鮮味露即成。

* 此花生或芝麻醬汁很香也很補，用來沾東西吃口感十足。可配燙高麗菜來吃。

Boiled Vegetables

燙 菜

Ingredients:

Cabbage (or Chinese chard, Chinese cabbage, spinach, etc.), cut into bite-sized pieces

Seasonings:

1 tsp salt for every 2 quarts of water

Directions:

Add salt to boiling water, then add cabbage. Cover and bring to a boil again. Turn off heat, and keep covered for 2 minutes. Remove cabbage from broth and serve. If using dark green vegetables such as spinach or Chinese greens, do not cover during cooking. Time can be varied depending on what vegetables are used and how well cooked you would like them to be.

Save broth for preparing a nourishing soup; just add some minced cilantro, basil, mint, perilla or green onions, and Maggi soy sauce to soup.

材 料：

· 高麗菜(或皇宮菜、白菜、菠菜…等隨意皆可)切成方便入口的大小

調味料：

· 鹽1茶匙(配約2公升的水量)

作 法：

水中放鹽，待水煮沸後放入高麗菜，加蓋等水再沸騰即熄火，燜約2分鐘後，開蓋撈起(燙深綠色蔬菜，則不能加蓋)。依蔬菜類型的不同，燙菜的時間長短也不同，請自行調整判斷。燙菜的水不要丟掉，放入切細的薄荷、九層塔、香菜、紫蘇或綠蔥末進去，放美極鮮味露一些，便是一道很營養的湯。



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Bachelor's Pot

10

An ideal dish for busy bachelors--Supreme Master Ching Hai used this recipe when She was working for the U.N. refugees and did not have time to cook every day.

Ingredients:

1/2 onion, finely chopped (or 5-6 slices of ginger)
 6 green onions, finely chopped
 600g (21 oz) fried bean curd, cut into 1" cubes
 600g (5-6 pieces) wheat gluten, cut into 1" pieces
 100g (3.5 oz) vegan ham, cut into 1" cubes
 1 medium carrot, cut into chunks
 1 small (1 lb.) turnip (daikon radish), cut into chunks
 1/2 head of cauliflower, cut into small sprigs
 1 green bell pepper, cut into squares
 2 medium tomatoes, cut into chunks
 300g (10 oz) lima beans
 1/4 small cabbage, cut into chunks
 One small bunch cilantro, chopped
 5 Tbsp vegetable oil

Seasonings:

4 cubes preserved bean curd (tastes hot and savory but not too salty; Szechwan brand is recommended.)
 2 Tbsp Maggi soy sauce
 2 tsp salt
 3 tsp sugar
 2 tsp vegan seasoning
 1/2 tsp black pepper (or to taste)
 2 Tbsp tomato ketchup (or to taste)
 1 tsp Five Spices powder
 Chili sauce or chili powder (optional, to taste)
 Thoroughly mix above ingredients and set aside.

Directions:

Preheat 5 Tbsp of oil in a frying pan. Stir-fry onion and green onion until slightly golden and fragrant. Add fried bean curd, wheat gluten

and vegan ham, and sauté evenly for 2 minutes. Then add carrots, turnips, cauliflower, green peppers, tomatoes, lima beans and cabbage and mix evenly.

Pour pre-mixed seasonings into the mixture, and stir slightly. Add 200ml water, and stir evenly, then cover. Bring to a boil, then reduce heat and simmer until vegetables are just tender. Sprinkle with cilantro. Remove from heat and serve hot.

Fresh salad, cucumbers, pickles, or nuts can be served with this dish to add some variety to your meals.

*Any type of soy protein may be substituted for the wheat gluten, vegan ham and fried bean curd.

*Add Maggi soy sauce if you need more flavor, and a delicious taste is guaranteed. Cook onion with some fresh mint so as to avoid the strong flavor of onion or leave it out if desired.

*The ideal procedure for Bachelor's Pot is to make a large amount at one time, store in refrigerator, and reheat only the serving portion needed for one day. Serve with rice, noodles, or bread. Add water to rice and Bachelor's Pot, cook over medium heat for 5-10 minutes and serve as delicatessen congee. Or add noodles instead of rice and serve as noodle soup.

單身鍋

* 師父以前在為聯合國的難民工作時，沒有時間每天做菜，就是用這個方法。這道菜對忙碌的單身者，非常理想。

材 料：

- 洋蔥半個切碎，或薑 5 ~ 6 片
- 綠蔥 6 根切碎
- 油豆腐 600 克、麵腸 5 ~ 6 條、素火腿 1/4 條，皆切小塊約 2.5 公分
- 中型紅蘿蔔 1 條，切塊
- 小型白蘿蔔 1 條，切塊
- 白花菜 1/2 棵，切小朵
- 青椒 1 個，切片
- 中型蕃茄 2 個，切塊
- 毛豆 300 克
- 高麗菜 1/4 個，切小塊
- 香菜 1 小把，切段
- 油 5 大匙

調味料：

- 四川牌豆腐乳 4 塊
(其它廠牌也可，重要是香一點，而不要太鹹)
 - 美極鮮味露 2 大匙
 - 鹽、天然味素各 2 茶匙
 - 糖 3 茶匙
 - 五香粉 1 茶匙
 - 黑胡椒 1/2 茶匙
 - 蕃茄醬 2 大匙(或自行斟酌)
 - 辣椒醬或辣椒粉(自行斟酌)
- 將以上材料調勻備用

作 法：

(1) 放 5 大匙的油在鍋中，待油熱後，放入洋蔥和綠蔥爆香至略黃、有香味溢出時，依序放入油豆腐、麵腸、素火腿炒 2 分鐘後，再把紅、白蘿蔔、白花菜、青椒、蕃茄、毛豆、高麗菜等放進去翻炒均勻。

(2) 倒入預先拌好的調味料，加約 200 克的水拌炒勻後，開大火加蓋煮到滾，轉小火再煮至菜熟軟，灑上香菜，即可食用。

(3) 生菜沙拉、小黃瓜、醃黃瓜、堅果等可與「單身鍋」搭配著吃，讓每餐有不同的變化。

* 任何大豆蛋白都可替代麵腸、素火腿和油豆腐。

* 若覺得味道不夠，可以加美極鮮味露，一定好吃。若不喜歡洋蔥的味道，可以不放或加入薄荷葉一起煮，也可用香椿嫩葉(2 大匙)替代洋蔥及綠蔥爆香。

* 可以煮一大鍋，然後冰起來，每天拿一小部分出來加熱。夾麵包或配飯、麵吃皆可；加水在飯與「單身鍋」菜中，用中火煮 5 ~ 10 分鐘就是好吃的稀飯或煮成湯麵也很好吃。



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Good Wife Tofu

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好老婆豆腐

Named by Supreme Master Ching Hai, the title means that such a delicious dish will win the good wife a place in her husband's heart.

Ingredients:

1/3 onion, diced
A 1" thick slice of vegan ham, diced
2-3 medium tomatoes, diced
1 box of soft tofu (100g), diced
1/2 cup fresh cilantro, finely chopped
Some green onion, mint and basil, finely chopped
2 Tbsp oil

Seasonings:

1/2 tsp salt
1 tsp sugar
1 tsp vegan seasoning
3 Tbsp Maggi soy sauce (or 2 pieces preserved bean curd and 1 Tbsp Maggi soy sauce)
Chili sauce (optional, to taste)
Thoroughly mix above ingredients and set aside.
A dash of black pepper

Directions:

Preheat oil in a saucepan, add onion and sauté until lightly golden in color. Add vegan ham and stir evenly for about half a minute, then add tomatoes. Stir in premixed seasoning, then add tofu and stir evenly. Add 1 to 1½ cups water, cover and simmer for 5 minutes. Now add green onion, cilantro and basil, stir and remove from heat.

Good Wife tofu is ready to serve. Topped with a dash of pepper, and some mint, if desired. It can also be served over toast and accompanied by some fresh cucumber and lettuce.

材 料:

- 洋蔥 1/3 粒，切丁，或香椿 1 把，切細
- 素火腿 2.5 公分厚片 1 塊，切丁
- 中型蕃茄 2 ~ 3 個，切丁
- 嫩豆腐一盒 100 公克，切小塊
- 香菜末 1/2 杯
- 薄荷、九層塔、生蔥一些，切細
- 油 2 大匙

調味料:

- 鹽 1/2 茶匙
 - 糖、天然味素各 1 茶匙
 - 美極鮮味露 3 大匙或是豆腐乳 2 塊與美極鮮味露 1 大匙
 - 辣椒醬（可加可不加）
- 將以上材料調勻備用
- 黑胡椒少許

作 法 :

- (1) 油熱後，洋蔥爆香至金黃色，再放入素火腿炒約半分鐘，再加入蕃茄與已混合好的調味料炒一炒，放進豆腐一起炒拌均勻。
- (2) 加 1 杯或 1 杯半的水，蓋上鍋蓋，用小火煮 5 分鐘。
- (3) 加入切細的香菜、生蔥、薄荷、九層塔拌勻後，撒上一些黑胡椒，即可熄火盛起。
- (4) 可與生鮮的高苣和小黃瓜配著吃。

*清海無上師說：這叫「好老婆」豆腐(不是「麻婆」哦!)，意思是說煮到這麼好，一定嫁得出去，一定得到「好老婆」的地位。

GOOD WIFE TOFU



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Modified Chapatis

14 or soup.

Ingredients:

2¼ cups all-purpose flour
(whole wheat flour is more nutritious)
1/2 tsp salt
1 tsp baking powder
1 tsp sesame seeds (optional)
Approximately 1 cup water

Toppings:

Vegan butter
Light brown sugar or
fructose
Lemon juice

Directions:

In a mixing bowl, combine all-purpose flour, salt, baking powder and sesame seeds and mix thoroughly. Add water and knead flour mixture to form soft dough. The dough is perfect when it comes together like soft putty without sticking to your hands. If too wet, add a little flour, and continue to knead until smooth. If dough is too dry, add more water. Cover dough with plastic wrap and let rest for 20 minutes. With lightly floured hands, divide dough into 6 pieces and roll each out on a lightly floured surface to a 6" round shape, or flatten dough by using the palms of your hands.

Heat a griddle or heavy skillet over medium high heat; roast a chapati for 1 minute or until surface begins to bubble. Turn over and roast for 30 to 60 seconds, pressing with a piece of folded dry cloth during roasting to make it puff up. Continue to turn several times until both sides have some light brown spots. Chapatis can also be roasted on a barbecue grill. Wrap roasted chapatis in cloth to keep them warm and moist.

After roasting, first, spread chapatis with vegan butter, and sprinkle with light brown sugar or fructose, then top with lemon juice. Serve chapatis hot. They are fragrant, and crispy, and have a very unique taste!

Chapatis can be used like bread. Thus you may serve them in your own creative way, such as spreading jam or peanut vegan butter on them, dipping them in cucumber vegan yogurt dressing, or serving with curry

改良式「迦帕蒂」

材 料:

- 中筋麵粉 2¼ 杯 (全麥麵粉較補)
- 鹽 1/2 茶匙
- 芝麻粒 1 茶匙(可不加)
- 泡打粉 1 茶匙
- 水約 1 杯
- 純植物性奶油
- 果糖或黃砂糖
- 檸檬汁

作 法 :

(1) 將麵粉、泡打粉、鹽和芝麻攪拌均勻，慢慢加入適量的水拌成柔軟的麵糰。用少量的麵粉擦撒在手上與桌面上，將麵糰放在桌上揉到表面光滑柔軟、不粘沾手時，就可用玻璃紙蓋 20 分鐘醒麵。

(2) 手輕沾麵粉，把麵糰分成六塊，用桿麵棍擀成 6 吋圓的麵皮或用手掌壓扁。

(3) 用中大火熱平底不沾鍋(不加油)，將一份麵皮放入鍋內，沾麵粉的那面朝下烤 1 分鐘，直到表面起泡泡狀，翻面再烤 30 ~ 60 秒，用乾淨的乾布壓餅的表面讓其泡起。繼續翻烤數次，直到餅的雙面都有微焦的斑點，即可盛起。迦帕蒂也可以用 燒烤 的方式烤，非常有趣。將烤好的迦帕蒂用布蓋好，可使餅不易變冷、變硬。

(4) 烤好後，先塗純植物性奶油、灑上果糖(或砂糖)、再淋上檸檬汁(這三樣加在一起才好吃)。吃起來熱熱、香香、脆脆的，獨具風味。

(5) 可以隨個人口味與創意，沾醬吃；或塗花生醬、果醬在迦帕蒂上；或搭配咖哩、熱湯一起吃。

MODIFIED CHAPATIS



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Joy Rice Rolls

This is a simple, easy-to-prepare, nutritious dish that makes one feel light and comfortable in body and spirit, hence the name Joy Rice-Rolls. Sesame seeds contain an ample amount of protein and oil, and thus aid digestion. Sesame plants require plenty of sunshine to grow, and so belong to the Yang group of foods in Chinese Yi-Chin, and seaweed can only grow in a clean environment. So both are very healthy for the body.

Ingredients:

Half a sheet of dried seaweed for each roll
Steamed rice
Roasted or ground sesame seeds (or ground, roasted peanuts)

Seasonings:

Salt and black pepper to taste

Directions:

Spread a layer of steamed rice over dried seaweed. Sprinkle with desired amount of sesame seeds, salt and black pepper. Roll seaweed and rice into a roll and serve.

*Can be served with fruits and nuts, such as pine nuts, peanuts, cashews, etc.

*If rice rolls are too cold or too dry, serve with hot soup.

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歡喜飯糰

此菜簡單營養，又不麻煩，吃的時候精神和身體都很輕鬆舒服，心裡很歡喜，所以叫它「歡喜飯糰」

材 料：

- 半片海苔
- 飯
- 芝麻或芝麻粉(可用花生粉代替)

調味料：

- 黑胡椒與鹽各一些

作 法：

在半片海苔上，鋪上一層飯，再撒上芝麻和一點點黑胡椒鹽，捲成圓筒狀，即可享用！

- * 可配些水果和堅果(如松子、花生、腰果)。
- * 如果覺得飯糰太冷或太乾，煮一鍋熱湯配著吃，就很夠營養與美味。
- * 芝麻的旦白質很多，有油分，幫助消化(比花生容易消化)，芝麻長在地面，有陽光照射，屬陽，所以對身體比較好。
- * 海苔也是很健康的食物，在潔淨的地方才生長。

JOY RICE ROLLS



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Pumpkin Soup With Coconut Milk

18

金瓜椰漿湯

Ingredients:

4 cups pumpkin, peeled and cut into 1" cubes
A pinch of salt
1 cup shredded kelp (optional)
1/4 cup tapioca (sago)
1 can coconut milk (12-14 oz)
1/2 cup sugar
Some roasted, crushed peanuts

Directions:

Soak and wash kelp thoroughly before using. Wash tapioca pearls and drain water.

Place pumpkin in a pot; add enough boiling water to cover, and cook until tender (about 5 minutes after water has boiled). Add salt, kelp and tapioca. Stir often to prevent tapioca from sticking to the bottom. When tapioca turns clear, add coconut milk and sugar. Stir and cook over medium heat until mixture boils. Remove from heat. Sprinkle soup with crushed peanuts and serve hot or cold.

材 料：

- 金瓜塊(即南瓜) (切滾刀，約2.5公分)4杯
- 鹽一小撮
- 海帶絲1杯(可不放)
- 未煮的西谷米1/4杯(用前要洗過)
- 椰漿1罐(12-14oz)
- 糖1/2杯
- 炒熟的花生粒一些，壓碎成粒狀

作 法：

金瓜放入鍋中，加入滾熱的水(剛淹過金瓜即可)，大約水滾後煮五分鐘，到金瓜柔軟後，放入鹽、海帶絲、西谷米，並時常攪拌，以防西谷米沾鍋。待西谷米變透明時，放入椰漿、糖(依各人口味加減糖的分量)，用中火邊煮邊攪拌到滾，馬上熄火。將湯盛入碗中，吃時撒碎花生粒在湯上面，此湯熱或涼都好吃。

PUMPKIN SOUP WITH COCONUT MILK



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Preserved Bean Curd Lemon Sauce

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檸檬腐乳醬汁

Ingredients:

- 2 pieces medium preserved bean curd
- 2 tsp preserved bean curd sauce
- 2 tsp sugar
- 3 tsp fresh lemon juice

Direction:

Combine all ingredients and mix well.

This sauce can be served with steamed or boiled vegetables or fresh cucumber, tomatoes and lettuce.

材 料：

- 豆腐乳 2 塊
- 豆腐乳汁 2 茶匙
- 糖 2 茶匙
- 新鮮檸檬汁 3 茶匙

作 法：

將全部的材料混合均勻。

* 每次可取 1 大匙醬料，佐配蒸或燙過的蔬菜或生菜、黃瓜、蕃茄。

PRESERVED BEAN CURD LEMON SAUCE



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Savory Bean Curd Sticks

Ingredients:

4 sticks dried bean curd, broken into 2" pieces
 1/4 medium onion, finely chopped
 2 small (or 1 large) stalks of lemongrass (white part of stem only), finely chopped
 1/2 cup vegetable oil

Seasonings:

1½ Tbsp Maggi soy sauce
 1 tsp sugar
 A dash of ground black pepper
 Chili sauce to taste (optional)
 Uncooked black and white sesame seeds (optional)
 Thoroughly mix above ingredients and set aside.

Directions:

Preheat oil in a small frying pan over medium-high heat. Use enough oil to cover half the thickness of bean curd sticks. Turn heat down to low. Add 3-4 bean curd sticks to oil at a time, and fry until light golden brown, crisp and with bubbles on both sides. Turn frequently to fry evenly and to avoid burning. Once bean curd sticks are evenly cooked, remove from oil and place onto paper towel to absorb excess oil.

Drain most of frying oil, reserving 2 tsp oil in the pan, and while oil is still hot, stir in lemongrass and onion until golden brown and fragrant. Turn heat down to low. Pour in pre-mixed seasonings and stir well. Add fried bean curd sticks and sauté over low heat for about a minute. Remove from heat and serve.

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香烤腐竹

材 料：

- 腐竹 4 根(每根分成 3 ~ 4 段)
- 中型洋蔥 1/4 個(切細)
- 香茅草(小的 2 根或大的 1 根)，取白色莖部，切很細
- 油 1/2 杯

調味料：

- 美極鮮味露 1½ 大匙
- 糖 1 茶匙
- 黑胡椒 1/2 茶匙
- 未炒過的黑、白芝麻一些(可不加)
- 辣椒醬(可不加)

以上材料調勻備用

作 法：

- (1) 平底鍋中倒入 1/2 杯的油(約能淹過腐竹的一半)，用中高的熱度熱油後，轉小火，放入 3 ~ 4 片腐竹，不斷翻面，炸至金黃色、兩面起泡泡，馬上盛起，放在餐巾紙上吸掉過多的油並備用。
- (2) 留 2 茶匙的油於鍋中，其餘的倒出，油熱後，放入洋蔥、香茅草爆香至黃黃香香的，轉小火，放入已調勻的調味料翻炒均勻，再將腐竹放入，以小火翻拌均勻約 1 分鐘，即可熄火盛於盤中。

SAVORY BEAN CURD STICKS



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Pickled Bean Curd Crisps

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香脆腐乳皮

Ingredients:

- 1 fresh frozen or dried bean curd sheet
- 2 cubes preserved bean curd (not too salty, not too hot)
- Raw black or white sesame seeds (optional)
- Vegetable oil for frying

Directions:

Soak dried bean curd sheet in a little water until tender. If using fresh frozen bean curd sheet, do not soak. Make sure water is well drained before moving to the next step. You can also use a clean towel to dab sheet dry. Place sheet flat on a cutting board. With a brush, spread a thin, even layer of preserved bean curd over half of the sheet. Sprinkle with sesame seeds. Fold sheet over to cover preserved bean curd, press together, and cut into bite-sized pieces.

Over medium heat, preheat several tablespoons vegetable oil in frying pan and fry bean curd pieces until golden brown and crispy. Since bean curd skin is thin, bean curd crisps will change color very quickly. At first, try frying one to two pieces at a time. Remove immediately once crisps are light golden brown. Spread on paper towel to remove excess oil, then place on a serving plate.

Suggested Combination:

Serve alone as an appetizer, or with sliced cucumber, celery sticks, carrot sticks, fresh mint, etc, or with rice.

材 料：

- 新鮮或乾的腐皮 1 張
- 豆腐乳 2 塊(不要太鹹、太辣)
- 未炒過的黑、白芝麻一些(可不加)
- 適量的油

作 法：

(1) 若是使用新鮮腐皮就不用泡水；乾的腐皮則用一點水泡軟後，用乾布或餐巾紙將腐皮表面水分吸乾。然後將腐皮平鋪在砧板(或木板)上，用刷子將豆腐乳薄而均勻地塗滿豆腐皮的一半，撒上芝麻，再把另一半對摺蓋住豆腐乳。

(2) 將腐皮剪成塊狀(大小可隨意，依方便送入口為準)。

(3) 平底鍋放適量蔬菜油，用中火熱油，油熱後把腐皮放入煎至金黃香脆，腐皮非常薄，煎的時候很快就呈金黃色，初煎的時候放一、兩片就好，一變色就快快拿起，放在餐巾紙上吸掉過多的油，待全部都好了再盛入盤中食用。

這道菜可當開胃小菜，或配飯或與小黃瓜、西洋芹(切條)，紅蘿蔔(切條)、新鮮薄荷…等搭配著吃。

PICKLED BEAN CURD CRISPS



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Five Spices Tofu

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五香豆腐

Ingredients:

- 1 piece of tofu (about 250g / 9 oz), cut into small cubes
- 2 Tbsp oil
- 1-2 sprigs cilantro for garnish

Seasonings:

- 1 Tbsp soy sauce
 - 1 piece preserved bean curd
 - 1/4 tsp salt
 - 1/2 tsp vegan seasoning
 - 1 stalk lemongrass, minced
 - 2 tsp sugar
 - 1/2 tsp Five Spices powder
 - 1/2 tsp chili sauce (Aulacese chili sauce is recommended)
 - 1 Tbsp tomato ketchup
- Thoroughly mix above ingredients and set aside.

Directions:

Place tofu cubes in container, spaced apart, and pour premixed seasoning onto tofu. Allow tofu to marinate for 5-10 minutes.

Preheat oil in a frying pan, and sauté marinated tofu without marinade for 4-5 minutes. Then add marinade, cover, reduce heat and simmer for 2-3 minutes. Remove from heat, pour onto a plate, garnish with cilantro and serve.

材 料:

- 豆腐 1 塊(約 250 克)，切小塊
- 1 ~ 2 小株香菜裝飾用
- 油 2 大匙

調味料:

- 醬油 1 大匙
- 豆腐乳 1 塊
- 鹽 1/4 茶匙
- 天然味素 1/2 茶匙
- 香茅草 1 根，切碎
- 糖 2 茶匙
- 五香粉 1/2 茶匙
- 辣椒醬 1/2 茶匙(悠樂辣椒醬口味較好)
- 蕃茄醬 1 大匙

將以上材料調勻備用

作 法 :

- (1) 將豆腐放在盤中，使之稍微分開。將混合好的調味料淋在豆腐中，讓豆腐浸泡在醬汁中 5 ~ 10 分鐘。
- (2) 待鍋熱後，放入 2 大匙油，油熱後，只將豆腐放入鍋中，調味汁留著。翻炒 4 ~ 5 分鐘後，加入調味汁，用小火加蓋燜煮 2 ~ 3 分鐘後盛起，用香菜裝飾即可上桌。

Stir-Fried Shanghai Cabbage

27

Ingredients:

1 cup diced vegan ham
7-8 green Shanghai cabbages,
chopped
3 tsp oil
1 tsp dried green onion or
some garlic (optional)

Seasonings:

2 Tbsp Maggi soy sauce
1 piece spicy, preserved bean curd
1 tsp preserved bean curd sauce
1 tsp sugar
1/2 tsp vegan seasoning
Thoroughly mix above seasonings
and set aside

Directions:

In a preheated wok, add 3 tsp oil, and sauté green onion (or garlic) and vegan ham for 1-2 minutes. Add cabbage stalks, stir several times, then add 3-4 tsp water, and cover for 1 minute. Add cabbage leaves and pre-mixed seasonings and stir-fry evenly for 1 minute. Remove from heat and serve.

炒青菜

材 料：

· 素火腿丁 1 杯
· 青江菜 1 把(約 7 ~ 8 棵)洗淨、切
小段，菜梗與綠葉分開
· 乾綠蔥 1 茶匙或一些大蒜(可不加)
· 油 3 茶匙

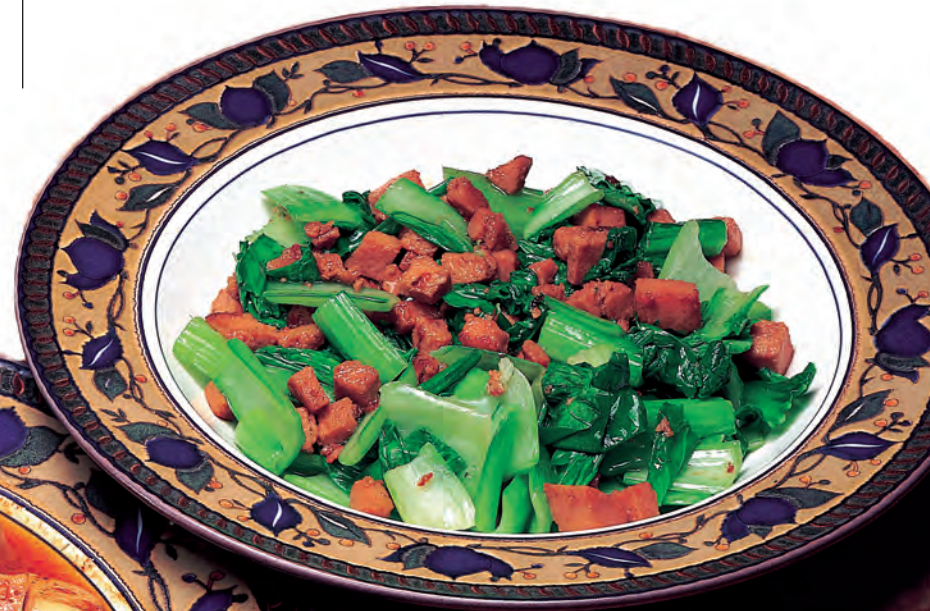
調味料：

· 美極鮮味露 2 大匙
· 辣豆腐乳 1 塊
· 豆腐乳汁 1 茶匙
· 糖 1 茶匙
· 天然味素 1/2 茶匙
以上材料混合均勻備用

作 法：

將炒菜鍋預熱後，加入 3 茶匙油，油熱後，放入乾綠蔥或大蒜，與素火腿炒 1 ~ 2 分鐘。放入青江菜的菜梗(白色部分)翻炒數下，加 3 ~ 4 茶匙的水，加蓋燜 1 分鐘。再加入青江菜的葉子與綜合調味料拌炒約 1 分鐘即成。

FIVE SPICES TOFU



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

English Thin Pancakes

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英國薄煎餅

Ingredients:

1/2 cup vegan plain yogurt (Alpro Yoghurt)
 1 cup all-purpose flour or whole-wheat flour
 2/3 cup water
 2 tsp ground, white or black sesame seeds (optional)
 A pinch salt

Toppings:

Vegan butter, softened
 Sugar or brown sugar
 Lemon, cut into wedges for squeezing

Directions:

Mix flour, salt and sesame seeds together then add vegan yogurt and water. Blend into a well-mixed batter. Because different types of vegan yogurt have different degrees of thickness, make sure that the batter has the right thickness. Test by dripping a drop of batter into a glass of water. If batter sinks to the bottom without dissolving, the right thickness has been achieved. If batter is too thin, add a spoon or two of flour and test again.

Preheat a non-stick frying pan over medium-high heat. (Add some oil or vegan butter, if desired.) Pour a scoop of batter into heated pan; tilt pan to spread batter evenly into a thin, round cake. Cook pancake until edges are golden brown. Use a spatula to turn pancake over, and cook other side until golden brown. If batter cannot be spread easily in the pan and pancake comes out dry and hard, add a bit more water and test batter in water again. When proper batter consistency is achieved, cook pancake as directed and continue cooking others as needed, sliding each onto a serving plate when finished. While still warm, spread vegan butter over each pancake, sprinkle with white or brown sugar, and then squeeze lemon-juice over it. Roll pancakes up and serve.

Pancakes may be served in different ways--salty or sweet, rolled up or folded in half, or as a dessert or breakfast food. Other ideal toppings include fruit jam, jelly and soy whipped cream, maple syrup and veagn sour cream, vegan ham and soy cheese, and even preserved bean curd and sesame seeds.

Suggested beverage: Black tea with vegan cream

材 料：

- 純素原味優酪乳 1 / 2 杯
- 中筋麵粉或全麥麵粉 1 杯
- 水 2 / 3 杯
- 鹽一小撮
- 白或黑芝麻粉 2 茶匙（可不加）
- 純植物性奶油，置室溫下軟化
- 果糖或黃砂糖一些
- 檸檬切塊（擠汁用）

作 法：

(1) 先將麵粉、鹽、芝麻混合均勻後，再將大豆優酪乳與水倒入拌勻，直到拌好的麵糊滴一滴在一杯清水中，若不會散開，直接沉到水杯底，是為適當的濃度。因不同廠牌的大豆優酪乳有不同的濃度，所以麵糊於水中若散開呈混濁狀則表示麵糊太稀，可再加點麵粉再測試一次。若麵糊在平底鍋中攤不開，做出來的餅會又乾又硬，此時就要在麵糊中加一點水，直到濃度剛好為止。

(2) 將平底不沾鍋用中大火熱鍋，若喜歡也可刷上一層油或純植物性奶油，放入 1 大瓢的麵糊，轉動鍋面使麵糊均勻地薄薄攤開在鍋中，煎到餅邊緣略呈焦黃色時，用塑膠或木頭煎匙翻面，另一面也是煎到餅緣略呈焦黃。將煎餅盛入盤中，趁熱塗上純植物性奶油，撒上果糖或黃砂糖，擠上檸檬汁，將其捲起，即可食用。

(3) 煎餅可摺著吃、夾東西吃，變化多端，餐餐不同。將餅較白的那面朝上，包內餡或捲起，較金黃的那面朝外，好看又好吃。內餡可塗果醬、黑糖蜜與液態純植物性鮮奶油、楓糖漿與大豆酸奶油；或放素火腿加純素大豆起司、豆腐乳加芝麻等隨個人喜好，甜、鹹皆可。

* 飲料可搭配紅茶加奶精。

ENGLISH THIN PANCAKES



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Ching Hai Scones

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清海餅

Ingredients:

2 cups all-purpose flour
 1/2 tsp salt
 1 tsp baking powder
 1/4 cup sugar
 1/2 tsp cinnamon powder
 1/4 cup baked walnuts, cherries, raisins, peanuts, etc. (combination of 3 different items is ideal for amount of flour in recipe.)
 1 tsp each of grated lemon peels, orange peels and ground ginger (optional)
 Thoroughly mix above ingredients in a mixing bowl
 1 cup soy whipping cream (i.e., full vegan cream milk, not to be confused it with soy whipped cream.)

Directions:

Preheat oven to 350°F(180°C).

Make a well in center of flour mixture, pour in soy whipping cream, and mix lightly with fork until dough is just moist enough to hold together.

On a lightly floured surface, with floured hands, divide dough into 12-15 pieces and knead each into a ball. Place balls 1" apart on floured baking tray. Sprinkle flour lightly on top of each and press lightly to flatten. ("Flatten its ego a bit," as the author, Master Ching Hai, jokes.)

Bake for 15-20 minutes, until golden brown. Transfer to wire rack and allow to cool. Serve with vegan butter or soy whipped cream and jam or alone with tea.

材 料：

- 中筋麵粉 2 杯
 - 鹽 1/2 茶匙
 - 泡打粉(baking powder) 1 茶匙
 - 糖 1/4 杯
 - 肉桂粉 1/2 茶匙
 - 1/4 杯烤熟的碎核桃、切碎的櫻桃、葡萄乾、花生…等
 (每次選三種材料來搭配是最好的比例)
 - 檸檬皮末、柳橙皮末、薑末各 1 茶匙(可不加)
- 以上所有材料放在一個容器中混合均勻備用
- 液態鮮純植物性奶油 1 杯

作 法：

- (1) 預熱烤箱到 180°C(350°F)
- (2) 將 1 杯液態鮮純植物性奶油與混合好的材料調拌成柔軟的麵糰即可，(液態鮮純植物性奶油可在烘焙材料行或大型超市買得到)。
- (3) 將麵糰放在輕灑麵粉的桌面上，將其分成 12 ~ 15 個小麵糰，輕揉成球形。撒些麵粉在烤盤上，將麵糰放入烤盤，各間距約 1 吋，再輕撒些麵粉在麵糰上，用手掌心輕壓，使略成圓扁狀。
 (清海無上師開玩笑說：把它的我執壓扁點！)
- (4) 放入已預熱的烤箱，烤約 15 ~ 20 分鐘，待餅呈金黃色後拿出，置鐵架上放涼。食用時，可搭配熱茶，或是將餅橫剖切半，中間塗上純素純植物性奶油或鮮純植物性鮮奶油與果醬，口感更加香美。

Ching Hai Rolls

Ingredients:

4 cups all purpose flour 2 tsp baking powder
 1/2 cup sugar 1 cup vegan butter, softened
 1/2 tsp salt 1 cup cold sweetened organic soy milk
 Applesauce, strawberry jam, orange marmalade, etc.
 Currants, raisins, or other dried fruit
 Cinnamon powder

Directions:

In a large mixing bowl, combine flour, sugar, salt, and baking powder and mix well. Place vegan butter in the middle of flour mixture. With pastry scraper or fingertips, cut and rub vegan butter into flour mixture until mixture resembles coarse crumbs. Make a well in the center of mixture and slowly add soy milk, while mixing lightly with fork or hands until dough is just moist enough to hold together. Do not over-knead dough; it will be chewy and hard if kneaded too much.

Preheat oven to 350°F(180°C). Prepare large, evenly vegan buttered baking pan.

Next divide dough into 4 portions. With lightly floured hands, shape each piece of dough into a smooth ball. With a lightly floured rolling pin, starting from the center toward the edge, roll each ball into an oval, rectangular sheet with a thickness of 3/8-inch. Starting 1½ inch from the bottom, place 3 Tbsp jam* widthwise over the sheet, leaving a 1-inch margin on both sides. Fold sheet widthwise to cover jam, then seal edges. Next place 3 Tbsp applesauce across sheet, sprinkle cinnamon powder** over applesauce, and add currants, raisins or other dried fruit. Fold sheet again to cover filling, then roll up and seal edge. Fold the two ends inward and press to seal tightly. Make sure all edges are tightly sealed, otherwise jam will leak out during baking. Place rolls seam side down in prepared baking pan. Brush with soy milk, which will give baked rolls a better gloss and color. Bake for 35-40 minutes, or until golden brown. Immediately remove from oven to cool. Serve in slices with tea or coffee.

*Combining sweet and sour jams in rolls makes the taste rich and balanced.

**Cinnamon powder is only suitable with applesauce.

清海捲

材 料：

- 中筋麵粉 4 杯
- 糖 1/2 杯
- 鹽 1/2 茶匙
- 泡打粉(baking powder) 2 茶匙
- 純植物性奶油 1 杯，置室溫下放軟
- 豆奶 1 杯
- 蘋果醬、草莓醬、柳橙醬等果醬
- 各種葡萄乾或其他類乾果一些
- 肉桂粉

作 法：

(1) 將麵粉、糖、鹽、泡打粉放在一個容器中混合過篩。加入純植物性奶油，用指尖或橡皮刮板將純植物性奶油與混合過的麵粉混合揉搓，直到像黃豆般的粗粒為止，將豆奶慢慢加入，用叉子或手輕輕拌壓到成糰，直到麵糰呈柔軟不黏狀態。別使力揉會使麵粉出筋，口感變差。

(2) 烤箱預熱到 180°C (350°F)，準備一個大烤盤並均勻地塗上一層純植物性奶油。

(3) 將麵糰放在輕灑麵粉的桌面上，分成 4 份，手輕沾麵粉將各麵糰輕揉成光滑的球形。用輕沾麵粉的 麵棍 成一片長方形橢圓薄片，厚約 3/8 吋；時要由麵糰的中心向邊緣方向 過去。在離麵皮底邊 1.5 吋處，開始放上 3 大匙草莓醬，但注意要在麵皮的左右兩端各留 1 吋空間不要塗到醬；將麵皮邊緣掀起覆蓋過草莓醬後，將邊緣輕壓使其封粘住，接下來放 3 大匙蘋果醬於麵皮上，撒上肉桂粉，再鋪上些許葡萄乾、其他乾果後，將包裹了草莓醬的麵皮輕輕掀起再覆蓋過蘋果醬之後，繼續滾捲到底，並將封口輕壓、封粘住。將左右兩端的麵皮摺進來並封粘緊，再檢查一下清海捲的四周是否已封粘緊，否則烘烤的時候，果醬會溢出餅外。

(4) 將清海捲放入烤盤，封口朝下。在表面刷上豆奶，令清海捲烤後表面色澤較金黃、亮麗。放入烤箱，烤約 35 ~ 40 分鐘，待餅皮呈金黃色後，立即取出，放涼後切片，配上咖啡或茶一起食用。

* 酸的果醬與甜的果醬交替使用，會使口感豐富並酸甜適中。請注意肉桂粉只能與蘋果醬放在一起。

CHING HAI SCONES



CHING HAI ROLLS



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Cocktail Tea (Tea for Curing the Flu)

Ingredients:

650 ml (3 cups) water
 1½ Tbsp cloves
 20g (1 oz) ginger (about thumb-size)
 2 star anises
 10g (0.5 oz) cinnamon
 1 clove garlic
 50g (2 oz) crystal sugar (to taste)

Directions:

Wash ingredients with water (crystal sugar not included); set aside.

Combine all ingredients with water in a pot. Bring to a boil over high heat. Reduce to low heat and simmer for 20 minutes. Filter out the dregs.

* For 2 persons, double ingredients.

This tea is particularly effective for treating influenza and for clearing up a runny nose.

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雞尾茶 (治感冒茶)

材 料：

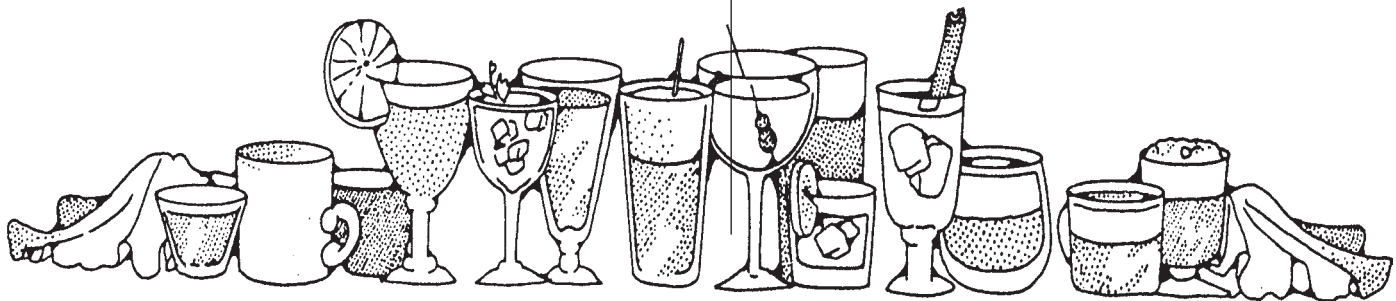
- 水 650 克
- 丁香粒 1½ 大匙
- 薑 20 克(大拇指大小 1 個)
- 八角 2 粒
- 肉桂 10 克
- 蒜頭 1 粒
- 冰糖 50 克(視個人喜好加入)

作 法：

- (1) 除冰糖之外，將其他材料洗乾淨之後備用。
- (2) 將水與所有的材料放入鍋中，用大火煮，水滾後，轉小火，再煮 20 分鐘後熄火，把材料瀝掉，即是雞尾茶。

* 如果 2 人份，材料加倍，以此類推。

* 此為治感冒特效藥，對流鼻水很有效。



(COCKTAIL TEA (TEA FOR HEALING FLUS))



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

Herbal Tea

Herbal teas are warm, refreshing drinks that aid in digestion and freshen the breath.

Ingredients:

- 1 stalk of lemongrass (with leaves)
- 3-4 stems of peppermint leaves
- 3-4 stems of spearmint leaves
- 1-2 bags jasmine tea (depending on size of teapot)

Directions:

Wash herbs and shake dry, then place in clear glass teapot with tea bags. Add boiling water and cover. Wait for several minutes until tea turns greenish yellow. Serve with crystal sugar, or by itself.

*Another combination for tea:

- 5 stems of coriander (cilantro)
- 3 stems of sweet basil
- 3-4 bergamot leaves

*It is best to prepare and serve the tea in a clear glass teapot for a refreshing view of the herbs inside, while enjoying the tea.

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草葉茶

有一些草葉茶可以提神、暖身、幫助消化，又能讓人口氣清香。

材 料：

- 香茅草 1 根(可連葉子一起)
- 西洋薄荷 3 ~ 4 株
- 綠薄荷 3 ~ 4 株
- 茉莉茶包 1 或 2 個(看茶壺的大小而定)

作 法：

將所有草葉洗淨，甩乾，與茉莉茶包一起放入玻璃茶壺內，倒入滾燙的熱水，蓋上蓋子，等幾分鐘後，茶的顏色變成淺綠黃色後，再加入冰糖(可不加)。

* 可用其它香菜來煮茶

- 香菜 5 株
- 九層塔 3 株
- 佛手柑葉 3 ~ 4 葉

* 最好用透明玻璃壺裝茶，在享受茶香的同時，也可以賞看到壺內草葉清新之美。

HERBAL TEA



東方佳餚

Eastern Specialities



The Sauce

Aulacese Sweet And Sour Sauce

39

悠樂酸甜汁

Ingredients:

- 1 cup water
- 4 Tbsp lemon juice (Fresh lemon juice is preferred or half lemon juice and half vinegar may be used.)
- 1/2 tsp salt
- 3 tsp sugar
- 3 tsp soy sauce
- Some shredded carrots (optional)
- 3 slices of chili or some chili sauce (optional)

Preparation:

Mix all ingredients. Keep refrigerated when not in use.

*This sauce can be served with spring rolls or fry..)

材 料：

- 水 1 杯
- 檸檬汁 4 大匙(新鮮的最好，或一半檸檬汁、一半醋)
- 鹽 1/2 茶匙
- 糖 3 茶匙
- 醬油 3 茶匙
- 紅蘿蔔絲一些(可不加)
- 紅辣椒 3 片或些許辣椒醬

作 法：

將所有材料混勻即可，不用時需冷藏。

*此酸甜汁可用來沾春捲或油炸…)



串燒珍味

Savory Barbecued Protein Kabobs

40

Ingredients:

75g (2.5 oz) dried vegan protein meat
8 skewers

Marinade:

1/6 cup soy sauce
3 tsp sugar
1 tsp vegan seasoning
1/2 tsp ground pepper
1/2 tsp Five Spices powder
Thoroughly mix above ingredients.

Directions:

Soak dried vegan meat in hot water until soft. Squeeze water out. Thoroughly mix marinade with vegan meat, and marinate for 20 minutes. Place 4-5 pieces onto each of the 8 skewers. Bake at 480°F(250°C), or barbecue.

Special recommended Aulacese serving method: On a leaf of lettuce, place some rice noodles, mint and grilled vegan meat, and roll up. Dip in Aulacese sweet and sour sauce (refer to page 39) and serve. This dish is both delicious and nutritious. With the mint's fragrance and the sweet and sour taste of the sauce, the combination is wonderful to eat. According to Oriental medicine, grilled protein food is difficult to digest and may cause internal heat in the body, which can lead to problems. However, if combined with cool, juicy vegetables, a perfect balance is reached in terms of both taste and health.

Au Lac is an ancient name for Vietnam, a tropical country along the Pacific Coast of Southeast Asia. In adapting to their country's warm, humid climate, the Aulacese for generations have created many excellent dishes in a unique native cuisine. Delectable and nutritious Aulacese foods particularly emphasize the balance between hot and cold, oily and light, and acid and alkaline. Such dietary traditions help maintain a beautiful and healthy body. All Aulacese recipes in this book feature the above-mentioned authentic characteristics.

材 料：

- 素肉片 75 克
- 竹籤 8 支

浸 料：

- 醬油 1/6 杯
- 糖 3 茶匙
- 天然味素 1 茶匙
- 黑胡椒粉 1/2 茶匙
- 五香粉 1/2 茶匙

以上材料混合均勻備用

作 法：

- (1) 將素肉片放在熱水中泡軟後，瀝乾水份。放入浸料中，浸泡約 20 分鐘。
- (2) 用竹籤串上 4 ~ 5 塊素肉片；將一串串的素肉放在 250°C (480°F) 的烤箱中；或外出郊遊時烤來吃。

悠樂人的美食哲學：將萵苣洗淨，取一片在上面鋪上些川燙好的米粉、烤好的素肉片、一點香氣十足的薄荷葉，包捲起來沾著口感豐富的悠樂甜酸汁(作法見 39 頁)吃，這樣的吃法既好吃又不膩。燒烤的食物容易上火，搭配多汁清涼的蔬菜可以降火氣，幫助消化。

悠樂是越南古時候的名稱，位於炎熱的東南亞一帶。在炎熱的氣候下，悠樂人發展出可口開胃又營養的飲食文化。他們尤其擅長於食物涼熱、油淡、酸鹼中和等不同屬性的搭配。這樣的養生之道，能使人保有良好的身體機能與體態。本書中所看到的悠樂菜皆有這樣的特性。

SAVORY BARBECUED PROTEIN KABOBS



Aulacese Broken Rice

Ingredients:

Aulacese broken rice* for 3-4 persons, about 2 cups un-cooked rice
 4 slices of sweet potato, shredded
 2 squares pressed, orange colored Chinese bean curd, (2" × 2" each),
 cut into 4 thin slices and finely shredded
 2/3 cup finely shredded konjaku**
 4 slices vegan ham, shredded
 1/4 cup finely shredded carrots
 1 cup finely shredded cabbage
 Cilantro, minced
 Lettuce (or bean sprouts), finely shredded
 Mint leaves (or sweet basil), finely shredded

Seasonings:

1/2 tsp salt
 1/3 tsp vegan seasoning
 1 tsp Maggi soy sauce
 3 Tbsp roasted rice powder
 (refer to ***)

Sauce:

3 tsp lemon juice or 2 tsp vinegar
 2 tsp sugar
 1½ tsp Maggi soy sauce
 1/2 tsp salt
 3½ oz water
 Chili sauce (optional)
 Mix above ingredients thoroughly
 and set aside.

Directions:

Dry konjaku with kitchen towel before deep-frying.

Heat oil to 375°F(190°C) and briefly deep-fry sweet potato, followed by pressed bean curd, shredded konjaku and shredded vegan ham. Drain excess oil. Sauté carrot and shredded cabbage until half cooked, then add in fried shredded ingredients, together with salt, vegan seasoning and Maggi soy sauce. Mix thoroughly and remove from heat.

Pour all fried ingredients into a bowl, let cool and then mix with roasted rice powder.

Serving Method:

Sprinkle the fried ingredients onto a serving-sized portion of cooked broken rice(1 : 1), then add cilantro, lettuce, and mint leaves. Sprinkle

1-2 Tbsp of sauce on top and serve.

*If Aulacese broken rice is not available, it may be prepared by using Thai, Formosan or any other long grain rice. Soak rice in very warm water for 15 minutes, then rub rice together by hand until rice breaks up. Use only 2/3 of the water normally required to cook rice, since the rice has already absorbed some water while soaking. Stir rice once while boiling. Sprinkle some water on rice if too dry, or use less water next time if too mushy. The amount of water can be varied, depending on the type of rice used.

**If konjaku is not available, bean threads may be substituted. Soak bean threads in warm water until soft. Drain. Cut into 2" lengths.

*** Roasted rice powder can be made by roasting 1/2 cup of un-cooked rice in a frying pan. Do not add oil. Roast over medium-high heat until evenly brown in color. Remove from heat immediately and pour the rice onto a cooling plate. When cool, roasted rice can be ground by using a blender or coffer grinder. Grind the rice until it resembles the texture of fine sand.

悠樂碎米飯

材 料：

- 悠樂碎生米* 2 杯，約 3 ~ 4 人份
- 地瓜 4 薄片，切細絲
- 中華豆乾 2 片，將豆乾切成薄片再切成細絲
- 蒟蒻切細絲 2/3 杯
- 素火腿 4 片，切細絲
- 紅蘿蔔切細絲 1/4 杯
- 高麗菜切細絲 1 杯
- 香菜一些，切碎
- 萵苣(或豆芽菜)一些，切細絲
- 薄荷葉(或九層塔)一些，切細絲

調味料：

- 鹽 1/2 茶匙
- 天然味素 1/3 茶匙
- 美極鮮味露 1 茶匙
- 乾米粉 3 大匙(作法見**)

調味汁：

- 檸檬汁 3 茶匙或白醋 2 茶匙
- 糖 2 茶匙
- 美極鮮味露 1 1/2 茶匙
- 鹽 1/2 茶匙
- 水 100 公克
- 辣椒醬 (可不用)

以上材料混合均勻備用

作法：

- (1) 在鍋中放入適量的油，待油熱到約 190°C (將乾的筷子放入油中，周圍會起油泡)，先放地瓜絲略炸很快撈起，接著炸豆乾、茼蒿絲、素火腿。炸過後，將油瀝乾。
- (2) 將紅蘿蔔絲、高麗菜絲炒到半熟，加入(1)的所有材料，加入鹽、天然味素和美極鮮味露，炒拌均勻後馬上熄火。
- (3) 把炒料(2)全部倒入容器中，等涼了以後，加乾米粉拌勻。

吃法：撒炒料在碎米飯上(飯與炒料的比例是 1:1)，再撒上海菜、萵苣、薄荷葉，淋上 1 ~ 2 大匙的調味汁，吃時調拌均勻。

* 悠樂碎米可用泰國米或福爾摩沙在來米或其它長型的米，用溫熱的水泡 15 分鐘，用手揉米使斷成一半變碎米。煮的時候，水量為平常煮飯的 2/3 就可，因米已泡過水了。因米的品種不同，水量就要自行斟酌略做加減。煮飯時，米煮到滾時，需攪拌一下。煮好後若發現飯太乾，可灑熱水在表層上；若飯太濕則下次水量需減少。

** 乾米粉可以自己做，用 1/2 杯的生米放入炒鍋中，不放油，用中火炒米至淡黃色後馬上熄火，盛入盤中待涼後，倒入榨汁機或咖啡研磨機研磨成粉狀。



Rice Tarts

Ingredients:

Tart shells:

1½ cups rice flour

1/3 cup cornstarch

1/2 tsp salt

1/2 tsp vegan seasoning (or sugar)

2 cups cold water
(or coconut milk)

2 cups hot water

2 Tbsp oil

Seasoning sauce:

1 cup water

1 tsp salt

3 Tbsp lemon juice

5 tsp sugar

Filling:

One handful of green onions or cilantro, minced

Jicamas, carrots and vegan ham
(Use desired amounts, cut into small cubes.)

1/2 cup peeled, split, dried mung beans (soaked for several hours or overnight)

1 Tbsp soy sauce

Some finely shredded turnip strips

Sliced chili peppers (as desired)

Thoroughly mix above ingredients and set aside.

Directions:

In a pot, over medium heat, cook mung beans in water. Water level should be slightly higher than beans. After water starts to boil, turn heat down to low, cover and cook beans till soft. Stir occasionally. While warm, drain and mash beans into a soft paste. Add a dash of salt and mix well. Set aside.

Blend rice flour, cornstarch, salt and vegan seasoning until well-mixed. Add cold water, stirring continuously. Pour hot water and oil into mixture and stir well. Grease the insides of tart molds or small dishes. Fill each tart cup with batter. Steam for 5 minutes or until done. Set aside to cool and then remove from molds.

Heat a little oil in a frying pan and sauté minced green onions. Then place green onions and oil in a dish and set aside.

Stir-fry jicama, carrots and vegan ham cubes with a little oil, and season with salt to taste.

Place tarts on a serving plate, evenly spread mung bean paste over

each tart and sprinkle with jicama, carrot and vegan ham topping. Top with green onion and oil mixture. Before serving, pour some seasoning sauce (or Aulacese sauce) over each tart.

板包

◎ 皮 —

- 在來米粉 1½ 杯
- 玉米粉 1/3 杯
- 鹽 1/2 茶匙
- 天然味素或糖 1/2 茶匙
- 冷水或椰漿 2 杯
- 熱水 2 杯
- 油 2 大匙

◎ 餡 —

- 綠豆仁 1/2 杯 (先浸泡數小時)
- 香菜或綠蔥一把 (切碎)
- 甜薯、紅蘿蔔、素火腿
(分量隨個人喜好, 切細丁)

淋 汁 :

- 水 1 杯
 - 鹽 1 茶匙
 - 檸檬汁 3 大匙
 - 糖 5 茶匙
 - 醬油 1 大匙
 - 白蘿蔔絲一些 (切很細)
 - 紅辣椒片 (依個人口味加入)
- 以上材料混合均勻備用

作 法 :

(1) 置綠豆仁於鍋中, 加水, 稍蓋過綠豆仁即可, 煮到要滾的時候, 轉小火繼續燜煮至熟軟, 煮時需不時攪拌一下。趁熱瀝乾水分, 將綠豆仁搗成泥狀, 加少許鹽拌勻備用。

(2) 將在來米粉、玉米粉、鹽、天然味素混勻, 放入冷水中拌勻, 加入熱水及油再拌勻。

(3) 取塔模或小碟子將內側抹油, 分別倒入(2)之後, 蒸 5 分鐘或熟了以後, 待涼扣出備用。

(4) 鍋中少許油燒熱, 爆香綠蔥, 將油及綠蔥盛起備用。

(5) 用少許油炒甜薯丁、紅蘿蔔丁、素火腿丁, 加鹽調味。

(6) 塗上一層綠豆仁在板包上, 再將(5)的炒料鋪上去。將板包排列在盤中, 均勻淋上綠蔥油及淋汁, 即可食用。

RICE TARTS



Sour Vegan Nem

Ingredients:

30g (1 oz) of agar, shredded or
1 bag (25g) of agar powder
1 bag yam noodles or 60g
(2 oz) bean threads
1 lb (450g) vegan ham, shredded
1 Tbsp vegetable oil
Cellophane (cut into 6" strips)
Some red chilies and fresh
garlic, sliced (optional)

Seasonings:

4 cups water
3 Tbsp sugar
3/4 cup vinegar or lemon juice
1 tsp salt
2 Tbsp soy sauce
2 tsp whole white pepper corns
1 tsp vegan seasoning

Directions:

Soak agar shreds in water for 5 minutes and drain. Cook agar (or agar powder) in 4 cups of water until dissolved. Add vinegar, sugar and salt. Stir frequently and keep warm over low heat.

If using bean threads, soak in lukewarm water for 15-20 minutes, then cut into preferred lengths. If using yam noodles, wash and cut into desired lengths before using.

Preheat oil in frying pan over medium high heat. Lightly sauté vegan ham and yam noodles or bean threads for a few minutes and then add soy sauce, vegan seasoning, and white pepper. Stir evenly for 3-5 minutes, then add to agar mixture.

Immediately pour final mixture into a rectangular baking tray or deep plate to a thickness of no more than half an inch. Let cool to room temperature, then refrigerate for at least half an hour before serving. Cut into pieces of desired size and top with slices of red chili and fresh garlic (optional).

You can also wrap each piece individually in Cellophane. Keep mixture warm on simmer heat to slow the hardening process. Place 1 tablespoonful of mixture in the middle of cellophane. Top with a slice of red chili and fresh garlic (optional). Fold the two long sides over

each other, then fold the remaining ends over and wrap tightly into a square. Keep Nem refrigerated until served.

*Nem may be served as an appetizer.

甜酸素火腿凍

材 料：

- 洋菜絲 30 克或洋菜粉(25 克)1 包
- 冬粉 60 克，泡軟，切段
- 素火腿 450 克，切絲
- 玻璃紙，每 15 公分裁一片
- 紅辣椒一些，去籽切片
- 大蒜片(可不加)一些
- 沙拉油 1 大匙

調 味 料：

- 水 4 杯
- 糖 3 大匙
- 醋或檸檬汁 3/4 杯
- 醬油 2 大匙
- 鹽 1 茶匙
- 天然味素 1 茶匙
- 白胡椒整顆 2 茶匙

作 法：

(1) 洋菜洗淨泡水約 5 分鐘後撈起瀝乾。用 4 杯水將洋菜或洋菜粉煮到溶化，加入糖、醋、鹽，要常常攪拌，用小火保溫。

(2) 用中火熱 1 大匙油，將素火腿、冬粉略炒幾分鐘，加入醬油、天然味素及白胡椒，拌炒約 3 ~ 5 分鐘，將炒料倒入洋菜中拌勻。

(3) 接下來的步驟有兩種方法，一是將拌好的料倒入長方形的烤盤或其他容器中，但料的厚度不要超過半吋(約 1.3 公分)，待涼後放入冰箱中至少冰半個小時，要吃之前，切割成喜歡的大小，配上 1 片的辣椒片與大蒜片(可不加)。

另一方法是，將拌好料的洋菜以小火保溫，不要讓它結凍，鋪開一張玻璃紙，舀 1 大匙的料放在玻璃紙中央，放上 1 片辣椒與蒜(可不加)，將玻璃紙的兩端摺進來，另兩端再摺進來，此時要包摺很緊，成四方形。放入冰箱冷藏，要吃時再拿出來。

* 此菜可當零嘴或飯前的開胃菜吃。

SOUR VEGAN NEM



Aulacese Salad

48

悠樂沙拉

Ingredients:

1/2 cabbage, finely shredded
 Mint leaves, sweet basil, cilantro, and laksa leaves, all finely chopped (The quantity of herbs should be about 1/5 of the amount of cabbage. They are all optional. You can just use what is available locally.)
 Some crushed roasted peanuts

Dressing Ingredients:

1 Tbsp soy sauce
 2 Tbsp lemon juice or vinegar
 1/4 cup water
 4 tsp sugar
 1 tsp salt
 1/2 tsp pepper
 Some fried onion, if desired
 Thoroughly mix above ingredients and set aside.

Directions:

Mix cabbage with herbs. Pour dressing over cabbage, and mix evenly. Allow cabbage to absorb dressing for a few minutes before serving.

Sprinkle with crushed peanuts and serve.

Option: Bits of protein-rich food such as shredded vegan ham or dried bean curd sheet may be added.

材 料:

· 高麗菜半個，切細絲
 · 薄荷葉、九層塔、香菜、阿三葉一些，皆切碎。(量約高麗菜的1/5，香菜亦可用當地買得到的，斟酌著搭配)
 · 碎花生一些

淋 汁:

· 醬油 1 大匙
 · 檸檬汁或醋 2 大匙
 · 水 1/4 杯
 · 糖 4 茶匙
 · 鹽 1 茶匙
 · 黑胡椒 1/2 茶匙
 (也可加一些洋蔥酥)
 以上材料調勻備用

作 法:

(1) 把高麗菜、薄荷葉、九層塔、香菜、阿三葉混合。
 (2) 將淋汁倒入菜中，攪拌均勻，讓材料吸收淋汁幾分鐘，盛入盤中撒上碎花生即可食用。

* 可加入切細絲的素火腿或豆腐皮之類的大豆蛋白。

AULACESE SALAD



Aulacese Sandwiches

50

悠樂三明治

Ingredients:

8-12 thin slices vegan ham (2-3 slices for each sandwich)
 1 Tbsp vegan butter for frying
 4 small loaves French bread
 Soft spread vegan butter for sandwich
 1 carrot (for pickled carrots, optional)
 Lettuce (leaf or head lettuce, cut into sandwich-size pieces)
 1 cucumber (cut into long strips or oblique slices)
 Cilantro
 Maggi soy sauce

Directions:

Fry vegan ham with vegan butter.
 Heat French bread, if desired, and cut into halves, lengthwise, leaving one side uncut so that the two halves are still connected.
 Spread inside of bread with vegan butter, and add lettuce, fried ham, pickled carrots, cucumber, cilantro and a few dashes of Maggi soy sauce.

* Short cut for making pickled carrots:

Peel 1 carrot and coarsely shred it. Sprinkle with 1 tsp salt and mix evenly. Set aside for 5 minutes. Wash with cold water and squeeze out excess water.

In a bowl, mix 1/4 cup of vinegar, 1/4 cup of water, 4 tsp sugar and 1/2 tsp salt. Add carrots and mix evenly. Pickled carrots may be served after soaking for 5-10 minutes. Add chili, if desired.

材 料：

- 素火腿 8 ~ 12 薄片，每份三明治夾 2 ~ 3 片
- 純素植物奶油 1 大匙，煎素火腿用
- 法國麵包小的 4 個
- 塗麵包用的純素植物奶油，置室溫軟化
- 生菜一些(綠葉或萵苣，切成適合三明治大小)
- 紅蘿蔔 1 條，做醃蘿蔔絲*(可不用)
- 小黃瓜 1 條(切長條或斜片)
- 香菜一些
- 美極鮮味露

作 法：

- (1) 素火腿用純素植物奶油煎黃。
- (2) 法國麵包烤過(不加熱也可)，沿縱向切開但不要切斷。將切開的內面塗上一層純素植物奶油，然後放入生菜、素火腿、醃紅蘿蔔絲、黃瓜、香菜，再滴幾滴美極鮮味露即成。

* 醃紅蘿蔔絲作法：

- (1) 紅蘿蔔去皮銼成粗絲，加 1 茶匙鹽拌勻，放置 5 分鐘後用冷水洗過瀝乾。
- (2) 在大碗中混合醋 1/4 杯、水 1/4 杯、糖 4 茶匙、鹽 1/2 茶匙，再放入紅蘿蔔絲，拌勻後放置 5 ~ 10 分鐘即成。若喜歡，可加上紅辣椒。

AULACESE SANDWICHES



Aulacese Sour Soup

Ingredients:

110g (4 oz) cabbage
 2 medium tomatoes
 1/4 fresh pineapple or 1/3 can of pineapple chunks
 4-5 pieces of okra
 A handful bean sprouts
 1 piece regular tofu
 6 cups water

Seasonings:

2 Tbsp tamarind or 2 Tbsp lemon juice
 2 tsp salt
 4 tsp sugar
 2 tsp soy sauce
 Minced cilantro, sweet basil, mint and chili (optional)

Directions:

Cut cabbage into bite-sized pieces, tomatoes into chunks, and okra into diagonal pieces about 1" in length. Also cut tofu into pieces of desired size.

Boil 6 cups water. Add cabbage and salt. Into a bowl, add boiling broth to tamarind and mash with a spoon to soften tamarind and extract the juice. Pour juice back into soup. Repeat these steps several times until the desired sourness is achieved. Now add pineapple and okra. After 2 minutes, add tomatoes and tofu, then add the remaining seasonings. If using lemon juice, add it last. Stir well.

Immediately remove from heat and add bean sprouts, sweet basil, mint, cilantro and chili before serving.

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悠樂酸湯

材 料：

- 高麗菜 110 克，切片
- 中型蕃茄 2 個，切塊
- 新鮮鳳梨 1/4 個或圓形切片鳳梨罐頭 1/3 罐，切塊
- 秋葵 4 ~ 5 支，切 2.5 公分長
- 豆芽 1 把
- 豆腐 1 塊(約 250 克)，切塊
- 水 6 杯

調 味 料：

- 酸果膏(Tamarind) 2 大匙或 2 大匙檸檬汁
- 鹽 2 茶匙
- 糖 4 茶匙
- 醬油 2 茶匙
- 九層塔、薄荷葉、香菜、辣椒(不喜歡辣者，可不加)，一些切碎

作 法：

將 6 杯水煮到開，放入高麗菜與鹽巴。在一個碗中，將羅望子加點熱湯，一邊用湯匙壓擠酸果膏的酸汁出來，將汁加入湯中。若湯不夠酸，反覆這個動作到湯夠酸了為止。這時放入鳳梨、秋葵，再過 2 分鐘後放入蕃茄和豆腐。再加入剩餘所有的調味料，攪拌均勻後馬上熄火(若用檸檬汁替代酸果膏時，必須最後再加入湯中)。上桌前加上豆芽菜及九層塔、薄荷葉、香菜、辣椒。

AULACESE SOUP SOUP



Lo Han Congee

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羅漢粥

Ingredients:

1/2 cup uncooked rice
 4 cups water
 2 Tbsp oil
 1 Tbsp finely shredded ginger
 1/2 small onion, diced
 3-4 slices vegan ham (or any other vegan protein product), cut into thin strips
 1/2 cup shredded shiitake mushrooms (or soaked dried mushrooms)
 2-3 leaves cabbage (or other green leafy vegetable), shredded
 1/2 cup shredded carrots
 1/2 cup button or straw mushrooms, cut into small pieces
 1-2 stems green onions, finely chopped
 A few stems cilantro, finely chopped

Seasonings:

1 Tbsp soy sauce (or Maggi soy sauce)
 1 tsp salt 1/2 tsp vegan seasoning
 1 tsp sugar 1-2 dashes black pepper

Directions:

Roast the rice in a frying pan to a light, yellowish-brown. Add 4 cups of water and bring to a boil, then turn heat down to low and simmer until the mixture becomes congee (a rice soup mixture).

Preheat 2 Tbsp of oil in a pan, and fry ginger and onions to a golden brown. Next, add vegan ham and shiitake mushrooms. Stir-fry until golden brown.

Add cabbage, carrots and mushrooms and stir thoroughly. Add seasonings and cook until done. Remove from heat. Pour sautéed vegetables into the congee pot and stir thoroughly. Boil over low heat for 5 minutes.

Remove from heat. Top with green onions and cilantro. Ready to serve, immediately. This dish is great for breakfast or dinner.

材 料：

· 生米 1/2 杯
 · 水 4 杯
 · 油 2 大匙
 · 薑絲 1 大匙
 · 小型洋蔥 1/2 個，切丁
 · 素火腿(或其它素蛋白類) 3 ~ 4 片，切細絲
 · 香菇絲 1/2 杯 (已泡軟的)
 · 高麗菜(或其它青菜) 2 ~ 3 葉，切絲
 · 紅蘿蔔絲 1/2 杯
 · 洋菇或草菇丁 1/2 杯
 · 蔥 1 ~ 2 枝、香菜數支，切末

調味料：

· 醬油(或美極鮮味露) 1 大匙
 · 鹽 1 茶匙
 · 糖 1 茶匙
 · 天然味素 1/2 茶匙
 · 黑胡椒粉少許

作 法：

(1) 將米乾炒至淺棕色，加水 4 杯，用大火煮到滾再以小火熬煮成粥。

(2) 熱油 2 大匙，將薑、洋蔥爆香至金黃色，放入素火腿及香菇絲炒至金黃色，再加入高麗菜、紅蘿蔔、洋菇、調味料，拌炒均勻至熟，熄火。把炒熟的蔬菜倒入粥中，拌勻後，用慢火煮 5 分鐘，熄火，加入綠蔥末及香菜末，即可食用。

LO HAN CONGEE



Savory Lemongrass Wheat Gluten Sausages

56

香茅滷麵腸

Ingredients:

3-4 pieces fresh wheat gluten sausages (about 400g / 14 oz)
1-2 Tbsp oil (for frying)

Marinade:

3 stalks lemongrass, finely minced
1/4 cup soy sauce
2 tsp sugar
1/2 tsp vegan seasoning
2 tsp Maggi soy sauce
A pinch of black pepper
Thoroughly mix above ingredients and set aside.

Directions:

Slice wheat gluten sausages into desired size, slash lightly on surface to facilitate absorption of marinade. Dip each piece in sauce and place in a deep dish. Pour remaining sauce into the dish and let sausages marinate for at least 15 minutes.

Preheat a frying pan over medium high heat with some oil. Fry sausages until slightly golden brown. Add remaining marinade and cover for 2-3 minutes. If mixture is too dry, add a little water. (Since the sauce contains sugar, sausages are easy to burn, so be careful when frying.)

When sauce becomes thick and evenly covers each piece of sausage, remove from heat, put on a serving dish and garnish with cilantro.

Serve with fresh cucumber, lettuce, tomatoes, or pickles.

材 料：

· 麵腸 3 ~ 4 條(約 400 克)
· 油 1 ~ 2 大匙

滷 汁：

· 香茅草 3 根，取莖梗部分，切細碎
· 淡色醬油 1/4 杯
· 糖 2 茶匙
· 天然味素 1/2 茶匙
· 美極鮮味露 2 茶匙
· 黑胡椒粉少許

以上材料混合均勻備用

作 法：

(1) 將麵腸橫剖開再切成段，並在表面斜劃 1 ~ 2 刀。將麵腸放入滷汁中，讓表面都沾足滷汁後，放入有深度的容器中，再將剩餘的滷汁淋上去，浸泡至少 15 分鐘以上。

(2) 於平底鍋中，以中大火熱油，將麵腸煎至略呈金黃色後，加入剩餘的滷汁燜煮 2 ~ 3 分鐘(因滷汁中有糖分，小心不要讓它燒焦；若是湯汁太少要略加點水)。當湯汁變得濃稠並均勻地覆蓋了每一片麵腸時就可熄火，盛起。加上一點香菜綴飾即可上桌。

(3) 可與小黃瓜、萵苣、蕃茄或醃黃瓜配著一起吃。

SAVORY LEMONGRASS WHEAT GLUTEN SAUSAGES



SPRING ROLLS



Sautéed Vegetables Over Rice

Ingredients:

1/2 onion, chopped
 4 thin slices of vegan ham; cut into strips
 6-8 medium-sized dried or fresh mushroom; cut into halves
 1/2 cup shiitake mushroom stalks (optional)
 1 large tomato, cut into chunks
 1/4 cabbage, torn into bite-sized pieces
 1 small carrot, cut into round or oblique slices
 1 small eggplant, cut into round thin slices
 1 small cucumber, cut into 4 parts lengthwise, seeded, and then cut into 2" oblique pieces
 1 small bunch of spinach, cut into 2" pieces
 5-6 sprigs of mint, coarsely chopped
 A handful of cilantro, coarsely chopped

Seasonings:

2 cubes of preserved bean curd and sauce	1/2 tsp vegan seasoning
1 Tbsp Maggi soy sauce	2 tsp cornstarch
1 Tbsp dark soy sauce	1/2 cup water
1 tsp tomato sauce	Thoroughly mix above ingredients and set aside.
3 tsp sugar	

Directions:

Preheat 2 Tbsp oil in a frying pan. Sauté onion until light brown, and then add ham, mushrooms and shiitake mushroom stalks.

When the vegan ham is lightly browned, add tomatoes, and sauté until tomatoes become a paste. Then add the cabbage, carrots, eggplant, cucumber, and spinach, and stir-fry until almost done. Add a bit of water if vegetables are too dry to cook.

Pour in seasoning sauce, sprinkle with mint and cilantro and mix well. Cook for a few minutes over medium heat. Remove from heat and serve with steamed rice. The taste is savory and delicious!

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什錦燴飯

材 料：

- 洋蔥 1/2 個，切碎
- 素火腿 4 薄片，切絲
- 中型香菇 6 ~ 8 個，切半 (鮮香菇或乾香菇)
- 素羊肉 1/2 杯 (可不加)
- 蕃茄 1 大個，切塊
- 高麗菜 1/4 個，撕成可入口大小
- 紅蘿蔔 1 小條，切圓片或斜片
- 茄子 1 小條，切圓薄片
- 小黃瓜 1 小條，豎切成 4 條後，去子，再斜切成 5 公分段
- 菠菜 1 小把，切 5 公分段
- 薄荷 5 ~ 6 株，粗切
- 香菜 1 把，粗切

調味料：

- 豆腐乳 2 塊加一些腐乳汁
- 美極鮮味露 1 大匙
- 醬油 1 大匙
- 蕃茄醬 1 茶匙
- 糖 3 茶匙
- 天然味素 1/2 茶匙
- 玉米粉 2 茶匙
- 水 1/2 杯

以上材料調勻備用

作 法：

(1) 炒鍋加熱，放入 2 大匙油。油熱後加入洋蔥炒至金黃，加入素火腿、香菇、素羊肉。

(2) 待素火腿 炒到金黃色時，加入蕃茄，炒到蕃茄成醬狀。繼續加入高麗菜、紅蘿蔔、茄子、小黃瓜、菠菜炒到快熟時 (若太乾則加一點水)，加入混合好的調味料，撒入薄荷和香菜拌均勻後，用中火燜煮幾分鐘，熄火。淋在飯上，就是香氣十足又可口的燴飯。

SAUTÉED VEGETABLES OVER RICE



Cinnamon Banana Fritters

Ingredients:

2 bananas, cut into ½ -inch slices
 1/2 cup all-purpose flour
 1 tsp baking powder
 2/3 cup water
 1 Tbsp vegetable oil
 A pinch of salt

Seasonings:

1/4 cup granulated sugar
 1/2 tsp cinnamon powder
 Mix these ingredients in a dish and set aside.

Directions:

Mix all-purpose flour, baking powder, salt and oil with water to form batter. On medium high heat, preheat a small pot of oil to 350°F for deep-frying. Enough oil should be added to cover banana slices while frying. Dip banana slices in batter and deep-fry until golden brown. Remove from oil and drain on paper towel. Coat each piece with cinnamon powder and sugar mixture and serve.

Tips for deep- frying:

Use at least enough oil to cover ingredients. Preheat oil until the temperature reaches 300°-350°F (150°-180°C). You can test oil temperature by holding your palm 10cm over it. If oil feels warm, it has been heated to the required temperature. You can also test oil temperature by immersing a vegetable leaf in it. If leaf immediately floats to the top covered with small bubbles, the oil is ready for frying.

Steps in deep frying: First, preheat oil over high heat to suggested temperature, at which it will solidify the food and form a coating. Then turn heat down to medium, and fry food until done. Finally, before removing fried food from oil, turn heat to high again to drain off excess oil.

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肉桂香蕉炸

材 料：

- 香蕉 2 條，切斜片，約半吋厚
- 中筋麵粉 1/2 杯
- 泡打粉 1 茶匙
- 油 1 大匙
- 水 2/3 杯
- 一小撮鹽

調味料：

- 白砂糖 1/4 杯
- 肉桂粉 1/2 茶匙

將調味料混合均勻備用

作 法：

- (1) 將麵粉、泡打粉、油、水、鹽混合均勻成麵糊。
- (2) 鍋中放油，油的高度要能蓋過油炸物，用中大火熱油到約 180°C。將香蕉片放入麵糊中沾勻，下鍋，用中到大的火炸約 5 分鐘呈金黃色時，撈起，瀝乾油。放入砂糖肉桂粉的盤中均勻的沾上即可。

油炸小常識：

油炸時，一般油的份量至少要蓋過油炸物，油溫約在 150°C 至 180°C 為比較適合的溫度。可將手掌放到離油面約 10 公分處，若手心覺得溫溫的，表示油溫已經夠熱了；或試放一片菜葉子到油鍋裡，若菜葉馬上浮起且有許多小泡泡，此時便可開始炸東西了。

油炸的步驟：

首先溫度要夠熱，會使外皮定形。接著以中火保持熱度，將食物泡熟。最後開大火炸一下，將含在食物中多餘的油份排出。

CINNAMON BANANA FRITTERS



Japanese Tempura

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東瀛素炸

Ingredients:

300g pumpkin, seeded and sliced

Other suitable ingredients include: eggplant, sweet potatoes, shiitake mushrooms, green beans, okra, green bell pepper, green perilla, etc. (avoid watery vegetables) Combine several kinds of ingredients to taste.

Batter:

1 cup all-purpose flour

3/5 cup water

1/2 salt

Thoroughly mix above ingredients and set aside.

2½ cups oil (for deep-frying)

Dipping sauce:

3/5 cup water

1 tsp vegan seasoning (kelp flavor)

1¼ tsp soy sauce

1 Tbsp light brown sugar (to taste)

1/2 tsp salt

Place above ingredients in a small pan, bring to boil and turn off heat.

Finely grated, raw turnip (daikon radish)

Place dipping sauce with turnip in small dish and set aside.

Directions:

Preheat oil over high heat. Coat the slices of pumpkin with the batter. Deep-fry in oil over medium high heat until batter turns golden brown and pieces float to the top. Remove from oil and drain. Serve with dipping sauce.

*Do not deep-fry too many vegetables at once.

材 料：

· 南瓜 300 克，去子、切片

· 其他可搭配的蔬菜：茄子、地瓜、乾香菇、四季豆、秋葵、青椒、紫蘇等，可自行搭配幾種喜歡的蔬菜來炸，但避免水分太多的蔬菜。

· 炸油 2½ 杯

麵 糊：

· 麵粉 1 杯

· 水 3/5 杯

· 鹽 1/2 茶匙

以上材料調勻成麵糊

佐 料：

· 水 3/5 杯

· 天然味素 1 茶匙(或海帶粉)

· 醬油 1¼ 茶匙

· 黃砂糖 1 大匙(依個人口味斟酌)

· 鹽 1/2 茶匙

將以上材料放小鍋中煮到滾，熄火放涼

· 白蘿蔔一些(磨成泥狀)

將蘿蔔泥與醬汁放入碟中備用

作 法：

(1) 將油放入鍋中以中大火熱油。油熱後再將南瓜沾上麵糊放入鍋中，以中大火炸至材料浮起並呈金黃色後，即可撈出，瀝乾油。

(2) 食用時，在醬油中加入白蘿蔔泥為佐料沾著吃，風味獨具。

* 油炸時，不可一次放入太多材料去炸。

JAPANESE TEMPURA



Japanese Nori Rolls

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Ingredients:

3 cups raw Japanese rice
2½ cups water
3-5 dried shiitake mushrooms, soaked in warm water to soften and cut into thin strips
3 pieces fried bean curd*, cut into strips
1/2 carrot*, cut into 1/3" wide strips
100g (3.5 oz) vegan ham, cut into 1/3" wide strips
5 sheets nori seaweed (laver)

Seasonings for shiitake mushrooms and fried bean curd:

1 Tbsp soy sauce
1 Tbsp sugar

Vinegar Sauce:

¾ cup white vinegar
1/2 cup sugar
1/3 tsp salt

Directions:

Wash rice and soak in 2½ cups water, which is less than the normal amount for cooking, and cook. Mix vinegar, sugar and salt in bowl until sugar melts.

Transfer hot, cooked rice to large tray, add vinegar sauce, and mix thoroughly with spatula. Set aside.

Put shiitake mushrooms and fried bean curd in small pot, together with 50cc of shiitake mushroom water, soy sauce and sugar. Cook over low heat until liquid evaporates. Cook carrot in small pot with 1 cup water and 1 tsp salt until soft. Divide all ingredients into 5 portions and set aside.

Making nori rolls:

Place a sheet of nori seaweed on bamboo mat or piece of cellophane. Spread layer (about 0.5cm / 1/6" thick) of sushi rice on nori seaweed, with 1/3" margin at the front and 1" margin at the back. Arrange lines of shiitake mushrooms, fried bean curd, carrots and vegan ham on rice, 2/3" from front edge of rice. Wrap into a tight, even roll, using bamboo mat (without rolling mat in between). Remove mat. Using a sharp knife coated with vinegar, cut nori roll into sections,

and transfer to serving tray.

*5 dried gourd shavings may be substituted for fried bean curd. Cucumber may be substituted for carrot. After washing cucumber, cut into strips, pickle cucumber with 1/2 tsp salt for 5 minutes and drain.

和式素捲

材 料：

· 壽司米 3 杯
· 水 2½ 杯
· 乾香菇 3 ~ 5 個，洗淨泡軟，切條狀
· 豆皮 * 3 塊，切成細長條
· 紅蘿蔔 * 1/2 條，切成 1 公分寬的細長條
· 素火腿 100 克，切成 1 公分寬的細長條 (煎過的)
· 乾紫菜片 5 張

香菇與豆皮的調味料：

· 醬油 1 大匙
· 砂糖 1 大匙

調味醋：

· 白醋 ¾ 杯
· 糖 1/2 杯
· 鹽 1/3 茶匙

作 法：

(1) 米洗好瀝乾，放 2½ 杯水入鍋煮。將醋、糖、鹽混合，攪拌到糖溶化。飯熟趁熱取出，加調味醋，用飯杓和勻備用。
(2) 香菇、豆皮放入小鍋中，加入 50cc 泡香菇剩的水、醬油、砂糖各 1 大匙，用小火燜煮到水分收乾即可。紅蘿蔔條，用 1 杯水與 1 茶匙鹽煮到軟即撈起瀝乾。將所有材料分成五等份備用。
(3) 將紫菜葉鋪在捲板或玻璃紙上，薄薄均勻地鋪上白飯，約 0.5 公分厚 (近端空出 1 公分，另一端空出 3 公分)。
(4) 從靠近自己這一端 2 公分處，在飯上依序放入香菇、豆皮、紅蘿蔔和素火腿。
(5) 將捲板捲起，要捲緊、扎實，以免鬆散。用淋過醋的刀將壽司捲切厚片，放置盤內。

* 豆皮可用葫蘆乾替代，做法一樣。紅蘿蔔可用小黃瓜替代，洗淨後切細條，用少許鹽醃過幾分鐘，瀝乾備用。

JAPANESE NORI ROLLS



Steamed Savory Cups

Serves 4

Ingredients:

160g (5.5 oz) fresh hard tofu
 160g (5.5 oz) soft tofu
 1 dried shiitake mushroom, soaked in 50cc warm water until soft, and shredded for filling
 40g (1.5 oz) small bamboo shoots, sliced and cut into 4 ginkgo-leaf shapes.
 4 fresh shitake mushrooms, cut into halves
 12 pieces canned ginkgo fruit
 6 green beans, shredded
 120g (4 oz) sweet potatoes, peeled, and diced into 1/2" cubes
 60g (2 oz) vegan ham, diced into 1/2" cubes
 2 slices vegan boiled fish paste (kamaboko), cut into halves
 20g (0.7 oz) carrot, sliced, and cut into 4 ginkgo-leaf shaped pieces

Seasonings:

1½ tsp soy sauce
 1½ tsp sugar
 1/2 tsp salt
 1/2 tsp vegan seasoning
 2 tsp arrow root (kuzu) starch

Topping:

A few Japanese mitsuba leaves
 4 pieces ginkgo fruit
 2 slices boiled vegan fish paste (kamaboko), shredded

Directions:

Bring 50cc shiitake water and seasonings to boil and remove from heat. Add kuzu starch and stir well. Allow to cool, then thoroughly blend tofu with seasoning mixture in food processor or juice blender.

Put 1/2 tsp salt in a pot of boiling water, then blanch green beans, sweet potatoes, bamboo shoots, fresh shiitake mushrooms and carrots and set aside. Put softened dried shiitake slices in bottom of cups, divide all filling into 4 equal portions and put into 4 cups.

Pour tofu mixture on top of filling. Place kamaboko and ginkgo fruit on top for decoration. Put lids on cups, place in a steamer, and steam for 5 minutes over medium heat, then reduce to low heat and steam for 10 minutes. Place mitsuba leaves on top for decoration. Serve hot or cold; both are very tasty.

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茶碗蒸

4 人份

材 料：

- 家常豆腐 160 克
- 嫩豆腐 160 克
- 乾香菇 1 個，用 50cc 溫水泡軟後，切絲（泡香菇剩下的水備用）
- 筍 40 克，切成 4 片 細長 狀
- 新鮮香菇 4 個，各切一半
- 白果 12 顆（買罐頭裝）
- 四季豆 6 條，切細
- 紅蕃薯 120 克，去皮，切丁 1 公分
- 紅蘿蔔 20 克，切成 4 片 細長 狀
- 素火腿 60 克，切丁 1 公分
- 素魚 2 片，各切一半

調味料：

- 醬油 1½ 茶匙 · 砂糖 1½ 茶匙 · 鹽 1/2 茶匙
- 天然味素 1/2 茶匙
- 葛粉 2 茶匙

裝 飾：

- 三葉芹少許
- 白果 4 顆
- 素魚 2 片，切細條

作 法：

- (1) 50cc 的香菇水和其他調味料一起煮過後，加入葛粉拌勻。待涼後，和豆腐一起放入果汁機或攪拌機中攪拌。
- (2) 將鹽 1/2 茶匙放入滾水中，再放四季豆、紅蕃薯、紅蘿蔔、筍、香菇等川燙後，備用。
- (3) 泡好而切好的乾香菇放入 4 個茶碗裡，再將全部的材料及白果分成 4 等分，分別放入這 4 個茶碗。
- (4) 材料上加豆腐泥，表面再飾以白果、素魚板，先用中火蒸 5 分鐘，再用小火蒸 10 分鐘。
- (5) 放上三葉芹裝飾完成，冷熱都美味。

STEAMED SAVORY CUPS



Deep Fried Tofu With Vegetable Sauce

Ingredients:

400g fresh tofu, cut into 8 cubes
 1/4 tsp salt
 Potato starch
 50g golden needle mushrooms, washed, trimmed and cut in half
 1/4 carrot, cut into thin strips
 1 dried shiitake mushroom, soaked in warm water to soften and cut into thin strips
 3-4 green beans, cut into thin strips
 Spring onion to taste, finely chopped

Seasonings:

1 cup water
 1½ Tbsp light brown sugar (to taste)
 1/2 tsp soy sauce
 2/3 tsp salt
 1 tsp vegan seasoning (kelp flavor)

Directions:

Press out water from tofu. Draining excess water from tofu prevents oil from splattering during frying. Sprinkle 1/4 tsp salt on both sides of tofu. Coat tofu with potato starch, and deep-fry until golden brown. Remove from oil. Absorb excess oil with paper towel and place on a serving plate.

Combine all the seasonings with water in a saucepan and cook mushrooms, carrots and green beans until soft. Pour vegetable sauce over fried tofu and sprinkle spring onion over top. Serve hot.

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香蔬淋豆腐

材 料：

- 豆腐 400 克，切成 8 等份
- 鹽 1/4 茶匙
- 地瓜粉適量
- 金針菇 50 克，洗淨，切掉根部後切對半
- 紅蘿蔔 1/4 個、四季豆 3 ~ 4 條(或青椒 1/2 個)，切細絲
- 青蔥末少許
- 乾香菇一個，以溫水泡軟後，切絲

調味料：

- 水 1 杯
- 醬油 1/2 茶匙
- 鹽 2/3 茶匙
- 黃砂糖 1½ 大匙(依個人口味斟酌)
- 天然味素 1 茶匙(或海帶粉)

作 法：

(1) 拭去豆腐表面的水分，避免炸豆腐時，油會噴濺。將 1/4 茶匙鹽均勻灑在豆腐的兩面、再沾上地瓜粉，放入油鍋炸至金黃撈起、瀝乾，盛入盤中。

(2) 在炒鍋中放入水加熱，再放入金針菇、紅蘿蔔、四季豆、香菇煮軟後加入所有調味料，調拌均勻後，淋在炸豆腐上，灑上蔥末，趁熱食用。

DEEP FRIED TOFU WITH VEGETABLE SAUCE



Miso Potatoes

72

味噌洋芋

Ingredients:

2 potatoes
1/2 cup light brown sugar

Seasonings:

1 Tbsp sugar
1 Tbsp vinegar
1 tsp yellow mustard paste
2 Tbsp miso paste

Directions:

Peel potatoes and cut into thin strips like French fries. Heat water in a pot to boiling. Add light brown sugar then stir in potato strips and cook for 6-7 minutes; water should be enough to cover potato strips. Remove from heat, drain well and allow to cool.

Miso Sauce: Combine all seasoning ingredients in a frying pan and cook over low heat. Stir continuously until mixture thickens, but do not bring to a boil. (If mixture becomes too thick, add a little more hot water.) Remove from heat.

Place potato strips on a serving dish and cover with miso sauce.

*Adding light brown sugar to boiling water will give potatoes a naturally sweet taste.

材 料：

· 馬鈴薯 2 個
· 黃砂糖 1/2 杯

調 味 料：

· 糖、醋各 1 大匙
· 黃色芥末 1 茶匙
· 味噌 2 大匙

作 法：

(1) 馬鈴薯削皮切條(寬度如一般薯條)。鍋中放水(水量要能蓋過馬鈴薯條)煮滾後，加入半杯的黃砂糖，再將馬鈴薯放入鍋中川燙 6 ~ 7 分鐘，撈起瀝乾待涼。

(2) 將所有調味料放進鍋子，以小火邊煮邊調成糊狀(如太稠可加些熱開水，但不要煮開)，調好後即熄火。

(3) 食用時，將薯條置於小碗中，淋上(2)即可。

* 在川燙用的水中加糖會使馬鈴薯增加一點天然的甜味。

MISO POTATOES



Stuffed Green Bell Peppers

74

青椒鑲豆腐

Ingredients:

3 medium dried shiitake mushrooms, soaked and minced
 1/3 of a carrot, minced
 1/3 piece of tofu (about 85g / 3 oz), minced
 4 small green bell peppers, halved
 2 Tbsp oil and 2 Tbsp vegan butter for frying

Seasonings:

1/3 tsp salt
 1/3 tsp vegan seasoning
 1/4 tsp sugar
 2 tsp cornstarch
 Some ground pepper

Directions:

Preheat 1 Tbsp oil, and stir-fry mushrooms until golden brown. Add carrots and stir-fry until fragrant. Add tofu, salt, vegan seasoning, sugar, ground pepper and cornstarch, and thoroughly mix into a paste. Stuff paste into halved green bell peppers. Fully cover with cornstarch.

Preheat 2 Tbsp oil over medium heat in a frying pan, turn heat down to low, place stuffed peppers, top side down, in pan, and fry for 2-3 minutes or until a light, golden brown. Turn over and continue to fry peppers. Add oil and vegan butter, and fry on low heat for 3-4 minutes or until done.

* If desired, pour sweet and sour sauce over peppers.

Shortcut for making sweet and sour sauce: Thoroughly mix 6 Tbsp tomato ketchup, 4 Tbsp water, 4 Tbsp sugar, 1/6 Tbsp salt, 2 Tbsp vinegar, 1/2 Tbsp cornstarch and 1 Tbsp oil, and cook to a boil over medium low heat. Remove from heat and pour evenly over stuffed green peppers.

材 料：

- 小型青椒 4 個，切半
- 豆腐 1/3 塊(約 85 克)，切碎
- 中型香菇 3 朵，泡軟後切碎
- 紅蘿蔔 1/3 條，切碎
- 油
- 純素植物奶油

調 味 料：

- 鹽、天然味素各 1/3 茶匙
- 糖 1/4 茶匙
- 太白粉 2 茶匙
- 胡椒粉少許

作 法：

(1) 將 1 大匙沙拉油放入鍋內熱油，放入香菇末炒成金黃色，加上紅蘿蔔末炒香後加豆腐及鹽、天然味素、糖、胡椒粉、太白粉，炒拌均勻成糰。炒好的料分別塞進切半的青椒裡。

(2) 表面撒上滿滿一層太白粉。熱油 2 大匙在鍋內，將表面朝下用小火煎 2 ~ 3 分鐘到表面略呈金黃色後，翻轉讓青椒繼續煎，在鍋中加 2 大匙的油與 2 大匙的純素植物奶油，用小火煎 3 ~ 4 分鐘或將青椒煎熟後即可。

* 若喜酸甜，可將糖醋汁淋在上面。糖醋汁用蕃茄醬 6 大匙，水 4 大匙，糖 4 大匙，鹽 1/6 大匙，白醋 2 大匙，太白粉 1/2 大匙，油 1 大匙，調勻，中小火煮開，均勻地淋上表面即可。

STUFFED GREEN BELL PEPPERS



Glutinous Rice With Chestnuts

76

栗子糯米飯

Ingredients:

2 cups glutinous rice (cleaned and soaked in water for 4 hours)
 50g (2 oz) fresh, shelled chestnuts (or dried chestnuts soaked for 4 hours)
 5 (or 20g) pitted red dates, cut into quarters
 25g (1 oz) raisins
 25g (1 oz) pine nuts

Seasonings:

1 cup light brown sugar
 2 Tbsp soy sauce
 2 tsp sesame oil
 1/2 cup water

Directions:

Place a damp cloth in a steamer. Place soaked glutinous rice and chestnuts in steamer, and steam about 40 minutes until done.

Mix cooked rice and chestnuts with the rest of ingredients and all seasonings in a wok, stir and cook for a few minutes until mixture is evenly moistened. Then pour mixture into steamer again and steam for 25 minutes. Remove from steamer and serve.

材 料：

· 糯米 2 杯(洗淨泡 4 小時)
 · 去殼栗子 50 克(乾栗子要先泡水 4 小時)
 · 紅棗 5 個，約 20 克(每個去子，切成 4 等分)
 · 葡萄乾 25 克
 · 松子 25 克

調味料：

· 黃砂糖 1 杯
 · 醬油 2 大匙
 · 芝麻油 2 茶匙
 · 水 1/2 杯

作 法：

(1) 蒸籠內鋪上濕布，放進泡好的糯米與栗子，蒸約 40 分鐘。
 (2) 將蒸熟的糯米與栗子和其他材料及調味料一起放入炒鍋中拌煮幾分鐘，使糯米與水與材料都能均勻。
 (3) 再將所有材料倒入蒸籠內再蒸 25 分鐘即可。

GLUTINOUS RICE WITH CHESTNUTS



Kutchuri-Instant Kimchi

78

即食韓國泡菜

Ingredients:

500g (18 oz) Korean summer cabbage or Chinese cabbage
1 Tbsp salt (for pickling cabbage)
1 tsp flour or glutinous rice powder
1 tsp minced ginger
7-8 red hot chilies (not too hot), minced
1/2 small onion, thinly sliced
30g (1 oz) green onion, cut into 2" sections
50g (1.5 oz) carrot, cut into 2" sections
1 cup water

Seasonings:

3 tsp chili powder
2 tsp sesame oil
Vegan seasoning to taste
1 tsp sugar
2 tsp ground sesame seeds

Directions:

Remove cabbage stalk, wash and drain cabbage and place levelly in a large container. Sprinkle salt evenly over cabbage. After 1 hour, turn cabbage over and sprinkle salt evenly on other side. Pickle for 1 more hour, then drain excess water from cabbage and cut into 2-3 sections.

Dissolve flour in water and boil. Allow to cool, then mix with minced ginger and red chilies. Combine all ingredients and seasonings with flour mixture. Add salt, sesame oil and vegan seasoning to taste.

* When seasoning pickled cabbage, avoid over-squeezing. Kimchi is normally fermented, but this is "Instant Kimchi" and can be made at any time of the year.

材 料：

- 包心大白菜 500 克
- 鹽 1 大匙，醃大白菜用
- 麵粉或糯米粉 1 茶匙
- 薑 1 茶匙，切碎
- 紅辣椒 7 ~ 8 支，不太辣的，切碎
- 小型洋蔥 1/2 個，切片
- 蔥 30 克，紅蘿蔔 50 克，各切 5 公分長段
- 水 1 杯

調味料：

- 麻油 2 茶匙
- 芝麻粉 2 茶匙
- 天然味素一些
- 糖 1 茶匙
- 紅椒粉 3 茶匙

作 法：

- (1) 大白菜去梗洗淨後，瀝乾水分，平放在大容器內，均勻撒上鹽，醃 1 小時，再將大白菜翻面，放一些鹽再醃 1 小時。
- (2) 麵粉加些水溶解後煮開，待涼後，拌入薑、紅辣椒。
- (3) 醃製後的包心菜會產生多餘的水，務必要瀝乾，再切成 2 ~ 3 段。
- (4) 將所有材料及調味料和(2)拌勻(可依個人喜好放入少量的鹽、麻油及天然味素)。

* 大白菜調味時，勿用力擠搓。泡菜通常須發酵，但這即食泡菜，從春天到秋天隨時可做。

KUTCHURI-INSTANT KIMCHI



Korean Colorful Fried Vegetables Sticks

Ingredients:

150g (5 oz) broad bellflower root, ginseng or Chinese yam
150g (5 oz) carrots
100g (3 oz) vegan soy meat or vegan ham
180g (6 oz) Korean rice cake or fried tofu
100g (3 oz) green onion, cucumber or squash
Toothpicks

Batter:

1½ cups water
1 tsp salt
1 cup all-purpose flour
Thoroughly mix above ingredients and set aside.

Seasonings:

1 tsp soy sauce
1/2 tsp salt
1/2 tsp vinegar
1/2 tsp sugar
Thoroughly mix above ingredients and set aside.

Directions:

Cut broad bellflower root, carrots, vegan ham, rice cake and cucumber into 2" pieces. Parboil bellflower root and carrots in water with 1 tsp salt. Drain and set aside until cool.

Sort above ingredients according to color. If rice cake turns too hard, briefly soak in hot water. String various ingredients with toothpicks. Coat with a thin layer of batter, and deep-fry until done.

Serve with pre-mixed seasonings.

80

韓式五色串

材 料：

- 人參或白人參或山藥 150 克
- 紅蘿蔔 150 克
- 素火腿 100 克
- 韓國米糕或油豆腐 180 克
- 青蔥、小黃瓜、胡瓜 100 克，以上任選一種
- 牙籤一些

麵 糊：

- 水 1½ 杯
 - 鹽 1 茶匙
 - 中筋麵粉 1 杯
- 以上材料調勻備用

調 味 料：

- 醬油 1 茶匙
 - 鹽 1/2 茶匙
 - 醋 1/2 茶匙
 - 糖 1/2 茶匙
- 以上材料調勻備用

作 法：

- (1) 白人參、紅蘿蔔、素火腿、韓國米糕、小黃瓜，切 5 公分長段。將白人參和紅蘿蔔加水及少許鹽煮至半熟後，撈起瀝乾置涼。
- (2) 所有材料按顏色分開，若米糕已變硬，可放在熱開水中浸一下，用牙籤串好不同的材料，沾少許麵糊，放入油鍋中炸熟，佐以調味料食用。

KOREAN COLORFUL FRIED VEGETABLES STICKS



Spicy Stir-Fried Bean Curd Cakes

82

辣炒豆餅

Ingredients:

2 large pieces of fresh, firm tofu (about 500g / 18 oz), cut into 3cm×1cm×0.5cm strips
 160g (5.5 oz) bean curd cakes or potatoes, cut into 3cm×1cm×0.5cm strips
 20g (6 cloves) minced garlic
 40g (1/2 cup) minced shallots
 10g (0.4 oz) Laos or a small piece of ginger, crushed once with the side of a knife blade
 40g (1/2 cup) green peppers, cut into pieces
 40g (1/3 cup) chilies, seeded and shredded
 100g (3.3 oz) Indonesian petai beans (cut into four pieces) or 100g lima beans

Seasonings:

Soy sauce to taste
 5g (0.2 oz) tamarind (mashed with a little water) or lemon juice
 1 tsp salt
 1 tsp sugar
 A pinch of vegan seasoning

Directions:

Deep-fry firm tofu and bean curd cakes over medium heat until lightly browned. (Make sure that the tofu is only light brown in color when finished.) Drain well.

Pour oil into a frying pan. Quickly stir-fry garlic and shallots over medium heat until savory. Add ginger, green peppers and chilies, in that order. Stir-fry until savory, and add lima beans to the pan, stirring for 1 minute. Add tofu, bean curd cakes, soy sauce and 1/2 cup water. Finally, add salt, sugar, vegan seasoning and tamarind paste, and mix well for 5 minutes. If using lemon juice, add last. Ready to serve.

*Bean curd cakes may be purchased at Asian supermarkets.

材 料：

- 老豆腐 2 大塊(約 500 克)
- 豆餅或馬鈴薯 160 克 (皆切 3 × 1 公分，厚 0.5 公分的細條狀)
- 蒜頭末 20 克、紅蔥末 40 克
- 南薑(Laos) 10 克或薑一小片(用刀背拍一下)
- 大青辣椒(切段)、小紅辣椒絲各 40 克
- 臭豆(每個切成 4 片)或毛豆 100 克

調味料：

- 醬油(適量)
- 檸檬汁一些(約 5 克)或酸果膏(Tamarind)加一點水捏爛
- 鹽、糖各 1 茶匙
- 天然味素一些

作 法：

- (1) 老豆腐及豆餅以中火炸至微黃(注意微黃即可)，撈起瀝乾。
- (2) 鍋中放油，以中火先把蒜頭、紅蔥爆香，依序放入南薑和青辣椒、紅辣椒，炒至香味出來後，放入毛豆炒 1 分鐘，加入老豆腐、豆餅、醬油及半杯水。
- (3) 最後放入酸果膏、鹽、糖、天然味素，炒約 5 分鐘 (酸果膏可用檸檬汁替代，但要在最後再放進去拌勻即可)。

* 豆餅可到東方超市購買。

SPICY STIR-FRIED BEAN CURD CAKES



Rawon Soup

84

Ingredients:

3 kluweks* or 10g rehmanniae vaporata
 30g shallots, 15g ginger and 15g garlic, sliced
 2g kencur, ground**
 10g Laos or a small piece of ginger, flattened with the side of knife
 1 Tbsp coriander seeds
 5g tamarind, soaked in water and mashed or lemon juice (for acidity, but do not make too sour)
 5 kumquat leaves
 2 stalks of lemongrass, crushed with the flat side of knife
 4 blocks of tofu (cut into 1"×1.3"×0.5" pieces, deep-fried over medium heat until light brown, and drained)
 1 large loofah (washcloth gourd) or large cucumber (peeled, seeded, and cut into 0.3" slices)
 50g green onions (discard end of stem and cut into 1.5" sections)
 50g fried shallots
 A handful bean sprouts, washed
 Chili sauce

Seasonings:

1 tsp salt
 1/2 tsp ground pepper
 A pinch of vegan seasoning

Directions:

Boil 7 cups (1500 ml) of water (including water used to soak kluwek pulp). Reduce heat to simmer.

Mix and mash shallots, ginger, garlic, kencur, Laos and coriander seeds with seasonings. Add kluwek pulp and tamarind, and continue to mash mixture into a paste.

Pour 4 tsp oil into a frying pan. Add paste, kumquat leaves and lemongrass, and sauté until savory. Then add tofu and stir-fry for 1-2 minutes. Add 30g (2 Tbsp) of the soup and stir for another minute. Ladle mixture in frying pan into the boiling soup. (Taste to determine if more salt and/or vegan seasoning is needed). Uncover and cook soup over low heat for 10 minutes.

Add loofah pieces, and stir in green onions. Cook uncovered over medium heat for 5-10 minutes. Then cover and simmer for an additional 2 minutes. Best taste is achieved when the loofah pieces retain some crispness. Add fried shallots, bean sprouts and chili sauce before serving. Rawon soup can be served with rice or noodles. If served alone, the taste should be lighter.

* Break shells of kluweks and remove black pulp. Pulp resembles rehmanniae vaporata, a Chinese medical herb. Soak kluwek pulp in hot water. If kluweks are not available, rehmanniae vaporata may be substituted. Although rehmanniae vaporata does not have as good a taste as kluweks, it is more nutritious.

** Kencur is a kind of Chinese spice. It is good for an upset stomach, and is available in Chinese herb stores.

拉旺湯

材 料：

- Kluwek*3 個或熟地 10 克
- 紅蔥頭 30 克、生薑、蒜頭各 15 克，皆切片
- 山奈*2 克，磨碎
- 南薑 10 克或薑一小片，用刀背拍一下
- 芫荽子 1 大匙
- 酸果膏 5 克(加一點水捏爛)或檸檬汁一些
(取其酸性，不過不要太酸)
- 小橘子葉 5 片
- 香茅草 2 根，取嫩莖，用刀背拍碎
- 豆腐 4 塊，切 3×4 公分，厚 1.5 公分之薄片；用中火炸至表面微黃，撈起、備用
- 大絲瓜或胡瓜 1 條，削皮、去子切 1 公分厚片
- 細蔥 50 克，去掉尾段，切 3.5 公分成段
- 紅蔥頭酥 50 克
- 豆芽菜一把，洗好備用
- 辣椒醬(辣椒與蒜頭磨成醬)

調味料：

- 鹽 1 茶匙
- 胡椒粉 1/2 茶匙
- 天然味素少許

作 法：

(1) 煮半鍋水(約1500克)，包括泡Kluwek的水進去一起煮，水開後轉小火繼續讓它滾。

(2) 將紅蔥頭、生薑、蒜頭、山奈、南薑、芫荽子和調味料混合磨成醬後，加入Kluwek及酸果膏，再一起磨成糊狀。

(3) 炒鍋放4茶匙油，將(2)和小橘子葉、香茅草放入炒一下，等香味出來後，再放豆腐進去略炒1~2分鐘，倒入30克的(1)湯再炒1分鐘，盛起倒回(1)湯中(嚐嚐看味道再酌加鹽和天然味素)，開蓋以小火燉約10分鐘。

(4) 燉好後，放大絲瓜再放細蔥，開鍋蓋用中火煮約5~10分鐘，再加蓋燜2分鐘(絲瓜要略帶脆性才好吃)就可取出拌飯、拌麵吃，如要當湯喝，就要煮淡些。

上菜前加上紅蔥頭酥、豆芽菜與辣椒醬則更添美味。

*Kluwek 要煮時，先敲破外殼，取出裡面黑色的果肉(像熟地)，用熱水浸泡。當地如果沒有，則可用熟地代替，味道雖然較差，但更具滋補效果。山奈(Kencur)是中藥香料的一種，對胃寒者很好；中藥店有售。



Thai Hot and Sour Soup [Tom Yam]

Ingredients:

- 30g (1 oz) wheat gluten, sliced
- 40g (1.4 oz) carrot, sliced
- 250g (8.3 oz) fresh straw mushrooms, halved
- 1000g (33.3 oz) water
- 60g (2 oz) tomatoes, quartered
- 40g (1.3 oz) lemongrass, chopped diagonally
- 30g (1 oz) galangal, sliced rather than slivered (optional)
- 4-5 kaffir lime leaves, torn into three pieces (optional)

Seasonings:

- 1 tsp Nam Prig Pow sauce (4-5 pieces of large, dried chilies* may be substituted)
- Salt to taste
- 1 tsp soy sauce
- 2/3 Tbsp lemon juice
- 5 fresh small red or green chilies*, slightly crushed to split open
- Garnish: coriander leaves

Directions:

Bring water to boil, add galangal, lemongrass, kaffir lime leaves, salt, soy sauce, fresh straw mushrooms, carrot and wheat gluten, and cook for 2-3 minutes. Then add tomatoes, Nam Prig Pow sauce or dried chilies, and fresh small red or green chilies. Bring soup to boil again, and cook for about 1 minute, then add lemon juice. Garnish with coriander leaves.

*In Thailand, people normally use 7-8 dried or fresh chilies in cooking Tom Yam soup. However, you may adjust the amount of chilies according to taste.

泰式酸辣湯 (東炎湯)

材 料：

- 新鮮草菇 250 克，洗淨切對半
- 麵筋 30 克，切片
- 紅蘿蔔片 40 克
- 香茅草 40 克，切斜段
- 水 1000cc
- 蕃茄 60 克，每粒切成 4 片 (大或中型蕃茄)
- 南薑 30 克，切片 (若買不到，可以不加)
- 卡菲爾萊姆葉 4 ~ 5 葉，每葉撕成 3 片 (若買不到，可以不加)

調味料：

- 大辣椒 * (曬乾的) 4 ~ 5 片
- 新鮮的小紅辣椒 * 或青辣椒 5 條，用刀面輕拍
- 檸檬 (或萊姆) 汁 2/3 大匙
- 醬油 1 茶匙
- 鹽 1 小撮
- 香菜末少許

作 法：

將水 1000cc 煮滾後，放入香茅草、南薑、萊姆葉、麵筋、紅蘿蔔、草菇、鹽、醬油一起煮 2 ~ 3 分鐘。再加入蕃茄、乾辣椒、新鮮辣椒，待湯又滾了後續煮 1 分鐘，加入檸檬汁，上桌前灑上香菜末即可。

* 在泰國，人們習慣放 7 ~ 8 條乾的或新鮮的辣椒來煮這道湯，我們可依自己的口味來調整辣椒的數量。

THAI HOT & SOUR SOUP



Thai Fried Rice Noodles

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泰式炒米粉

Ingredients:

200g (6.6 oz) dry rice noodles, soaked in water for 20 minutes until soft, then drained (may be replaced with bean threads).
 100g (3.3 oz) bean curd, cut into 1/2" cubes
 100g (3.3 oz) cabbage, finely chopped
 50g (1.6 oz) carrot, finely cut into sticks
 100g (3.3 oz) bean sprouts
 50g (1.6 oz) fresh straw mushrooms, cut in half
 30g (1 oz) dried shiitake mushrooms, soaked in water until soft, then drained and finely chopped into strips
 20g oil
 150g (5 oz) water

Seasonings:

A pinch of salt
 2/3 Tbsp sugar
 2/3 Tbsp soy sauce
 2 1/3 Tbsp tomato sauce
 2 2/3 Tbsp lemon juice
 5-6 small chilies, finely minced (optional)

Garnish:

2 Tbsp/30ml chopped roasted peanuts and 1 lemon wedge

Directions:

In a frying pan/skillet, preheat oil, add bean curd and stir briefly, then add dried mushrooms and fresh straw mushrooms and stir-fry for a moment. Add water and seasonings, and cook until water boils, then stir. Add noodles, and stir well, then add carrot, and cabbage and stir well for a moment, then add 3/4 of the bean sprouts, stir well for 30 seconds and transfer to a plate.

Sprinkle with peanuts. Arrange remaining bean sprouts and lemon wedge on side of plate.

材 料：

· 乾米粉 * 200 克，泡水泡到軟約 20 分鐘，瀝乾
 · 豆腐 100 克，切丁
 · 草菇 50 克，切半
 · 高麗菜 100 克，切碎
 · 豆芽菜 100 克
 · 紅蘿蔔 50 克，切絲
 · 香菇 30 克，泡軟切絲
 · 油 1 1/3 大匙
 · 水 150 克

調味料：

· 鹽少許
 · 小辣椒 5 ~ 6 粒，切末（可不加）
 · 糖 2/3 大匙
 · 醬油 2/3 大匙
 · 蕃茄醬 2 1/3 大匙
 · 檸檬汁(或萊姆汁) 2 2/3 大匙

裝 飾：

烤過的花生碎粒 2 大匙與檸檬片 1 片

作 法：

(1) 將油放入炒鍋中預熱，加入豆腐炒一下、再加入香菇絲、草菇炒一會兒。
 (2) 加入水與所有的調味料，待水煮滾時，炒拌一下。將米粉加入，炒均勻，再加入紅蘿蔔與高麗菜炒一會兒。再放入 3/4 的豆芽菜，炒約 30 秒後盛起。灑上花生碎粒，將剩餘的 1/4 的豆芽菜與檸檬片裝飾在旁，即可上桌。

* 冬粉可替代米粉。

THAI FRIED RICE NOODLES



Vegan Shrimp Paste Dip

Ingredients:

10 small pieces of chili
5 cloves garlic (or 2 tsp ground roasted sesame seeds)
4 Tbsp bean paste (drained)
2 Tbsp palm sugar (or brown sugar)
3 Tbsp lime juice
Vegan seasoning (as desired)

Directions:

Grind chilies and garlic together until finely ground.

Add bean paste and palm sugar, and mash into paste. Mix well. Stir in lime juice and vegan seasoning. Vegan shrimp paste dip is suitable for use with raw or boiled vegetables.

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素蝦醬

材 料：

- 小辣椒 10 個
- 蒜頭 5 瓣(或芝麻粉 2 茶匙)
- 豆醬瀝乾水 4 大匙
- 棕櫚糖或黃砂糖 2 大匙
- 萊姆汁 3 大匙
- 天然味素(隨意)

作 法：

- (1) 將辣椒和蒜一起搗至細碎。
- (2) 加入豆醬及砂糖搗至糊狀且充分混合，加入萊姆汁及天然味素攪拌，即成素蝦醬。適合用來做為生菜、燙菜等沾料。

VEGAN SHRIMP PASTE DIP



Indian Style Red Beans

Ingredients:

500g (2 cups) fresh, red pinto beans or dried red beans, pre-soaked overnight, then rinsed and drained

1 slice tamarind*

4 medium-sized tomatoes, cubed

3 large potatoes, boiled in water until soft. (Let cool completely. Peel and cut into large chunks.)

Seasonings:

1 cup vegan butter

1 tsp cumin powder

1 small piece of ginger root, minced

6-10 shallots, minced

3 cloves of garlic, minced

Onion, minced (optional)

1 Tbsp paprika (sweet pepper), steamed, seeded and crushed

2 tsp salt

Spices:

1 tsp garam masala*

Directions:

Put red beans into a pressure cooker and add water to approximately 1" above the level of beans; add a slice of tamarind and cook on medium heat for 20 minutes. Reduce heat to low, and simmer for another 10 minutes. Turn off heat, and let soup sit for a while. Sauté cumin powder in vegan butter, then add minced ginger root, shallots, garlic and onion, and continue to sauté until fragrant.

Add tomatoes and stir-fry for a few minutes, then add paprika. Stir-fry for a short while.

Add potatoes and stir-fry briefly, then combine cooked vegetables with bean soup. Add salt and 1 tsp garam masala.

Allow soup to cook for a while. Sprinkle with chopped cilantro before serving, if desired.

*Tamarind is a fruit indigenous to Southeast Asia, and is often used as a seasoning for its sour taste. If not available locally, lemon juice may be used as a substitute.

*Indian style red beans are best served with chapatis(Indian flat bread).

*To make garam masala: Mix 30g cumin, 50g coriander seeds, 15 cloves, 2g nutmeg, 20g cinnamon peel, 20g mace, 30g licorice, 15g white pepper, and 7 star anises, and grind into powder. Or the mixture may be purchased already prepared at Indian shops.

印度紅豆

材 料：

- 新鮮的大花豆 500 克(或乾的小紅豆泡水一晚後瀝乾)
- 酸果(羅望子)* 一片
- 中型蕃茄 4 個(切小塊)
- 馬鈴薯 3 大個(煮熟，待冷後去皮切大塊)

調味料：

- 純素植物奶油 1 杯(用無鹽的印度純素植物奶油 ghee 最好)
- 小茴香粉 1 茶匙
- 生薑 1 小塊，切碎
- 紅蔥 6 ~ 10 個、蒜頭 3 顆、洋蔥(可不用)各切碎
- 甜椒泥 1 大匙(甜椒蒸後去子磨碎)
- 鹽 2 茶匙
- 混合香料粉* 1 茶匙

作 法：

(1) 將花豆放入快鍋中，加水(高出豆子 2 公分)，再放一小片酸果(羅望子)，以中火煮 20 分鐘後，改用小火再煮 10 分鐘，熄火燜一會兒。

(2) 將純素植物奶油、小茴香粉放入鍋中炒一下，再放生薑、紅

蔥、蒜頭、洋蔥炒至有香味出來，放入蕃茄炒 2 ~ 3 分鐘，再放甜椒泥炒一下。

(3) 將馬鈴薯加入再一起炒一會兒，最後倒入花豆湯中，加鹽和混合香料 1 茶匙，再煮一會兒就可吃了。食用時可撒上一些香菜。

* 酸果(Tamarind)是南洋特產，味酸可當調料；當地如果沒有，可用檸檬汁代替。

* 混合香料粉可在印度店中買到，其成分為：小茴香 30 克、香菜種子 50 克、丁香 15 粒、豆蔻 2 個、肉桂皮 20 克、白豆蔻 20 個、甘草 30 克、白胡椒 15 克、八角(茴香)7 個；可自行購買後，磨成粉末即可。

* 印度煎餅迦帕蒂(Chapati)配印度紅豆吃是最佳絕配。



Vegan Briani Rice

Serves 6-8

Ingredients:

500g (2½ cups) basmati rice or long-grain rice
3 Tbsp vegan butter
Raisins, cashews or almonds
Green peas (cooked)

Spices:

6 cloves
6 star anise seeds (slightly crushed)
6 cardamom pods
2 tsp turmeric
Salt to taste
1/2 tsp ginger powder
1/2 tsp vegan seasoning
1/2 cup coconut milk
3 cups vegetable stock

Directions:

Wash rice thoroughly and drain dry for 30 minutes.

Heat ghee and sauté cloves, anise seeds and cardamom. Then add turmeric and drained rice, and stir until rice is coated with ghee. Finally, add salt, ginger powder, vegan seasoning, coconut milk and vegan stock and stir until well mixed.

Cook rice mixture in rice cooker. When done, garnish with raisins, cashews and green peas. Ready to serve.

* It is always good to have some vegan stock on hand in your kitchen. Various flavors of stock may be prepared by mixing combinations of the following ingredients: potatoes, carrots, turnips, broccoli, celery, apples, pears, lemons, sweet corn, seaweed, soybeans, sugar cane, lotus root and lotus seeds, which are excellent for home-made stock. These ingredients are easily available and delicious. Below is a sample recipe.

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Vegan Stock

Ingredients:

600g (21 oz) turnip (daikon radish), cut into large chunks
600g (21 oz) carrot, cut into large chunks
600g (21 oz) sweet corn, cut into large pieces
250g (9 oz) celery and leaves, cut into pieces

Directions:

Place all ingredients and 20 cups of water into large pot. Bring to boil, then reduce to low heat and simmer for 45 minutes to 1 hour. (Do not cover pot with lid; otherwise stock will become cloudy). Turn off heat when stock is done, and allow to cool.

印度香飯

6 ~ 8 人份

材 料：

- 印度香米或在來米 500 克
- 純素植物奶油 3 大匙
- 葡萄乾、腰果或杏仁果
- 豌豆仁熟的一些

調味料：

- 八角 6 粒，輕輕敲碎
- 丁香 6 個
- 小豆蔻莢 6 個
- 鬱金粉(或薑黃粉) 2 茶匙
- 薑粉 1/2 茶匙
- 天然味素 1/2 茶匙
- 椰奶 1/2 杯
- 素高湯 3 杯
- 鹽酌量

作 法：

- (1) 米洗淨瀝乾 30 分鐘。
- (2) 純素植物奶油加熱，放入調味料八角、丁香、小豆蔻莢，最後放鬱金粉與米一起炒勻，直到米粒上皆裹上純素奶油為止，再加入薑粉、天然味素、椰奶、素高湯、鹽一起攪拌均勻，放入電鍋中煮(與一般煮飯相同)。
- (3) 飯煮熟後，撒上葡萄乾、腰果、豌豆仁裝飾。

* 最好廚房隨時備有自燉的高湯，利用下列材料的不同組合，可以燉各種口味的高湯。如馬鈴薯、紅蘿蔔、白蘿蔔、白花菜、芹菜、蘋果、粗梨、檸檬、玉米、海帶、大豆、甘蔗、蓮藕、蓮子等等，均是自燉高湯的上好材料，易取又美味。例如：

素高湯

材 料：

- 白蘿蔔、紅蘿蔔、玉米各 600 克(切大塊)
- 芹菜(帶葉) 250 克(切段)

作 法：將所有的材料放入鍋中，加清水 20 杯，煮開改小火，熬 45 分鐘至一個小時(不可蓋鍋蓋，以免湯汁混濁)，熄火冷卻。



Pearl Balls

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珍珠丸

Ingredients:

150g (5 oz) glutinous rice
 150g (5 oz) water chestnuts
 2 pressed, black bean curds (300g / 10 oz) or 150g vegan ham
 2 pieces of firm tofu (500g / 18 oz)
 5 dried shiitake mushrooms, soaked in warm water until soft
 1 Tbsp minced carrot
 1 Tbsp minced celery
 3 Tbsp cornstarch

Seasonings:

1 tsp salt
 1 tsp vegan seasoning
 1 Tbsp sesame oil
 1 Tbsp soy sauce

Directions:

Soak glutinous rice in water for 4 hours.

Finely chop water chestnuts, black bean curds, firm tofu, mushrooms, carrots and celery, and mix together well.

Add seasonings and cornstarch (to make mixture glutinous). Shape into balls.

Place a damp cloth in steamer. Drain glutinous rice and place in a bowl. Then roll each ball in rice until completely coated and place rice balls in steamer.

Preheat water to boiling and steam rice balls over high heat for 20-30 minutes. Serve.

* Shredded carrots and cilantro may be sprinkled on pearl balls. As a dip, serve a mixture of ground pepper and salt.

材 料：

· 糯米 150 克
 · 荸薺 150 克
 · 黑色豆腐乾 2 塊(約 300 克)或素火腿 150 克
 · 老豆腐 2 塊(約 500 克)
 · 香菇 5 朵(泡軟)
 · 紅蘿蔔末 1 大匙
 · 芹菜末 1 大匙
 · 太白粉 3 大匙

調味料：

· 鹽 1 茶匙
 · 天然味素 1 茶匙
 · 麻油 1 大匙
 · 醬油 1 大匙

作 法：

(1) 將糯米泡水 4 小時。
 (2) 荸薺、豆乾、老豆腐、香菇、紅蘿蔔、芹菜切碎攪拌，並且放入適量鹽、天然味素、麻油、醬油(醬油不可放太多，以免太黑)及太白粉(使其黏稠)，做成丸子狀。
 (3) 蒸籠鋪上濕布；把糯米瀝乾，放在碗中，把丸子沾滿糯米後放入蒸籠中。
 (4) 水燒開後放上蒸籠，大火蒸 20 ~ 30 分鐘即可。

* 可撒上切絲的紅蘿蔔及香菜在珍珠丸上，吃時可沾胡椒鹽。

PEARL BALLS



Fresh Bamboo Shoot Salad

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鮮筍沙拉

Ingredients:

600g (20 oz) fresh, green bamboo shoots

Dressing ingredients:

1 cup soy milk

5 Tbsp granulated sugar

1 tsp salt

4 cups vegetable oil

1 tsp lemon juice or vinegar

(Adjust the degree of sourness, according to taste.)

Directions:

Cook bamboo shoots with husks in boiling water for 40 minutes or until done. Remove and soak in cold water until cool. Peel bamboo shoots and place in lower part of refrigerator to chill.

Remove chilled bamboo shoots, cut into large chunks and arrange on a plate. Pour salad dressing into a plastic bag, cut a small hole in one corner of bag and squeeze salad dressing evenly onto bamboo shoots. Ready to serve.

To make salad dressing:

Mix soy milk, sugar and salt and blend in a blender or with electric mixer. A very important tip for making salad dressing is to blend the ingredients at high speed. Then slowly stir in oil, and continue to blend at high speed. When oil is blended thoroughly, the mixture will become very thick. Finally, stir in lemon juice and mix well. If salad dressing is to be stored in refrigerator for later use, use vinegar instead of lemon juice.

In addition, you can stir in passion fruit, strawberry jam, mint, vegan yogurt or other kinds of jam to make fruit salad dressing. Or stir in 1 cup tomato ketchup and 1 cup orange juice to make salad dressing for raw vegetables

If bamboo shoots have a bitter taste, you can preserve the water used to wash rice to cook bamboo shoots, for the diastase in the water can absorb the bitterness.

材 料：

· 新鮮綠竹筍 600 克

沙 拉 醬：

· 豆漿 1 杯

· 白細砂糖 5 大匙

· 鹽 1 茶匙

· 沙拉油 4 杯

· 檸檬汁(或白醋) 1 茶匙(視個人喜好增減)

作 法：

(1) 綠竹筍連外殼入熱水中煮約 40 分鐘，撈出放入冷開水中待涼後，剝去外殼放冰箱下層冰涼。

(2) 取出綠筍切大塊排列盤中，塑膠袋角開小孔，將沙拉平均擠在筍片上面。

沙 拉 打 法：

做沙拉時，用果汁機或電動攪拌器攪拌，一率以最高速度攪打才會成功。將豆漿、白細砂糖、鹽放入機器中打勻後，再一邊緩慢地將油倒入一邊繼續高速攪拌，油倒完時，沙拉醬呈現固態，最後加入檸檬汁拌勻後就可以了。(若要冷藏，則以白醋代替檸檬汁)。

* 可加入草莓醬、薄荷、純素無蛋、奶優格或其它果醬拌勻成水果沙拉醬。

* 可加入 1 杯蕃茄醬及 1 杯柳橙汁，拌均勻後，即成為生菜沙拉醬。

* 若買到會苦的筍子時，可用洗米水多煮些時候，筍子的苦味就會淡了些。因澱粉會吸去一些苦味。

FRESH BAMBOO SHOOT SALAD



Fried Vegan Eggs

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Ingredients:

4 fresh bean curd pockets, finely chopped
 50g (2 oz) mashed carrot
 250g (9 oz) finely chopped vegan Cheese
 8 bean curd sheets
 100g (3/4 cup) all purpose flour
 1 Tbsp soy milk powder
 1 tsp finely chopped Chinese cedrus leaves or leeks
 Vegetable oil

Seasonings:

1/2 tsp salt
 1/4 tsp vegan seasoning

Directions:

Cut bean curd sheet into small circles about the size of a fried egg.
 Set aside.

Thoroughly mix 50g flour with water to make batter. Set aside.

Tofu Filling:

Thoroughly mix bean curd pockets with mashed carrot and vegan Cheese.

Boil 1/2 cup water and add bean curd pocket mixture and seasonings.
 Cook for about 15 minutes over low heat until mixture thickens.
 Then stir in soy milk powder and Chinese cedrus leaves and mix evenly. Remove from heat and set aside.

Put 1 Tbsp tofu filling onto center of round bean curd sheet, spread some batter around the edge and cover with another piece of bean curd sheet. Sprinkle remaining flour onto vegan eggs to prevent them from sticking to each other.

Fry on low heat until both sides are golden brown.

香椿見月

材 料：

- 豆包 4 塊，切碎
- 紅蘿蔔泥 50 克
- 純素起司 250 克，切碎
- 豆皮 8 張
- 麵粉 100 克
- 豆漿粉 1 大匙
- 香椿細末或青蔥末 1 茶匙
- 沙拉油

調味料：

- 鹽 1/2 茶匙
- 天然味素 1/4 茶匙

作 法：

- (1) 豆包加入紅蘿蔔泥與純素起司攪勻。
- (2) 豆皮剪成荷包蛋大小的圓形。
- (3) 將 50 克麵粉調成糊狀(另留 50 克乾麵粉)。
- (4) 1/2 杯水煮開後加入(1)及鹽、天然味素，用小火續煮約 15 分鐘成濃稠狀後，再加豆漿粉、香椿攪拌均勻後備用。
- (5) 將(4)放 1 大匙至圓形豆皮的中央，邊緣沾上麵糊，再覆蓋另一張豆皮，撒些乾麵粉，避免各個成品黏在一起。用小火煎成金黃色即可。

FRIED VEGAN EGGS



Fried Vegan Oysters

Makes 6 servings

Ingredients:

Tofu (300g / 10.5 oz), drained and mashed
 3 sheets roasted seaweed, cut into small pieces
 3 Tbsp minced ginger
 1/2 tsp white pepper
 1/4 tsp salt
 1 tsp sugar
 1 Tbsp vegan oyster sauce (optional)
 Thoroughly mix above ingredients into a vegan oyster paste and set aside.
 800g (28 oz) bean sprouts
 200g (7 oz) Chinese cabbage
 200g (7 oz) crown daisy (optional)
 Divide vegetables into 6 portions.

Sauce:

10 Tbsp tomato catsup
 A pinch of white pepper
 1 Tbsp sugar
 2 Tbsp vegan oyster sauce (optional)
 1.6 cups water
 Mix above ingredients and cook to boiling. Evenly mix 1 Tbsp cornstarch with a little cold water and stir into sauce to thicken. Remove from heat and set aside.

Starch paste:

1/2 tsp salt	1 tsp sugar
1 1/2 Tbsp minced basil (optional)	15 Tbsp rice flour
A pinch of white pepper	6.3 cups water

15 Tbsp sweet potato starch
 Thoroughly mix above ingredients and set aside.

Directions:

Cook one serving at a time. Preheat 1 Tbsp oil over medium heat in a frying pan, add 1/6 of vegan oyster paste, and fry until fragrant. Then add a portion of bean sprouts, 1 1/4 cups pre-mixed starch paste, a portion of Chinese cabbage, and a portion of crown daisy in

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sequence. Add 1/2 Tbsp more oil. If mixture is too dry, sprinkle with a little water to prevent burning.

Fry mixture until light brown, turn over and fry other side until half transparent, remove from heat, and slide onto a serving plate. Sprinkle with 4 Tbsp sauce and serve hot.

*Fried vegan oysters may be used in place of vegan oyster paste.

Vegan Oyster Soup

Ingredients:

5-6 slices of young ginger root, shredded
 60 g (1 cup) white abalone mushrooms, shredded
 90 g (3/4 cup) fried vegan oysters*
 5 cups water

Seasonings:

10 sprigs sweet basil
 A pinch vegan seasoning
 A pinch of salt
 A few drops of sesame oil

Directions:

Trim off tough stalks of basil; using only the tender tips and leaves; wash.

Cook 5 cups water to a boil, then add ginger root and mushrooms and boil for 1-2 minutes. Add vegan oysters to soup and bring to a boil again. Add sweet basil, salt, vegan seasoning and sesame oil before removing from heat.

*To make fried vegan oysters:

Mix vegan oyster paste with 1 Tbsp sweet potato starch. Preheat 1 1/2 cups oil in a wok over high heat. Turn heat down to medium. Drop portions of the mixture, about the size of an oyster, into wok, and fry until golden brown. Remove oysters from wok and place onto paper towel to absorb excess oil. Store unused vegan oysters in freezer. For later cooking, leave at room temperature before using.

煎素蚵

6 人份

材 料：

- 嫩豆包半斤(300克)，切碎
- 紫菜3片(剪碎)
- 薑末3大匙
- 白胡椒粉1/2茶匙
- 鹽1/4茶匙
- 糖1茶匙
- 素蠔油1大匙(可不加)

將以上材料調拌均勻成素蚵醬備用

- 豆芽菜800克
- 小白菜200克
- 茼蒿200克(可不加)

以上三樣蔬菜均分為6等份

澱粉糊：

- 鹽1/2茶匙
- 糖1茶匙
- 白胡椒粉少許
- 地瓜粉15大匙

淋 醬：

- 蕃茄醬10大匙
- 白胡椒粉少許
- 素蠔油2大匙(可不加)
- 糖1大匙
- 水1.6杯(飯碗1碗半)

將以上材料混合均勻並煮滾後，將1大匙的太白粉與些許冷水調勻，淋入鍋中攪拌勾芡，起鍋，備用。

- 在來米粉15大匙
 - 九層塔末1½大匙(可不加)
 - 水6.3杯(飯碗6碗)
- 以上材料調勻成糊狀備用

作 法：

(1) 做一人份的煎素蚵，先將平底鍋放入油1大匙，中火熱油，舀1/6的素蚵醬下去炒香之後，依序放入一份豆芽菜、淋上1¼杯調勻的澱粉糊、一份小白菜與一份茼蒿下去煎，此時可再加1/2大匙的油。若再有快燒焦的感覺，噴上少許水。

(2) 煎至稍微金黃，翻面繼續煎，直到略呈透明狀即可盛起，淋上4大匙淋醬，要趁熱吃才好吃。

☆也可用炸素蚵* 替代素蚵醬，於豆芽菜之後放入數個炸素蚵即可。

作 法：

(1) 九層塔去老梗洗淨備用。

(2) 將5杯水煮滾後，放入嫩薑及白鮑魚菇於水中煮1~2分鐘。

(3) 放入素蚵後湯一滾，馬上熄火，起鍋前撒九層塔、鹽、天然味素及香油幾滴即可，鮮美可口。

* 炸素蚵的作法：

將素蚵醬加入地瓜粉1大匙拌勻，鍋中放1½杯的油，以大火熱油後改用中火，將拌好的材料捏小塊(類似蚵的大小)下鍋炸至金黃色後撈起，瀝乾油即可。多製作而未用完的部分可冰凍起來，以後退冰可以再用。

鮮味素蚵湯

材 料：

- 嫩薑(5~6片，切絲)
- 白鮑魚菇60克(切絲)
- 炸素蚵90克*
- 水5杯

調味料：

- 九層塔10株
- 鹽、天然味素、香油各適量



Savory Basil Veggie Meat

104

Ingredients:

100g (3.5 oz) dried vegan meat chunks
50g cornstarch
12 red dates
10 dried thumb-sized mushrooms
12 thin slices ginger root
5-6 red chili slices
50g (or a handful) sweet basil
3 cups oil

Seasonings:

1/4 tsp vegan seasoning
1/4 tsp black sesame oil
2 Tbsp soy sauce
40g (1.5 oz) crystal sugar
5-6 pieces licorice
1 cup vegan stock or water
Thoroughly mix above ingredients in a bowl and set aside

Marinade:

1/4 tsp sugar
1/4 tsp white pepper
1/4 tsp vegan seasoning
1 Tbsp soy sauce
Thoroughly mix above ingredients in a bowl and set aside

Directions:

Soak vegan meat chunks in water for 1 hour. Squeeze excess water. Place in marinade, toss evenly and marinate for 30 minutes. Place cornstarch in a container, then add vegan meat chunks and toss until surface is evenly coated with cornstarch.

Soak red dates and mushrooms in water until soft, draining excess water to prevent oil from splattering during frying.

Heat 3 cups oil in wok over medium heat. Deep fry vegan meat chunks until almost light brown, add ginger, mushrooms, red dates

and red chili (optional) and fry together until golden brown and fragrant. Remove from wok and drain. Set aside.

Turn heat down to low. Remove oil from wok. Do not wash wok, add pre-mixed seasoning and basil, bring to boil and continue to cook until crystal sugar melts completely, or for about 30 seconds. Then add fried mixtures, quickly stir several times and mix evenly. Remove from heat and serve.

三杯香汁寶

材 料：

- 素肉塊(“100 素肉塊” 口感較佳)100 克
- 太白粉 50 克
- 紅棗 12 顆
- 拇指般大的花菇 10 朵
- 薑 12 薄片
- 辣椒 5 ~ 6 薄片
- 九層塔 50 克(一把)
- 油 3 杯

調味料：

- 天然味素 1/4 茶匙
- 黑麻油 1/4 茶匙
- 醬油 2 大匙
- 冰糖 40 克
- 甘草 5 ~ 6 片(可不加)
- 素高湯或水 1 杯

浸料：

- 糖 1/4 茶匙
- 白胡椒粉 1/4 茶匙
- 天然味素 1/4 茶匙
- 醬油 1 大匙

以上材料混合均勻備用

以上材料混合均勻備用

作 法：

(1) 將素肉塊泡水 1 小時後，擠乾水分。將素肉塊放入浸料中搖拌均勻，等半小時讓其入味後，將已調味的素肉塊均勻地輕沾上太白粉。紅棗和香菇洗淨、泡軟、瀝乾，否則炸時油會噴濺。

(2) 熱鍋後放 3 杯油，用中火熱油，油熱後將素肉塊放入，待素肉塊快要呈金黃色以前，將薑片、香菇、紅棗、辣椒放入鍋中一起炸，呈現金黃色後，撈起並瀝乾油備用。

(3) 轉小火，將鍋中的油倒出，不要洗鍋，放入已混合好的調味料與九層塔，待滾了 30 秒、冰糖完全溶解之後，加入(2)的材料，快速炒拌幾下均勻，馬上熄火盛起，若炒太久會使素肉塊表面糊掉。



Layered Rolls

106

千層捲

Ingredient:

20 dried bean curd sheets (Trim edges, if not of uniform size.)

Seasonings:

5 Tbsp soy sauce

5 Tbsp sugar

5 Tbsp water

1 tsp vegan seasoning

1 tsp vegan barbecue (sa-tsa) sauce

A pinch of ground pepper

1 tsp of Five Spices powder

1 tsp white sesame oil

Thoroughly mix above ingredients and set aside.

Directions:

Evenly spread pre-mixed seasonings completely over each bean curd sheet. Stack 10 bean curd sheets together, roll into a single layered roll and wrap with cellophane. (20 sheets of bean curd thus produce 2 layered rolls.) Then re-wrap each roll in a heat-proof plastic bag and tie tightly with string. Steam rolls for 20 minutes.

Allow to cool*, slice and serve.

* Open plastic bags only when rolls are cool; otherwise, rolls will separate.

材 料：

· 豆皮 20 張，邊緣要裁切整齊

調味料：

· 醬油 5 大匙

· 糖 5 大匙

· 水 5 大匙

· 天然味素少許

· 素沙茶、胡椒粉、五香粉、香油各少許

將以上材料混合均勻備用

作 法：

(1) 每張豆皮塗滿調味料，每 10 張一疊捲成圓筒狀後，包一層玻璃紙，再用耐熱塑膠袋緊緊包裹，並用繩子紮緊，蒸 20 分鐘。

(2) 冷卻後切片食用。

* 待涼後才能將塑膠袋打開，否則會鬆散。

* 此道菜適合帶便當，風味獨特，十分下飯。

LAYERED ROLLS



The Soup With A Lasting Flavor

108

Ingredients:

20g (0.8 oz) young ginger root, shredded
 6 dried shiitake mushrooms, soaked until soft and shredded
 5 cups water
 150g (5 oz) vegan mutton**, cut into strips
 150g (5 oz) konjaku, cut into strips
 6 pieces black fungus, shredded
 1 small carrot, shredded
 250g (8 oz) bamboo shoots, shredded
 A small bunch of Chinese celery, minced
 4 Tbsp cornstarch
 A small bunch of cilantro, minced
 2 Tbsp sesame oil

Seasonings:

1½ tsp salt
 1½ tsp vegan seasoning
 1½ Tbsp black vinegar
 1½ tsp sugar
 2 tsp vegan barbecue sauce

Directions:

Stir-fry ginger and mushrooms until fragrant. Next, add water, together with vegan mutton, konjaku, black fungus, carrots and bamboo shoots.

Bring mixture to a boil and add salt, vegan seasoning, sugar and minced celery. Thoroughly mix cornstarch with some water. Turn heat up to high; slowly pour cornstarch mixture evenly into the soup and stir continuously until soup thickens and comes to a boil again, then remove from heat.

Add black vinegar, vegan barbecue sauce and sesame oil, sprinkle with cilantro and serve.

Serving suggestion: Cook noodles, rice noodles or bean threads separately, then put 1 portion of noodles in bowl, add enough soup and serve.

*To cook a thick, tasty soup, the step for thickening the soup is important. Normally, when soup boils with about 0.4" bubbles, the proper thickness has been achieved. If bubbles are much larger or smaller than 0.4", it means too much or too little cornstarch has been added.

** Vegan mutton is made from dried mushroom stalks.

To make: Soak 190g (6 oz) of dried mushroom stalks in water until soft, pound flat and tear into thin strips. Mix 40g (1.5 oz) bread flour, 1/2 Tbsp salt and 1 Tbsp vegan seasoning together. Add to vegan mutton, mix well and deep-fry.

餘香羹

材 料：

- 嫩薑絲 20 克
- 乾香菇 6 朵，泡軟切絲
- 水 5 杯
- 素羊肉 150 克，撥絲
- 蒟蒻片 150 克，切小條狀
- 木耳 6 朵、紅蘿蔔 1 小條，切絲
- 筍絲 250 克
- 芹菜、香菜各 1 小把，切末
- 太白粉 4 大匙
- 香油 2 大匙

調味料：

- 鹽 1½ 茶匙
- 天然味素 1½ 茶匙
- 烏醋 1½ 大匙
- 糖 1½ 茶匙
- 素沙茶醬 2 茶匙

作 法：

(1) 嫩薑絲、香菇絲用油爆香後加水，再放入素羊肉、蒟蒻條、木耳絲、紅蘿蔔絲、筍絲。

(2) 水滾後加入鹽、天然味素、糖及芹菜末。太白粉加少量水調勻，開大火，將太白粉水一邊均勻淋入湯中，一邊不停地攪拌均勻，待湯一滾開即可熄火。

(3) 最後加入烏醋、素沙茶醬、香油拌均勻，再撒上香菜末即可。

* 將麵或米粉或冬粉燙好，放入碗中，加入足量的羹湯拌勻來吃，就是好吃的羹麵、米粉羹或冬粉羹。

* 素羊肉即香菇頭，可以自製。先將香菇頭190克泡軟打扁撥絲，加入高筋麵粉40克及鹽1/2大匙、天然味素1大匙調勻後，入鍋油炸。

煮羹的標準濃度：

勾芡後羹會冒起約1公分大小的泡泡；若水泡太大，表示太白粉加太多；若水泡太小，則表示太白粉加太少使得羹太稀了。



Golden Griddle Cakes

110

金碧輝煌

Ingredients:

150g (5 oz) finely minced salty preserved turnips
 1 tsp minced ginger root
 600g (20 oz) fresh, soft bean curd pockets, finely minced or beaten into paste
 Small amount of minced sweet basil and minced cilantro
 4 Tbsp flour

Seasonings:

2 Tbsp thick soy sauce
 1 tsp vegan seasoning
 1 tsp Chinese cedrus shoot sauce or 1½ tsp minced leek
 A pinch ground white pepper

Directions:

Soak finely chopped salty preserved turnips in water for about 5-10 minutes, wash and drain. Preheat 1½ tsp oil in non-stick frying pan, stir-fry turnip and ginger until fragrant, then remove from pan. Place fried turnip and ginger in large bowl, along with bean curd pocket paste, sweet basil, cilantro, flour and seasonings. Mix thoroughly.

Preheat 1 Tbsp oil in non-stick frying pan, and fry 1/2 bean curd mixture at a time. (If entire mixture is added to the pan and fried at one time, it will easily break apart while frying.) Allow mixture to spread into a round shape in the pan. Fry over medium heat until both sides are golden brown. Remove from pan and serve.

材 料：

- 蘿蔔乾碎粒 150 克(泡水 5 ~ 10 分鐘去鹹味)
- 薑末 1 茶匙
- 豆包泥 600 克
- 九層塔末、香菜末各少許
- 麵粉 4 大匙

調味料：

- 醬油膏 2 大匙
- 天然味素 1 茶匙
- 香椿醬 1 茶匙
- 白胡椒粉少許

作 法：

- (1) 蘿蔔乾碎粒洗淨，瀝乾水分。
- (2) 以少許油爆香蘿蔔乾及薑末，盛起後和豆包泥、九層塔、香菜、麵粉以及調味料拌勻成醬。
- (3) 放 1 大匙油於不沾鍋中，待油熱後放入 1/2 拌好的材料，以溫火翻煎至兩面呈金黃色即可起鍋。若一次就將所有的材料放入，煎完時較易散開成數塊。

GOLDEN GRIDDLE CAKES



Crystal Jelly

112

Ingredients:

10 pieces of chunk-style vegan protein or 30g (1 oz) diced vegan ham
5 pieces of dried shiitake mushroom, soaked until soft and shredded
4 cups of water
40g (1.5 oz) of agar

Dipping sauce:

1/2 Tbsp vegan oyster sauce or thick soy sauce
5 Tbsp tomato catsup
1 Tbsp black vinegar
4 Tbsp sugar
1 Tbsp white sesame oil
1/6 Tbsp chili sauce
1 Tbsp minced ginger root
1 Tbsp minced cilantro
Thoroughly mix above ingredients and set aside.

Seasonings (prepare 2 equal portions for use):

1/2 Tbsp soy sauce
1 tsp vegan seasoning
1 tsp salt
1/4 tsp pepper

Directions:

Soak vegan meat chunks in hot water until soft. Then squeeze out excess water and dice. Place vegan meat and mushrooms, together with 1 cup water and 1 portion of seasoning mixture, into a small pot and cook over medium low heat for 5-6 minutes. Remove from pot and set aside.

Into another pot, add 4 cups of water and the other portion of seasoning mixture and bring to a boil. Add agar and continue boiling until agar melts. Then add meat chunks and mushrooms and again bring to a boil.

Pour mixture into a round container, allow to cool, then place in refrigerator for at least 20 minutes. Invert onto a serving platter and cut into slices. Serve with dipping sauce.

*The dipping sauce is also suitable for use with boiled potatoes, Chinese yams, cauliflower, mushrooms, okra, eggplant, etc.

晶凍

材 料：

· 素肉塊 10 塊或素火腿丁 30 克
· 香菇 5 朵(泡軟切絲)
· 水 4 杯
· 洋菜 40 克

調味料(2 份)：

· 醬油 1/2 大匙
· 鹽、天然味素各 1 茶匙
· 胡椒粉 1/4 茶匙

作 法：

(1) 素肉塊用熱水泡軟後，擠乾水分；切成大丁。
(2) 將素肉塊與香菇絲放入小鍋中，加入 1 杯水與一份調味料，以中小火滷 5 ~ 6 分鐘後盛起備用。
(3) 水 4 杯與另一份調味料一起在鍋中煮沸後，加入洋菜。煮至洋菜溶化，再將素肉塊及香菇倒入煮沸。
(4) 起鍋倒入圓形容容器內，待冷卻後放入冰箱冷藏至少 20 分鐘。食用前，取出倒扣於盤中切片，沾著五味醬* 吃，即是一道夏季可口的美食。

* 五味醬：

用素蠔油(或醬油膏) 1/2 大匙、蕃茄醬 5 大匙、烏醋 1 大匙、糖 4 大匙、香油 1 大匙、紅辣椒醬 1/6 大匙、薑末 1 大匙、香菜末 1 大匙拌勻即可。五味醬適合當燙熟的食物之沾醬，如：水煮馬鈴薯、山藥、洋菇、新鮮香菇、秋葵、茄子、茭白筍等。

CRYSTAL JELLY



Fragrant Tofu

114

聞香素腐

Ingredients:

- 4 pieces of fermented tofu (400g / 14 oz), crushed
- 2 tsp minced Chinese cedrus leaves or leeks
- 2 Tbsp minced cilantro
- 1 fresh bean curd sheet
- 1 Tbsp oil
- 1 tsp all-purpose flour

Seasonings:

- 1/3 tsp salt
- A pinch vegan seasoning
- 1/4 tsp ground white pepper
- 1/2 tsp white sesame oil
- 1/2 tsp vegan barbecue (sa-tsa) sauce

Directions:

Thoroughly mix fermented tofu with Chinese cedrus leaves, cilantro and seasonings.

Evenly mix 1 tsp flour with a little water. Cut bean curd sheet into halves. Spread each half with half of tofu mixture and wrap tightly into 5"x 1.5"x 0.5" thick strips. Seal ends with flour batter.

In frying pan, preheat 1 Tbsp oil over medium heat, turn heat down to low and fry strips until both sides are golden brown. When cool, cut into pieces and serve.

材 料：

- 臭豆腐 4 塊(400 克)，捏碎
- 香椿末 2 茶匙
- 香菜末 2 大匙
- 新鮮豆皮 1 張，切對半
- 油 1 大匙
- 麵粉 1 茶匙

調味料：

- 鹽 1/3 茶匙
- 天然味素少許
- 白胡椒粉 1/4 茶匙
- 香油 1/2 茶匙
- 素沙茶醬 1/2 茶匙

作 法：

- (1) 將臭豆腐、香椿、香菜、調味料一起攪拌均勻成醬。
- (2) 將 1 茶匙的麵粉與少許水拌勻。展開半張豆皮，將一半的臭豆腐醬放上，包成長約 15 公分、寬 5 公分、厚 1.5 公分的長條狀，要包緊，封口處用麵糊封粘，煎時才不會散開。
- (3) 於平底鍋中放入 1 大匙油，以中火熱油，再轉至小火，將包好的豆腐條放入鍋中，待雙面煎至金黃色後，盛起待涼後切片。

FRAGRANT TOFU



Vegan Fish

116

Ingredients:

300g (10 oz) bean curd pockets
 1 seaweed sheet
 1 bean curd sheet
 Cornstarch
 40g (1.5 oz) golden mushrooms
 1 green bell pepper, shredded
 1 red chili, shredded
 2 Tbsp shredded bamboo shoots
 2 Tbsp oil

Seasonings:

A. 1½ tsp sugar
 1/2 tsp salt
 2 tsp sesame oil
 1 tsp vegan seasoning
B. 1/2 tsp each of vinegar, vegan seasoning, salt and sesame oil
 1/2 Tbsp soy sauce
 1 cup water
 Thoroughly mix the ingredients for seasoning B and set aside
C. Evenly mix 1 tsp cornstarch with 4 tsp water and set aside

Directions:

Mince bean curd pockets, and mix thoroughly with seasoning A.

Put seaweed sheet on top of bean curd sheet, pour bean curd pocket mixture on top, and then roll sheets into a roll to make a veggie fish, about 1" in diameter. Seal both ends with flour batter, a mixture of 1 Tbsp flour and 1 Tbsp water. Then wrap tightly with heatproof wrapper. Prick wrapper with fork to allow steam to escape during steaming.

Steam veggie fish for 20-30 minutes. Remove from steamer, and allow to cool. Unwrap and slice into 1" thick pieces. Evenly coat each piece with a thin layer of cornstarch. Deep-fry (refer to page 62 for tips on deep frying) over medium heat for 4-5 minutes or until light golden brown. Remove from oil and drain. Arrange veggie fish on a serving plate.

Preheat 2 Tbsp oil in frying pan, then add golden mushrooms, green pepper, red chili, bamboo shoots and seasoning B, and stir-fry until done. Then stir in seasoning C to thicken the mixture. Finally, pour mixture over veggie fish and serve.

* To make sweet and sour veggie fish: Cut pineapple, green pepper, and tomato into 1.5cm cubes. Preheat 1 tsp oil in pan, add above ingredients and quickly stir several times. Then add ingredients of sweet and sour sauce (refer to page 74), and cook to a boil. Remove from heat and pour over fried veggie fish and serve.

* To make steamed, fermented black bean veggie fish: Thoroughly mix fermented and salted black beans, shredded ginger root, shredded red chili, 1/2 tsp salt, 1/2 tsp vegan seasoning, 1/2 Tbsp sesame oil, 1/2 Tbsp soy sauce and 1/2 cup water. Pour evenly over fried veggie fish and steam for 5-6 minutes. Remove from steamer. Top with minced celery and cilantro and serve.

五柳時鮮

材 料：

· 豆包 300 克
 · 紫菜與腐皮(豆皮)各 1 張
 · 太白粉些許
 · 金針菇 40 克
 · 青椒 1 條，切絲
 · 紅辣椒 1 條，切絲
 · 筍絲 2 大匙
 · 油 2 大匙

調味料：

a. 糖 1½ 茶匙
 鹽 1/2 茶匙
 香油 2 茶匙
 天然味素 1 茶匙
 b. 醋、天然味素、鹽
 香油各 1/2 茶匙
 醬油 1/2 大匙
 水 1 杯，拌勻備用
 c. 太白粉 1 茶匙
 水 4 茶匙(調勻)

作 法：

(1) 豆包切碎加調味料 a 拌勻。

(2) 將紫菜平放在豆皮上，再將豆包放在上面，捲成圓筒狀(直徑約 3 公分)，兩端抹上麵糊(1 大匙麵粉與 1 大匙水調勻)封口，做成素魚。再用玻璃紙將素魚包緊，以固定形狀，表面用竹籤戳許多小洞，以助豆包蒸熟。

(3) 素魚放入蒸籠蒸 20 ~ 30 分鐘，放涼後，打開玻璃紙，將素魚切片，每片約 2 公分厚。表面薄沾太白粉，用中火炸 4 ~ 5 分鐘或表面有點金黃即可撈起、瀝乾(參考 62 頁油炸小常識)。將炸好的素魚塊依自己喜愛的方式排列盤中。

(4) 金針菇、青椒、紅辣椒、筍絲用 2 大匙油炒熟，加入調味料 b，再用 c 太白粉水勾芡，即可淋於炸好的素魚上。

* 糖醋素魚：將鳳梨、蕃茄與青椒切丁(約 1.5 公分)。以少量的油略炒一下，加入糖醋汁的材料(參考 74 頁*)，煮開後淋在素魚片上即成。

* 豆豉蒸素鮮：將豆豉、薑絲、紅辣椒絲、鹽 1/2 茶匙、天然味素 1/2 茶匙、香油 1/2 大匙、醬油 1/2 大匙、水 1/2 杯等材料混合均勻，淋上素魚塊然後蒸 5 ~ 6 分鐘即成，上桌前灑上芹菜與香菜末。



Savory Four-Essence Soup

118

清香四神湯

Ingredients:

20g (0.8 oz) Chinese yam
 20 lotus seeds
 30g (1.2 oz) euryale seeds
 50g (2 oz) coix seeds
 5 cups water
 3 wheat gluten sausages
 Oil

Seasonings:

1 tsp salt
 1 tsp vegan seasoning
 A pinch ground white pepper
 A dash sesame oil

Directions:

Combine Chinese yam, lotus seeds, euryale seeds and coix seeds and cook in 5 cups water for 30 minutes or until done.

Deep-fry wheat gluten sausages until golden brown, remove from oil and drain (refer to page 62 for tips on deep frying). Slice wheat gluten and add to soup, together with salt and vegan seasoning. Boil soup on low heat for 10 additional minutes. Top with ground white pepper and sesame oil.

材 料：

· 淮山 20 克
 · 蓮子 20 個
 · 芡實 30 克
 · 薏仁 50 克
 · 水 5 杯
 · 麵腸 3 條
 · 油適量

調味料：

· 鹽 1 茶匙
 · 天然味素 1 茶匙
 · 白胡椒粉少許
 · 香油少許

作 法：

(1) 淮山、蓮子、芡實、薏仁加水 5 杯煮 30 分鐘至熟。
 (2) 麵腸炸成金黃色後撈出(參考 62 頁油炸小常識)，瀝乾油後切片，再放入湯中，加入鹽與天然味素，用小火續煮 10 分鐘，最後加入白胡椒粉，淋上香油。

Glutinous Rice Cake

119

三絲素糕

Ingredients:

- 600g (20 oz) long-grain glutinous rice
- 1/2 cup hot water
- A pinch finely chopped ginger root
- 6 dried shiitake mushrooms, soaked until soft and shredded
- 3 slices vegan ham, shredded
- 1/2 small carrot, shredded
- 3 fresh soy bean curd sheets
- 2 Tbsp flour (mix evenly with water)

Seasonings:

- 2 Tbsp sesame oil
- 2 Tbsp soy sauce
- A pinch of sugar
- A pinch of vegan seasoning
- A pinch of ground pepper

Directions:

Soak glutinous rice in water for 4 hours, then drain. Put a piece of cloth in steamer. Pour rice into steamer and steam for 25 minutes. Then sprinkle 1/2 cup hot water on rice, mix evenly and steam for 10 more minutes until done.

Preheat sesame oil over medium heat in frying pan, and stir-fry ginger root until fragrant. Add mushrooms and carrot and stir-fry until fragrant. Add vegan ham and continue to stir-fry. Next, add steamed glutinous rice and seasonings and mix well.

Cut bean curd sheets in half (6 pieces total). Pour rice mixture onto each sheet and wrap into rolls. Seal the ends with flour batter. Coat rolls with flour batter and deep-fry (Refer to page 62) until golden brown. Remove from oil and drain, then cut into slices and serve.

材 料：

- 長糯米 600 克
- 熱水 1/2 杯
- 薑末少許
- 香菇 6 朵，切絲
- 素火腿 3 片，切絲
- 紅蘿蔔 1 小段，切絲
- 豆衣 3 張
- 麵粉 2 大匙(加水調成糊狀)

調味料：

- 麻油 2 大匙
- 醬油 2 大匙
- 糖少許
- 天然味素少許
- 胡椒粉少許

作 法：

- (1) 糯米泡 4 小時，瀝乾水，放入鋪布的蒸籠中蒸約 25 分鐘時，灑入半杯熱水並拌勻後，再蒸約 10 分鐘即可。
- (2) 將麻油放入炒鍋中，以中火預熱後，放入薑末爆香，再放香菇絲、紅蘿蔔絲炒香，加入素火腿絲炒幾下，再加入糯米飯與所有調味料攪拌均勻後盛起。
- (3) 豆衣每張剪半(共 6 張)，放拌好的米飯鋪在上面，捲起，封口塗上麵糊封粘住。表面薄薄塗上一層麵糊，再放入鍋中炸至金黃色(參考 62 頁油炸小常識)，撈起待油瀝乾後，切片食用。

Glutinous Rice With Seaweed

120

海苔香糯米**Ingredients:**

300g (2 cups) raw glutinous rice
 40g (1.5 oz) seaweed (laver)
 1/2 bottle of seaweed paste (about 75g / 2.5 oz)
 Some minced ginger root
 Bamboo sticks

Dip Ingredients:

2 Tbsp thick soy sauce
 Ground roasted peanuts
 Cilantro, minced

Directions:

Soak glutinous rice in water for 4 hours. Drain and thoroughly mix with seaweed, seaweed paste and ginger root. Place a piece of cloth in steamer and pour rice mixture onto cloth. Steam for 25 minutes, then sprinkle 1/4 cup hot water on rice, mix evenly and steam for 10 more minutes until done.

Put cellophane in a square baking tray and pour cooked rice mixture into it. Coat spatula with cold water and press rice mixture tightly. Allow to cool.

Cut pressed rice into pieces. You may place one piece of rice on bamboo stick (optional) and coat with a sequence of thick soy sauce, ground roasted peanuts and minced cilantro before serving.

材 料：

- 糯米 300 克 (2 杯)
- 海苔 40 克
- 海苔醬半瓶 (約 75 克)
- 薑末少許
- 竹籤一些

沾 料：

- 甜辣醬、醬油膏各 1 大匙
- 花生粉 (分量隨個人喜好)
- 香菜末一些

作 法：

糯米浸泡 4 小時後瀝乾，和海苔、海苔醬、薑末一起和勻，放入鋪布的蒸籠蒸約 25 分鐘時，灑入 1/4 杯熱水並拌勻後，再蒸約 10 分鐘即可。準備一方形托盤，於盤中鋪上玻璃紙，將蒸好的海苔糯米飯倒入盤中，飯杓沾上冷水後，將海苔糯米壓實，待涼切塊。食用前，用竹籤插上一塊海苔糯米飯，然後依序沾上甜辣醬、醬油膏、花生粉及香菜末，即可食用。

SAVORY FOUR-ESSENCE SOUP



GLUTINOUS RICE CAKE

GLUTINOUS RICE WITH SEAWEED

Fresh Mushroom Rolls

122

鮮菇捲

Ingredients:

600g (2½ cups) abalone mushrooms
100g (3.5 oz) vegan ham, cut into strips
80g (3 oz) shredded celery
60g (2 oz) shredded ginger root
2 red chilies, shredded

Seasonings:

2 Tbsp soy sauce
1 Tbsp sugar
1 cup water
A pinch of vegan seasoning
A pinch of ground pepper
Thoroughly mix above ingredients and set aside

Directions:

Add abalone mushrooms to boiling water and cook for 2 minutes or until done, then remove from water. Remove stalks and cut each mushroom into 2 or 3 pieces (depending on size of mushrooms). Place a strip of vegan ham in each mushrooms, and fix with toothpicks. Arrange mushroom rolls on a serving plate.

Heat pre-mixed seasoning to a boil, remove from heat, and then pour over mushroom rolls. Preheat water to boiling and steam mushroom rolls over high heat for 8 minutes.

Evenly mix shredded celery, ginger root and red chilies, and sprinkle on steamed mushroom rolls.

Heat 2 Tbsp sesame or vegetable oil, then pour over celery topping and serve.

材 料：

· 鮑魚菇 600 克
· 素火腿 100 克，切長條
· 芹菜絲 80 克
· 薑絲 60 克
· 紅辣椒 2 條，切絲

調味料：

· 醬油 2 大匙
· 天然味素適量
· 糖 1 大匙
· 水 1 杯
· 胡椒粉少許

以上材料混合均勻備用

作 法：

- (1) 將鮑魚菇於滾水中煮 2 分鐘，撈起，去蒂，依每片鮑魚菇的大小切成 2 或 3 等份。再將素火腿條包在鮑魚菇裡，用牙籤串好固定，放入盤中排好。
- (2) 將混合好的調味料煮開，淋在鮑魚菇上，整盤放入鍋中用大火蒸約 8 分鐘。
- (3) 將芹菜絲、薑絲、紅辣椒絲拌勻，撒在蒸好的鮑魚菇上。
- (4) 在鍋中放 2 大匙的香油或沙拉油燒熱，淋在芹菜絲上。

FRESH MUSHROOM ROLLS



Floating Cloud Soup With Sesame Oil

124

麻油雲片湯

Ingredients:

300g (10 oz) minced bean curd pockets
 Cornstarch
 1 piece of 10" heat resistant cellophane
 Several slices of ginger
 3 Tbsp black sesame oil
 6 small, dried shiitake mushrooms, soaked until soft
 1 Tbsp lycium berries*, washed and drained
 4 cups of water

Seasonings:

2 portions consisting of 1 tsp salt and 1 tsp vegan seasoning

Directions:

Thoroughly mix minced bean curd pockets with 1 portion of seasoning mixture and a pinch of cornstarch. Spread cellophane, place bean curd mixture onto one end, wrap tightly into a cylinder-shaped roll and tie tightly with string.

Preheat water to boiling, and steam roll over low heat for 20 minutes. Remove from steamer. Allow to cool, then unwrap roll and slice.

Preheat black sesame oil in frying pan. Add ginger and stir-fry until fragrant, then add mushrooms and lycium berries and stir-fry again until fragrant. Add sliced bean curd, and stir-fry several times. Pour mixture into a saucepan. Add 4 cups water and bring to a boil. Add salt and vegan seasoning and serve.

*Any source of soy protein, such as vegan ham, vegan chicken, etc. may be substituted for bean curd pockets.

* This soup is suitable for serving in cold weather. If you feel the soup is too oily, cooked spinach may be added.

* Lycium berries are a kind of Chinese herb that aid in relaxation, strengthen the immune system, and have a beneficial effect on the eyesight.

材 料：

· 豆包 300 克
 · 太白粉 一些
 · 黑麻油 3 大匙
 · 薑 數片
 · 小朵香菇 6 朵 (泡軟)
 · 枸杞 1 大匙
 · 玻璃紙 25 公分
 · 水 4 杯

調味料：

· 鹽、天然味素各 1 茶匙 (2 份)

作 法：

- (1) 豆包切碎加一份調味料及少許太白粉拌勻。
- (2) 玻璃紙平鋪，將豆包料鋪在一邊，緊捲成圓筒狀，用繩子綁緊放入蒸籠內。
- (3) 鍋中水燒滾放入蒸籠，以小火蒸 20 分鐘，取出豆包待涼後，去除玻璃紙，切片。
- (4) 以黑麻油炒香薑片，再放入香菇及枸杞炒香後，放入切片豆包略炒幾下。
- (5) 加入 4 杯水，等水滾後，加入鹽、天然味素。

* 其他類的大豆蛋白像素火腿、素雞…等可替代豆包。

* 此湯適合冬天飲用，如果覺得太油膩，可先加入燙好的菠菜打底。

* 枸杞子是一種中藥材，有消除疲勞、增強免疫力的功能，也是人人皆知的明目食品。

FLOATING CLOUD SOUP WITH SESAME OIL



Vegan Beef Soup

Ingredients:

300g (10.5 oz) vegan beef (or lamb) chunks
 100g (3.5 oz) vegan ham, cut into 1" cubes
 600g (21 oz) turnip (daikon radish), cut into chunks
 200g (7 oz) carrot, cut into chunks
 70g (2.3 oz) sliced ginger root
 600g (21 oz) tomato, cut into chunks
 6 cups water
 A handful of celery, minced
 A handful of cilantro, minced
 1 tsp minced Chinese cedrus shoot sauce or minced leek

Seasonings:

A. 1 tsp clove
 3 pieces licorice
 4 star anises
 1 tsp cinnamon powder
 2 pieces angelica
 Place above ingredients in a gauze bag and seal with string.
B. 3 Tbsp sesame oil
 25g (1 oz) crystal sugar
 3 Tbsp bean paste (or chili bean paste, if desired)
 2 Tbsp soy sauce
 1 tsp vegan seasoning

Directions:

Preheat 3 Tbsp sesame oil in wok. Add ginger root and stir-fry for 4 minutes or until fragrant. Then add crystal sugar and bean paste, and stir several times. Add tomato chunks and stir-fry for 1 minute.

Place water, all ingredients (except celery, cilantro and leek), seasoning A, soy sauce and vegan seasoning in pot and cook to a boil, turn heat down to low, cover and simmer for 1 hour. Top with leek, celery and cilantro and serve.

*Place boiled noodles and green vegetables in a bowl, then pour in hot vegan beef soup to make delicious noodle soup.

126

素牛肉湯

材 料：

· 無蛋素羊肉 300 克
 · 素火腿丁 100 克
 · 白蘿蔔塊 600 克
 · 紅蘿蔔塊 200 克
 · 薑片 70 克
 · 蕃茄 600 克，切大丁
 · 水 6 杯
 · 香菜一小把，切小段
 · 芹菜一小把，切末
 · 香椿末 1 茶匙

調味料：

(一) 丁香 1 茶匙、甘草 3 片、八角 4 個、桂皮 1 茶匙、當歸 2 片，以上裝入紗布包紮起來做成滷包
 (二) 麻油 3 大匙、冰糖 2.5 克、豆瓣醬 3 大匙(或辣豆瓣醬)、醬油 2 大匙、天然味素 1 茶匙

作 法：

(1) 放 3 大匙的麻油入鍋燒熱，用中火爆香薑片，約 4 分鐘至金黃色。
 (2) 再將冰糖、豆瓣醬放入鍋中略炒幾下，再放入蕃茄丁，拌炒約 1 分鐘。將水、滷包、所有材料(除香菜、芹菜、香椿之外)、醬油、天然味素加入一起煮，待水煮開，改用小火，蓋上鍋蓋燜煮約 1 小時。
 (3) 上桌前，拌入香椿、灑上芹菜和香菜即可。

* 可燙些麵條和青菜放入麵碗中，加入適量的湯與料做成素牛肉麵。

VEGAN BEEF SOUP



Lotus Heart Soup

128

心 蓮

Ingredients:

100g (3.5 oz) dried lotus seeds
4 cups water
1 mustard stem, diced
1/2 carrot, diced
100g (3.5 oz) diced vegan ham

Seasonings:

1 tsp vegan seasoning
1 tsp salt
A dash of white sesame oil

Directions:

Boil lotus seeds in 4 cups water for 10 minutes and then add mustard stem, carrot and vegan ham. Bring water to a second boil, reduce heat to medium and continue to cook for 5 minutes or until lotus seeds are completely soft. Add seasonings and serve.

材 料：

- 乾蓮子 100 克，洗淨備用
- 水 4 杯
- 菜心 1 條，切丁
- 紅蘿蔔 1/2 條，切丁
- 素火腿丁 100 克

調味料：

- 天然味素、鹽各 1 茶匙
- 香油少許

作 法：

蓮子用水煮約 10 分鐘，加入菜心、紅蘿蔔、素火腿。待水滾後，用中火續煮 5 分鐘至蓮子爛了，再加入調味料。

LOTUS HEART SOUP



Flying Buddha

130

飛 佛

Ingredients:

1 taro, cut into chunks
 3 dried shiitake mushrooms, soaked until soft and cut into pieces
 20 dried chestnuts, soaked for 4 hours
 3 slices of vegan ham, cut into strips
 200g (7 oz) vegan lamb chunks
 1/2 nappa cabbage, cut into pieces
 200g (7 oz) vegan konjaku balls
 A handful of dried black moss, washed and soaked in water until soft
 A handful of lycium berries, washed and drained
 5 cups water
 Several pieces of carrot, carved into flower patterns

Seasonings:

1½ tsp salt
 1½ tsp vegan seasoning
 A dash of ground white pepper

Directions:

Deep-fry taro, dried mushrooms, chestnuts, vegan ham and vegan lamb chunks (refer to page 62 for tips on deep-frying). Set aside.

Lightly stir-fry cabbage or parboil for a short time. Set aside.

Put all ingredients and seasonings in a crockery pot with 6 cups of water, and steam for 40 minutes. Ready to serve.

材 料：

- 芋頭 1 個，切塊
- 香菇 3 朵，泡軟、切塊
- 乾栗子 20 顆，泡水 4 小時
- 素火腿 3 片，切條
- 素羊肉 200 克
- 大白菜 1/2 個，切段
- 素丸 200 克
- 髮菜(切段)、枸杞各少許
- 水 5 杯
- 紅蘿蔔數片，切花，裝飾用

調 味 料：

- 鹽 1½ 茶匙
- 天然味素 1½ 茶匙
- 胡椒粉少許

作 法：

- (1) 芋頭、香菇、栗子、素火腿、素羊肉炸過備用(參考 62 頁油炸小常識)。
- (2) 大白菜略炒或滾水燙過備用。
- (3) 所有材料及調味料加水放在器皿中蒸 40 分鐘即可。

FLYING BUDDHA



西方美食

Western Specialities



French Onion Soup

Serves 6

Ingredients:

1 large or 2 small onions, diced into 1 inch squares
 2 large or 3 small potatoes, diced into 1 inch squares
 4 cups water
 3 Tbsp olive oil
 2 Tbsp vegan butter
 1/2 cup vegan whipping cream
 Mozzarella vegan cheese

Seasonings:

1/8 tsp white pepper
 1/2 - 1 tsp salt (to taste)
 1/2 tsp vegan or mushroom seasoning
 1/2 tsp sugar (to taste)
 1/8 tsp nutmeg

Directions

Preheat oil in a small pot. Stir-fry onions until transparent, then add vegan butter and potatoes and continue to sauté for 1 minute; add water and cover. Reduce heat to low and simmer for another 10 minutes or until well done. Remove from heat.

Pour mixture into a blender and blend until creamy. Return mixture to pot and simmer. Then add cream or soy milk and seasonings. Thickness can be varied according to taste by adding more soy milk to soup. Stir constantly until soup boils and remove from heat.

Pour soup into 6 porcelain soup bowls and top with shredded vegan cheese. Bake in a pre-heated oven at 375°F(180°C) for 5 minutes or until vegan cheese is light brown.

*Soy whipping cream may be substituted by using 4 cups of regular soy milk and reducing 4 cups water to 2 cups. However, soy milk should be added at the last minute. If soy milk is cooked too long, it will break down.

133

法式洋蔥湯

6 人份

材 料：

- 洋蔥大的 1 個或小的 2 個，切成 1 吋丁
- 馬鈴薯大的 2 個或小的 3 個，切成 1 吋方塊
- 水 4 杯
- 橄欖油 3 大匙
- 純素植物性奶油 2 大匙
- 液態純素植物性鮮奶油
- 披薩用的純素起司絲一些

調味料：

- 白胡椒粉 1/8 茶匙
- 鹽 1/2 ~ 1 茶匙(視個人的口味)
- 天然味素 1/2 茶匙
- 糖 1/2 茶匙(視個人的口味)
- 荳蔻粉 1/8 茶匙

作 法：

(1) 將橄欖油放入鍋中預熱，放入洋蔥丁，將洋蔥炒到呈透明狀，再加入純素植物奶油與馬鈴薯繼續炒 1 分鐘，再加水，蓋上鍋蓋；以小火煮 10 分鐘或煮到熟，熄火。

(2) 將(1)材料倒入果汁機中攪拌成乳汁狀，再倒回鍋內，加入純素鮮奶油或純素豆奶及調味料用小火烹煮，煮的時候要不停的攪拌，直到湯滾，立即熄火。可酌量用純素豆奶來調出自己所喜歡的口味與稠度。烤箱以 180°C (375°F) 預熱 10 分鐘。

(3) 將湯分別倒入 6 個磁湯碗中，上面加上純素起司絲，放入已預熱的烤箱中烤 5 分鐘或純素起司絲融化略呈金黃色後即可取出。

* 液態純素鮮奶油也可用純素豆奶 4 杯替代，但材料中的 4 杯水需減為 2 杯。純素豆奶必須在最後才加，不可烹煮太久。

Mushroom Provencale

Serves 1

Ingredients:

- 1 dozen large white mushrooms (button mushrooms)
- 1 lemon
- 1/2 cup vegan butter
- 3 cloves of garlic, finely minced
- 1/8 tsp salt
- A pinch of black pepper
- 1/2 bunch fresh parsley, finely chopped

Directions:

Wash mushrooms, and remove the stems. Cut mushroom caps in half and place on a plate. Squeeze lemon juice over caps and place in an oven-wear dish (baking dish) with the grill upward then set aside. Melt the vegan butter in a small sauté pan over low heat (do not burn). Add garlic, salt and pepper and remove from heat. Pour one-half of garlic vegan butter mixture over mushroom caps.

Mix chopped parsley with the remaining vegan butter mixture. Spoon over mushroom caps and make sure that each cap is covered with vegan butter. Bake in preheated oven at 325°F(160°C) for 10 minutes until caps are darkened and shrunken in size. Remove from the oven. Ready to serve.

According to your taste, you can add more lemon juice and sprinkle with vegan grated cheese.

Another way to cook this dish:

Heat oil in a frying pan. Stir-fry minced garlic and onion until fragrant (not golden brown). Add white mushrooms and stir-fry over high heat for about one minute.

Add sweet basil, salt and pizza herbs and stir for half a minute. Add some vegan butter (to improve appearance) before removing from heat.

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法式洋菇

1 人份

材 料：

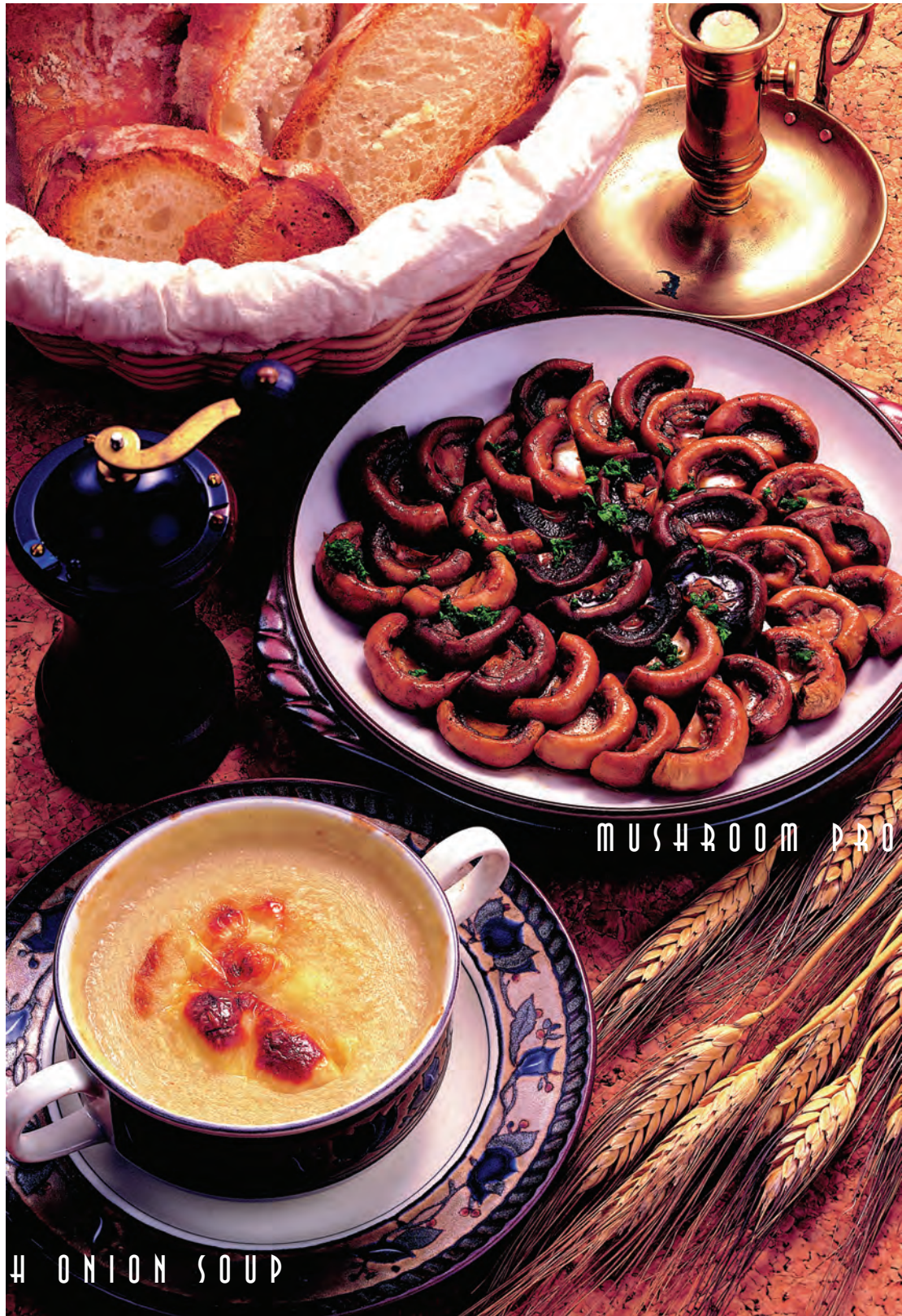
- 白洋菇(挑大的)12 個
- 檸檬一個，擠汁
- 純素植物性奶油 1/2 杯
- 大蒜 3 粒，切碎
- 鹽 1/8 茶匙
- 黑胡椒一些
- 巴西利香菜半把，切碎

作 法：

- (1) 洋菇洗淨、去梗，切對半，撒些檸檬汁以防變色。
- (2) 純素植物性奶油以小火在鍋中融化(勿過焦)，加大蒜、鹽及黑胡椒後熄火。
- (3) 把洋菇放在烤盤中，先倒入一半的大蒜純素植物奶油，將巴西利香菜末加入所剩的純素植物奶油中，再撒在洋菇上(每個洋菇都須浸到純素植物奶油)。
- (4) 烤箱預熱，放入烤盤，以 160°C (325°F) 烤 10 分鐘，烤至洋菇縮小並變成棕色即可上桌。灑些檸檬汁與純素起司粉在洋菇上，吃起來可增加口感。

此道菜有另一種作法：

油鍋放沙拉油加熱，大蒜丁，洋蔥炒香(不要變黃)。放入洋菇大火炒約 1 分鐘後放九層塔、鹽、披薩草，繼續略炒半分鐘，起鍋前加純素植物奶油(使顏色更佳)。



MUSHROOM PROVENCALÉ

FRENCH ONION SOUP

Eggplant Parmigiana

Serves 4

Ingredients:

1 large round eggplant, with both ends cut off, and sliced lengthwise" into 8 pieces about 1/3 inch thick.
 2 cups all-purpose flour
 1/3 cup rice flour"
 1/4 cup cornstarch
 4 cups of tomato or spaghetti sauce (can be purchased at supermarket)
 4"ewr u'xgi cp"o gmkpi "ej gf f ct'ej ggug"(or 8 slices)
 xgi cp"i tcvgf "ej ggug
 1/2 bunch parsley, finely chopped

Batter:

Combine flours and cornstarch, and slowly add water while mixing until smooth batter is formed. The batter should not be too thick or watery. Dip a slice of eggplant in batter, and remove. If batter covers eggplant without dripping excessively, then it is all right to use.

Directions:

On medium high heat, preheat a pot of oil for deep-frying. Enough oil should be added to cover eggplant pieces while frying. Dip eggplant pieces in batter one or two at a time. Remove excess batter before frying. Fry both sides to a light golden brown, remove from oil and drain on paper towel.

Spoon about 1/4 cup of tomato sauce into an oval baking dish, and place 1 slice of eggplant on top of sauce, then a layer of vegan melting cheddar cheese over the eggplant. Then add another layer of eggplant, tomato sauce and vegan melting cheddar. This makes one serving. Prepare the rest of the ingredients to make 3 more servings.

Bake in preheated oven at 375°F(180°C) for five minutes or until vegan melting cheddar cheese melts. Sprinkle with vegan grated cheese and chopped parsley to taste.

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香酪烤茄

4 人份

材 料：

- 大的圓形茄子 1 個，切去兩端後，縱向切成 8 片(厚約 1 公分)
- 中筋麵粉 2 杯
- 在來米粉 1/3 杯
- 玉米粉 1/4 杯
- 蕃茄醬或純素義大利麵醬 4 杯(超市可購買得到)
- 披薩用的純素起司絲 2 杯(或 8 片)
- 純素起司粉一些
- 巴西利香菜半把，切細末(也可買乾的來用)

麵 糊：

把麵粉、米粉、玉米粉混合，將水緩緩加入並調拌均勻。麵糊不可太稠或太稀。將茄片放入麵糊中再拿出來，若沾在茄片上的麵糊不會掉落太多，則為適度的麵糊。

作 法：

- (1) 鍋中放油，油的高度要能蓋過茄片。以中上火熱油，每次將 1 ~ 2 茄片放入麵糊中，取出後去掉多餘的麵糊，放入鍋中炸至兩面呈金黃色時，撈出，瀝乾油。(可參考 62 頁油炸小常識)
- (2) 烤箱以 180°C (375°F) 預熱 10 分鐘。在橢圓型的烤盤中，舀入 1/4 杯的蕃茄醬，然後放一片茄子在蕃茄醬上，再鋪上一層純素起司絲，再放上另一片茄子，鋪上蕃茄醬、純素起司絲；這就是一人份香酪烤茄。將其他三份也依樣準備好。
- (3) 放入已預熱好的烤箱中烤 5 分鐘或烤到純素起司絲融化即可。取出後灑上純素起司粉與巴西利香菜末即可。

EGGPLANT PARMIGIANA



Vegan Quiche

Pastry ingredients:

215g (7.6 oz) cake flour
90g (3.2 oz) unsalted vegan butter, softened
60g (2 oz) granulated sugar
1/4 tsp salt
1 tsp vanilla
55g (2 oz) evaporated soy milk

Directions:

Sift cake flour and place on working surface. Form a well in center. Stir together vegan butter, sugar, salt, vanilla and evaporated soy milk, then pour into center of well. Fold mixture lightly with a pastry scraper to form dough. Refrigerate for 30 minutes. Preheat oven to 390°F (200°C).

Remove chilled dough, and divide into small equal portions. Press into small tart molds and trim edges. Prick bottom of each tart with a toothpick or fork, and place a small paper cup on top, filled with beans or baking stones. Arrange on a baking pan and bake for 8 minutes. Remove paper cups and beans. Set aside.

Filling ingredients:

1/3 cup diced broccoli	1/2 cup diced carrot	225g (8 oz) or 2 bunches of spinach
1/2 cup diced zucchini	1/2 cup white sauce*	
1/3 cup diced cauliflower	3/4 cup vegan shredded cheese (or	

Preparation: vegan melting cheddar cheese)

Bring water to boil, blanch spinach and remove quickly, then rinse with cold water and drain. Then cut into sections and put aside. Using the same water, cook carrots, zucchini, cauliflower and broccoli until soft. Remove, set aside and let cool completely. Mix white sauce with vegetables and vegan cheese.

Directions:

Spoon vegetable mixture into tart shells until full, place in a baking tray and bake in a preheated oven at 350°F (180°C) for 20 minutes or until crust turns light brown.

* For white sauce recipe, refer to page 140.

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法式純素旦塔

塔 皮—

材 料：

· 低筋麵粉 215 克	· 鹽 1/4 茶匙
· 無鹽純素植物奶油 90 克，置室溫軟化	· 香草粉 1 茶匙
· 細砂糖 60 克	· 豆奶 55 克

塔皮的製作：

- (1) 低筋麵粉過篩後，放置工作檯上，築成麵牆。
- (2) 純素植物奶油、糖、鹽、香草粉、豆奶混合均勻後，倒入麵牆中央，再將周圍的麵粉慢慢按壓進來，不要揉捏過度，直到成糰即可，冷藏 30 分鐘備用。將烤箱以 200°C (390°F) 預熱。
- (3) 取出醒好的麵糰，依模型大小分割成適當的小塊麵糰，放入模型中，由底部依迴旋而上的方式，按出一層厚度一致的小塔皮，修整邊緣凸出的部分。
- (4) 塔皮全部做好後，以牙籤在底部刺出均勻的小洞上面放小紙杯，裝入豆子。
- (5) 全部完成後，排在烤盤上，放入已預熱的烤箱，烤約 8 分鐘後，取出小紙杯及豆子，放一旁備用。

塔 餡—

材 料：

· 紅蘿蔔丁、小黃瓜丁各半杯	· 白醬 * 1/2 杯
· 青花菜丁、白花菜丁各 1/3 杯	
· 菠菜 225 克或 2 把	
· 純素起司絲 3/4 杯	

調味料：

餡料的預備：

水煮滾後，快速川燙菠菜，再用冷水沖淋，將水分擰乾，切小段備用。用同樣的滾水煮紅蘿蔔、小黃瓜、青花菜、白花菜到柔軟，撈出瀝乾，放涼後與菠菜、白醬、純素起司絲攪拌均勻。

作 法：

將塔餡填滿每個塔皮，並排放在烤盤裡，放入已預熱的烤箱中，以 180°C (350°F) 烤 20 分鐘或塔皮呈金黃色後即可。

* 白醬作法見 140 頁

VEGAN QUICHE



Vegetables In Portuguese Sauce

140

葡醬香蔬

Ingredients:

4 medium-sized potatoes, peeled
2 medium-sized carrots, peeled
1/2 Chinese cabbage
1 cauliflower
Portuguese Sauce

Directions:

Cut potatoes, carrots, cabbage and cauliflower into small pieces or any form desired.

Add a small amount of oil and salt to a pot of water, just enough to cover vegetables. Bring water to a boil, then add potatoes and carrots. When about half cooked, add cauliflower and Chinese cabbage and continue to cook until done. Remove, rinse with cold water and drain. Place vegetables in a baking dish and cover with Portuguese sauce.

Bake vegetables in oven at 375°F (180°C) for 15-20 minutes. Ready to serve.

Portuguese Sauce Ingredients:

1 cup water	1 cup all-purpose flour
200g (7 oz) vegan butter	2 Tbsp olive oil
3½ Tbsp curry powder	1½ tsp salt to taste
250g (8 oz) fresh or evaporated soy milk	

Directions:

In a saucepan, heat oil over low heat, then add curry powder and mix well. Then immediately add vegan butter to prevent curry from burning. Continue to stir until vegan butter melts. Slowly add flour while stirring. When flour is completely blended with vegan butter, combine water and soy milk and pour in while mixing. Make sure that no lumps remain in sauce. Then add salt and bring to boil.

*Thickness of sauce may be varied by adding more soy milk or flour as desired.

**Italian white sauce* can be made in the same way without curry powder.

材 料：

- 中型馬鈴薯 4 顆(去皮)
- 大白菜 1/2 顆
- 中型紅蘿蔔 2 條(去皮)
- 白花椰菜 1 顆
- 葡式咖哩醬☆

作 法：

(1) 將馬鈴薯、紅蘿蔔、大白菜、白花椰菜切成小塊或自己喜歡的形狀。

(2) 放少許鹽及油於一鍋水中，水量蓋過蔬菜即可。先將水煮滾後放入馬鈴薯與紅蘿蔔，待半熟後放入白花椰菜與大白菜，煮熟後撈起，馬上用冷開水沖淋，瀝乾。將蔬菜放入烤盤中，淋上葡式咖哩醬，放入烤箱中，用 180°C (375°F) 烤約 15 ~ 20 分鐘即成。

☆ 葡式咖哩醬

材 料：

- 水 1 杯
- 純素植物奶油 200 克
- 咖哩粉 3½ 大匙
- 純素豆奶或豆奶 250 克
- 中筋麵粉 1 杯
- 橄欖油 2 大匙
- 鹽 1½ 茶匙(依個人口味斟酌)

作 法：

在一平底鍋加油，以小火熱油，調入咖哩粉並攪拌均勻，馬上加入純素植物奶油，避免咖哩燒焦。繼續攪拌直到純素植物奶油全部融化後，慢慢加入麵粉，一邊加一邊調攪，讓麵粉與純素植物奶油充分結合在一起。再將水與純素豆奶混合後加入，攪拌到確定沒有顆粒在醬中後，放入適量的鹽調味，煮到滾即可。

* 可依個人的口味增加純素豆奶的份量或加入麵粉，來調整此醬的濃度。

* 此醬如果不加咖哩粉，則為義大利白醬。

VEGETABLES IN PORTUGUESE SAUCE



Italian Spinach Crepes Florentine

142

義大利菠菜捲

Ingredients:

Batter:
300 ml soy milk
1½ cups all-purpose flour
1/4 tsp salt
2 tsp olive oil

Seasonings:

Pinch of white pepper
1/4 tsp salt to taste
1 tsp sugar
1/8 tsp nutmeg powder

Directions:

Crepes:

Pour soy milk into a mixing bowl and slowly add flour while beating. Blend into a well-mixed batter. In order to ensure that the batter has the proper thickness, test by dripping a drop of batter into a glass of water. If batter sinks to the bottom without dissolving, then right thickness has been achieved. Blend in all seasonings and mix well.

Preheat a non-stick pan over medium-high heat. Brush with oil to cover the entire pan. Add one scoop of batter to pan, move and over low heat, tilt to spread batter to cover bottom of pan. Fry crepe until edges are golden brown. Use a spatula to turn crepe over, and fry other side until golden. Transfer to a dish and finish making crepes with rest of batter.

Stuffing:

Wash spinach well and blanch. Drain, rinse with cold water for 15 seconds and squeeze out water. Then cut into 1" sections and set aside. Place spinach in a mixing bowl and add 1/4 cup of white sauce and 1/4 cup of vegan grated cheese. Adjust to taste. Spread a portion of filling on a crepe and roll. Steam rolled crepes until hot. Heat white sauce and pour over spinach crepes just before serving.

* For white sauce recipe refer to page 140.

材 料：

- 純素豆奶 300cc
- 中筋麵粉 1½ 杯
- 鹽 1/4 茶匙
- 橄欖油 2 茶匙
- 菠菜 2 ~ 3 把
- 白醬 1 杯*
- 純素起司粉 1/4 杯

調味料：

- 白胡椒粉一些
- 鹽 1/4 茶匙
- 糖 1 茶匙
- 豆蔻粉 1/8 茶匙

作 法：

◎ 餅皮－

(1) 容器內裝純素豆奶，酌量將麵粉慢慢倒入，隨時拌勻。將拌好的麵糊滴一滴在一杯清水中，若不會散開，直接沉到水杯底，是為適當的濃度。

(2) 白胡椒、鹽、糖、豆蔻放入麵糊內拌勻，並嚐味道。

(3) 用中上火熱平底不沾鍋，刷上一層橄欖油。

(4) 將 1 大瓢的麵糊放入平底鍋內，轉動鍋子使麵糊均勻地攤成一大薄皮，轉小火，煎到餅邊緣略呈焦黃色時，用塑膠或木頭鍋鏟翻面，另一面也是煎到餅緣略呈焦黃。將煎好的餅皮放在盤內備用。

◎ 餡

(1) 將菠菜洗好，用滾水川燙、瀝乾；用冷水沖淋 15 秒後，擰乾水分，切成 2.5 公分的長度。

(2) 將菠菜放入大碗內，加 1/4 杯白醬拌勻，並加 1/4 杯純素起司粉，隨時試味道。

(3) 將餡鋪在薄皮上，捲起蒸熟即成。

(4) 上菜時，將白醬煮熟，淋一些在菠菜捲上。

* 白醬作法見 140 頁。

ITALIAN SPINACH CREPES FLORENTINE



Thin Crust Italian Pizza

144

義大利薄皮披薩

Ingredients:

Crust:

3 cups of a mixture of all-purpose and cake flour (1:1)

A pinch of salt

A pinch of sugar

1/2 tsp fresh or dried yeast, dissolved in 1 cup warm water

2 tsp olive oil

Toppings:

6 oz. pizza sauce (may be purchased at supermarket)

vegan shredded cheese

1/2 onion, 1/2 green bell pepper,

1/2 tomato (all cut into 1/6" thick slices)

1/2 cup white mushrooms, sliced

1/2 cup vegan ham, diced

Grated vegan cheese

Directions:

Add sugar, salt and oil to yeast solution. Put flour in a mixing bowl and slowly pour yeast mixture into flour. Knead until dough is no longer sticky. Cover, put in a warm place, and allow dough to rise for half an hour.

First roll dough into a ball, then use hand to press the ball flat and roll into a round, thin crust.

Sprinkle flour on a baking pan and place pizza dough on it. Spread some pizza sauce on the dough to within 1/3" of the edge, and sprinkle with vegan shredded cheese. Place vegetable toppings and ham on pizza and top with another layer of vegan shredded cheese.

Bake pizza in a preheated oven at 375°F(190°C) for 15 - 20 minutes. Pizza is ready to serve when vegan shredded cheese becomes golden brown and crust is crispy. Sprinkle with vegan grated cheese, if desired.

*Favorite vegetables or fruits can be used for various toppings.

* Sliced bread may be used instead of pizza crust. Add sauce, your favorite toppings and vegan shredded cheese and bake in oven for an easy-to-make pizza!

材 料：

◎ 皮 —

· 中、低筋麵粉混合 3 杯 (1 : 1)

· 鹽、糖各少許

· 酵母或酵母粉 1/2 茶匙 (放入 1 杯溫水中溶解)

· 橄欖油 2 茶匙

◎ 餡 —

· 披薩醬 3/4 杯 (超市可購買得到)

· 披薩用純素起司絲一些

· 洋蔥半顆、青椒半顆、大蕃茄半顆，皆橫切 0.5 公分厚的圓圈片

· 素火腿切丁、洋菇切片各 1/2 杯

· 純素起司粉

作 法：

(1) 將鹽、糖與橄欖油放入溶解的酵母中；另將麵粉放入容器中，再慢慢倒入酵母後，搓成麵糰，到不沾手為止，用保鮮膜或布蓋好，放在溫暖的地方發酵半個小時。將烤箱以 190°C (375°F) 預熱。

(2) 將麵糰揉成球形，將麵糰用手掌壓扁，由內往外擀開成圓形薄皮。

(3) 烤盤上撒麵粉，放上麵皮，上面塗一層披薩醬，周邊預留 1 公分不要塗，再撒上一層純素起司絲。加上洋蔥、青椒、蕃茄、素火腿、洋菇，最上面再撒純素起司絲。

(4) 將披薩放入烤箱內，烤 15 ~ 20 分鐘 (等純素起司絲融解成金黃色，餅熟了，即可取出)。上面可隨個人喜好，撒上純素起司粉。

* 餡的部分可放個人喜好的蔬菜、水果。

* 簡易披薩：可以土司片代替皮，撒上喜歡的餡放入烤箱烤即成。

EASY BREAD PIZZA



THIN CRUST ITALIAN PIZZA



Eggplant Caviar

146

茄子泥

Ingredients:

- 2 round eggplants (or 5 long eggplants)
- 1/4 cup olive oil
- 1/2 medium onion, diced
- 2 cloves garlic, finely minced
- 1/2 cup pitted black olives
- 1 large tomato, seeds and juice removed

Seasonings:

- 3/4 tsp salt
- 1 tsp black pepper
- 1/4 cup lemon juice

Instructions:

Preheat oven to 375°F(180°C). With a fork, poke holes along entire length of eggplants. Then place eggplants in a baking dish and bake for 15-20 minutes. Remove from oven and set aside. Scoop out pulp.

Heat 2 tablespoons of olive oil in a frying pan and add onion, garlic, salt and pepper. Stir-fry until onion is golden brown. Put all ingredients and seasonings into a blender. Blend until mixture is smooth, then transfer to a jar or container and keep in refrigerator.

* Eggplant caviar may be used for sandwiches, spread on toast or mixed with salad. It is delicious and good to serve at any time of the year.

材 料：

- 長型茄子 5 條或圓型 2 個
- 橄欖油 1/4 杯
- 中型洋蔥 1/2 個，切丁
- 大蒜 2 粒，切碎
- 去核的黑橄欖 1/2 杯
- 蕃茄 1 個，去籽及汁

調 味 料：

- 鹽 3/4 茶匙
- 黑胡椒 1 茶匙
- 檸檬汁 1/4 杯

作 法：

- (1) 烤箱預熱至 180°C (375°F)。用叉子把茄子密密戳洞。放入烤箱烤 15 ~ 20 分鐘。取出放涼後，挖出茄肉(或將皮剝掉)。
- (2) 炒鍋內放 2 大匙橄欖油，加入洋蔥、大蒜、鹽和胡椒，炒至洋蔥呈金黃色。
- (3) 將所有材料及調味料放入果汁機中打成泥狀，裝入容器中，放入冰箱即可。

* 茄子泥可用來做三明治或塗在土司上，或拌生菜吃，美味可口，冬夏皆宜。

EGGPLANT CAVIAR



Russian Soup

Serves 6

Ingredients:

3 stalks of American celery, diced
 2 tomatoes, diced
 3/4 cup diced yellow onion (optional)
 1 cup diced cabbage (about 1/4 inch square)
 1 medium potato, diced into 3/4 inch squares
 6 cups vegetable broth
 Grated vegan cheese

Seasonings:

3 Tbsp tomato puree
 4 Tbsp vegan butter
 1/3 tsp fresh thyme or 1/2 tsp dried thyme
 1/4 tsp black pepper
 Salt and sugar to taste

Directions:

Heat vegan butter in a medium-sized soup pot and then add vegetables. Stir and cook over medium heat for 5 minutes. Add thyme and continue mixing vegetables for another 5 minutes, then add vegetable broth. Bring to boil, reduce heat to low and simmer for 20 minutes or until all vegetables are cooked. Season with pepper, salt and sugar.

Sprinkle with vegan cheese and serve.

*Add evaporated soy milk to enhance the flavor of the soup.

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羅宋濃湯

6人份

材 料：

- 西洋芹 3 片，切丁
- 蕃茄 2 個，切丁
- 洋蔥丁 3/4 杯(可不放)
- 中型馬鈴薯 1 個，切丁(2 公分見方)
- 高麗菜丁 1 杯
- 蔬菜高湯 6 杯
- 純素起司粉少許

調 味 料：

- 蕃茄糊 3 大匙
- 純素植物奶油 4 大匙
- 鹽、糖適量
- 新鮮百里香 1/3 茶匙或乾的百里香 1/2 茶匙
- 黑胡椒 1/4 茶匙

作 法：

將純素植物奶油放入中型的湯鍋中預熱，然後加入所有的蔬菜，用中火拌煮 5 分鐘，加入百里香再拌煮 5 分鐘，然後加入 6 杯高湯，待湯滾後改用小火煮 20 分鐘到菜熟為止。加黑胡椒、鹽、糖調味，撒上純素起司粉即可上桌。

* 煮好後可加些豆漿，味道更佳。

* 超市有賣罐裝蕃茄糊。

RUSSIAN SOUP



Red Cabbage Pie

150

紫高麗派

Ingredients:

- 150g (5.2 oz) vegan butter, softened
- 2 cups (250g) all-purpose flour
- 3-4 Tbsp cold water
- 2 heads medium red cabbage
- 1 cup (280g) vegan whipping cream
- 125g (4.5 oz) vegan soy cream cheese (Toffuti Cream Cheese)
- 1/2 cup vegan shredded mazzarella cheese

Seasonings:

- 1 tsp clove powder
- 1 tsp nutmeg powder
- 1 tsp cinnamon powder
- 1/2 tsp black pepper
- 1 tsp salt to taste

Directions:

With pastry blender or fingertips, cut or rub vegan butter into flour until mixture resembles coarse crumbs. Sprinkle cold water, a tablespoon at a time, onto mixture. Mix lightly with fork after each addition, until dough is just moist enough to hold together. With lightly floured hands, shape dough into smooth ball.

On a floured surface, with floured rolling pin, roll dough into a round shape 1" larger than the baking dish. Place dough into pie plate and prick bottom with a fork, to allow air to escape.

Cut red cabbage into thick strips. Boil in water until soft, and then add clove powder and a pinch of salt. Drain well and place strips of cabbage flat onto dough.

Combine vegan whipping cream, vegan cream cheese, nutmeg powder, cinnamon powder, pepper and salt. Pour mixture over cabbage.

Preheat oven to 350°F(180°C) and bake pie for about 15 minutes. Remove pie from oven, sprinkle with shredded vegan cheese, and bake for another 10 minutes.

材 料：

- 中筋麵粉 250 克
- 純素植物奶油 150 克，置室溫下軟化
- 冰水 3 ~ 4 大匙
- 中型紫高麗菜 2 顆
- 純素植物性鮮奶油 280 克
- 純素植物性奶油乳酪(Toffuti Cream cheese)125 克
- 純素起司絲 1/2 杯(或大豆起司片(切絲))

調 味 料：

- 丁香粉 1 茶匙
- 鹽 1 茶匙
- 豆蔻粉 1 茶匙
- 肉桂粉 1 茶匙
- 胡椒粉 1/2 茶匙

作 法：

(1) 在盆內放入過篩的麵粉與純素植物奶油，用橡皮刀切拌或手指輕搓成約黃豆般粗顆粒。將冰水每次一大匙均勻灑入並用叉子輕拌，如此數次直到可以成爲一球麵糰。手輕沾麵粉，將麵糰揉成表面光滑的球狀。在擀面上與麵棍上，灑上麵粉擀將麵糰開成比派盤大約 1 吋之派皮，放進派盤，用叉子在派皮上密密戳洞(透氣用)。

(2) 紫高麗菜切粗絲，放入滾水中煮至軟，再加入丁香、鹽拌勻，撈出瀝乾，放在派皮上鋪平。

(3) 將純素大豆鮮奶油、純素植物奶油乳酪、豆蔻粉、肉桂粉、胡椒粉、鹽(少許)充分攪拌鋪在紫高麗菜表層。烤箱預熱，以 180°C (350°F) 烤 15 分鐘。

(4) 將派取出撒上純素起司絲，放入烤箱，再烤 10 分鐘即成。

RED CABBAGE PIE



French Baked Bell Peppers

Ingredients:

4 medium potatoes, peeled and soaked in water
 125g (4 oz) chopped parsley
 1/4 cup chopped celery leaves
 4 Tbsp olive oil
 4 large green bell peppers

Seasonings:

4 tsp salt
 2 tsp pepper
 2 tsp yellow mustard powder
 1/4 tsp paprika

Directions:

Cut potatoes into large pieces, and cook in boiling water until soft. Drain and mash potatoes until completely smooth. Add chopped parsley and celery leaves to the mashed potatoes.

Heat oil in a non-stick pan, then add mashed potatoes and seasonings, and mix over low heat until seasonings are completely blended in with mashed potatoes.

Cut off the tops of the peppers and remove seeds. Fill peppers with the potato mixture. Put peppers on a greased tray and bake in a preheated oven at 375°F(180°C) for 15-20 minutes. Turn peppers occasionally to avoid burning.

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法式烤青椒

材 料：

- 中型馬鈴薯 4 顆(去皮煮軟，搗成泥)
- 巴西利葉 125 克，切碎
- 芹菜葉末 1/4 杯
- 橄欖油 4 大匙
- 大青椒 4 個

調 味 料：

- 黃芥末粉 2 茶匙
- 鹽 4 茶匙
- 胡椒粉 2 茶匙
- 紅椒(paprika)少許

作 法：

- (1) 巴西利和芹菜葉拌入馬鈴薯泥中。
- (2) 將不沾鍋燒熱，轉小火，加入橄欖油，放入調味料與薯泥炒至均勻入味。
- (3) 青椒去蒂內部挖空，填入馬鈴薯泥。
- (4) 烤箱預熱，烤盤抹些油，放入青椒，以 180°C (375°F) 烤 15 ~ 20 分鐘。青椒偶爾要翻面，注意不要烤焦。

FRENCH BAKED BELL PEPPERS



Mexican Rice

154

墨西哥飯

Ingredients:

- 2 cups long grain rice
- 1/2 cup olive oil
- 1/2 medium onion, finely diced
- 1/2 cup tomato sauce
- 2 cups water
- 1/2 cup fresh or frozen green peas
- 1 cup kernel corn

Seasoning:

- 3/4 tsp salt

Directions:

Wash rice, then soak in warm water for 10 minutes and drain. Pre-heat oil in a frying pan and stir-fry onion until transparent. Then add rice and stir-fry over medium heat for 5 minutes or until rice turns milky white. Add tomato sauce, water, peas, corn and salt, and stir well. Bring to boil, then reduce to low heat and cover for 10 minutes. Remove from heat. Ready to serve.

*You can buy tomato sauce at any supermarket.

材 料：

- 長米(在來米)2 杯
- 橄欖油 1/2 杯
- 中型洋蔥半個，切細末
- 蕃茄糊 1/2 杯
- 水 2 杯
- 新鮮或冷凍豌豆 1/2 杯
- 玉米粒 1 杯

調 味 料：

- 鹽 3/4 茶匙

作 法：

- (1) 米洗淨用溫水泡 10 分鐘後瀝乾。
- (2) 油熱後將洋蔥爆香，炒至透明，再放米下去，用中火炒 5 分鐘或炒至米呈奶白色後，放入蕃茄糊、水、豌豆、玉米粒和鹽充分拌勻，待水滾後，轉小火燜煮 10 分鐘，即可熄火上桌。

* 蕃茄糊可在各超市購買得到。

MEXICAN RICE



Mexican Salsa

Ingredients:

4 medium-sized tomatoes
 2 jalapenos (green chilies)
 1/4 onion, chopped
 1 clove garlic, finely chopped
 1 Tbsp olive oil
 Corn tortillas*

Seasoning:

Salt to taste

Directions:

Cook tomatoes and jalapenos in salted water until tomatoes soften and change color. Remove and let cool. Place cooked tomatoes and chilies in a food processor and blend into puree. Heat oil in a frying pan, add garlic and onion and sauté until golden brown. Then add tomato mixture, mix evenly, transfer to a bowl and serve.

Spread Mexican salsa on Mexican tortillas and roll up to eat.

*For Mexican tortillas recipe, refer to page 158.

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紅蕃茄醬汁

材 料：

- 中等的紅蕃茄 4 個
- 青辣椒 2 個
- 洋蔥 1 / 4 個，切碎
- 蒜頭 1 個，切末
- 橄欖油 1 大匙
- 墨西哥薄餅 *

調 味 料：

- 鹽 適量

作 法：

- (1) 將紅蕃茄、青辣椒放入鹽水中，煮至蕃茄變軟、變色以後，取出置涼。
- (2) 將蕃茄與青辣椒放入果汁機或果菜調理機中打成泥狀。
- (3) 將油放入鍋中預熱，加入洋蔥、蒜頭炒至金黃色後，加入蕃茄泥調拌均勻，倒入碗中。食用時塗在墨西哥薄餅上捲起來吃。

* 墨西哥餅作法見 158 頁。

Mexican Beans

157

墨西哥豆

Ingredients:

2 cups dried black beans
(washed and soaked for 4 hours
or overnight)
1 onion, diced

1 clove garlic, minced
2 Tbsp olive oil
1/4 cup chopped cilantro

Seasoning:

1/2 tsp salt to taste

Directions:

Cook black beans in 2 liters (2 quarts) of water. Bring to boil then reduce heat to low and simmer until beans are soft. Remove from heat and drain. Sauté onion and garlic in 2 Tbsp oil until golden brown. Add beans, and stir-fry for 1-2 minutes. Add cilantro and salt and mix well. Beans are ready to serve.

* Some black beans need to be soaked overnight before cooking so that they become soft and cook faster.

材 料：

- 黑豆 2 杯(洗淨、浸泡 4 小時或隔夜)
- 橄欖油 2 大匙
- 洋蔥 1 個，切丁
- 大蒜 1 粒，切末
- 香菜末 1/4 杯

調味料：

- 鹽 1/2 茶匙

作 法：

- (1) 黑豆加 2000 克的水一起煮到滾，關小火繼續煮到豆子變軟，熄火，瀝乾。
- (2) 熱油鍋，爆香洋蔥、大蒜，放入黑豆翻炒 1 ~ 2 分鐘，加入香菜及鹽拌勻，離火即可上桌食用。

Mexican Tortillas

158

墨西哥餅

Ingredients:

2/3 bar (300g) vegan butter, softened
 1½ Tbsp salt
 6 cups whole wheat or all-purpose flour
 1 cup water

Directions:

Mix vegan butter, salt and flour, then gradually add water to the flour mixture and continue kneading to form dough. Divide dough into small portions. With a rolling pin, roll dough into a thin, smooth circle the size of your palm. Pre-heat a non-stick pan and toast tortillas, turning over 3 times until they expand slightly. Remove and keep warm and finish toasting the rest of tortillas.

Serving suggestion:

Spread vegan butter, avocado spread or peanut vegan butter on tortillas or serve with lettuce and beans. Then fold both sides and roll like a burrito. They are delicious and nutritious.

材 料：

- 麵粉(全麥或中筋麵粉都可)6 杯
- 鹽 1½ 大匙
- 純素植物奶油 2/3 大條(300 克，室溫下軟化)
- 水 1 杯

作 法：

將麵粉、鹽與純素植物奶油拌勻，慢慢加水揉成麵糰。將麵糰分成等份的小麵糰，用 麵棍 開至手掌大小的圓麵皮，即可放上平底不沾鍋（不放油）翻烤 3 次，待餅有點膨脹，即可食用。

吃 法：

可將餅皮抹上純素植物奶油或抹上酪梨醬、花生醬及生菜捲起來吃，也可夾墨西哥豆吃，營養又可口。



MEXICAN BEANS

MEXICAN TORTILLAS

MEXICAN SALSA

Tabule Salad

Ingredients:

500g (18 oz) firm, red tomatoes, finely diced
 1 large bunch of parsley, minced
 1 bunch of cilantro or mint, minced
 200g (7 oz) onions, minced
 400g (14 oz) bulgur grain
 Some lettuce

Seasonings:

Salt and pepper, to taste
 200g (7 oz) olive oil, to taste
 6 lemons, juiced

Directions:

Wash bulgur grain (tabule) and steam until well cooked. Transfer to a salad bowl, spread out and let cool to room temperature. Add tomatoes, parsley, cilantro, onions, salt and pepper to cooked bulgur. Toss ingredients thoroughly. Mix oil and lemon juice, and add to salad, as desired.

Spread tabule over lettuce and serve.

* If you don't like the taste of fresh onions, cilantro or mint leaves may be used instead.

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塔布利沙拉

材 料：

- 小麥 400 克
- 堅實的紅蕃茄 500 克，切小丁
- 巴西利 1 大棵，切碎
- 香菜或薄荷 1 把，切碎
- 洋蔥 200 克，切碎
- 生菜一些

調 味 料：

- 鹽和胡椒適量
- 檸檬 6 粒，擠汁
- 橄欖油 200 克

作 法：

- (1) 將小麥洗淨、蒸熟後，倒入沙拉碗中，盡量攤開放涼。
- (2) 將紅蕃茄、巴西利、香菜、洋蔥、鹽、胡椒加入煮好的小麥中，搖拌均勻。將檸檬汁與橄欖油拌勻後，酌量加入沙拉中、拌勻。食用時將塔布利沙拉鋪放在生菜上即可。

* 不慣生蔥味道者，可以香菜或薄荷葉代替。

TABULE SALAD



Potato Omelet

Ingredients:

1 kg (2.2 lbs) potatoes, shredded
Olive oil
4 red tomatoes, sliced
600g (20 oz) spinach, chopped
250g (9 oz) vegan cheese, sliced

Seasonings:

1 tsp salt to taste
1½ tsp turmeric powder

Directions:

Using a sieve, wash shredded potatoes and soak in water, then drain. Sprinkle salt and turmeric onto potatoes and toss thoroughly. Put 3 Tbsp of oil in a flat, non-stick 12" frying pan. Preheat pan and add 1½ cups of shredded potatoes, spreading out to cover the bottom. Fry potatoes over medium heat until light brown. Then place vegan cheese, spinach and 3 slices of tomato on one side of the pancake, fold in half to cover and continue to cook until vegan cheese melts and spinach is soft. Continue to fry remaining potatoes in this way.

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馬鈴薯煎餅

材 料：

- 馬鈴薯 1 公斤，削皮、刨絲
- 橄欖油少量
- 紅蕃茄 4 個，切圓片
- 菠菜 600 克，切碎
- 純素起司片 250 克，切小片

調味料：

- 鹽 1 茶匙、鬱金粉(薑黃)1½ 茶匙

作 法：

- (1) 馬鈴薯放進濾網內，泡在水中一會兒，然後瀝乾水分。將鹽與鬱金粉撒在馬鈴薯絲上，搖拌均勻。
- (2) 平底不沾鍋(約 12 吋大小)，放 3 大匙橄欖油加熱，馬鈴薯絲約 1½ 杯，鋪滿鍋底，用中火煎至金黃色。
- (3) 在半邊薄餅上放上純素起司、一些菠菜及兩、三片蕃茄後，對摺成一個餡餅，繼續加熱至純素起司和菠菜軟化即成。
- (4) 繼續將剩餘的馬鈴薯絲作成煎餅。

POTATO OMELET



Brown Rice Salad

Ingredients:

4 cups cooked brown rice
 12 black olives, finely diced
 1/2 cup parsley, chopped
 1/2 cup green onions, chopped
 1/4 cup coriander (or spices such as nutmeg or fennel to taste)
 3 tomatoes, finely diced

Seasonings:

2 Tbsp curry powder
 2 Tbsp soy sauce
 3 Tbsp olive oil
 1 Tbsp vinegar
 2 Tbsp lemon juice
 Salt and pepper to taste
 Thoroughly mix above ingredients and set aside

Preparation:

Place brown rice in a salad bowl and add olives, parsley, green onions, coriander and tomatoes. Add pre-mixed seasonings to rice mixture, stir well and serve.

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糙米沙拉

材 料：

- 煮熟糙米飯 4 杯
- 黑橄欖 12 個，切丁
- 洋香菜末(巴西利)，綠蔥末各 1/2 杯
- 番茄 3 個，切丁
- 香菜末 1/4 杯(或用少許的香料，如荳蔻粉、茴香粉等)

調味料：

- 咖哩粉、醬油、檸檬汁各 2 大匙
- 橄欖油 3 大匙
- 醋 1 大匙
- 鹽、胡椒粉各少許

以上材料調勻備用

作 法：

將糙米飯放在沙拉碗中，加進黑橄欖、巴西利末、蔥末、蕃茄、香菜。將預先調好的調味料加入飯中攪拌均勻即成。

BROWN RICE SALAD



Butternut Squash Soup

166

葫蘆南瓜湯

Ingredients:

1 butternut squash or medium-sized pumpkin (600g/ 20 oz)
 10g (1½ tsp) vegan butter(or Olive oil)
 1/2 onion, minced
 1/2 clove of garlic, minced
 Curry powder
 Salt
 60g (1/4 cup) whipping cream (or cashew nut 30g and 1 cup Chickpea with some water in a blender. Blend until mixture is smooth,

Directions:

Peel, pit and cut squash into pieces. Place squash in pot, add enough boiling water to cover and cook until tender (about 5 minutes after water begins to boil). When cooked, puree with some water in a blender.

Melt vegan butter in a pan and fry onions and garlic along with curry powder. Add fried ingredients to pumpkin soup and salt to taste. Stir well. Add whipping cream and serve.

* Butternut squash is an improved variety of squash with a shape resembling calabash. It has a thin skin and dark orange pulp with seeds similar to those of a pumpkin.

材 料：

- 葫蘆南瓜或中型南瓜 1 個(600 克)
- 純素植物奶油 10 克(或橄欖油 30g)
- 洋蔥 1/2 個、大蒜 1/2 個，切碎
- 咖哩粉少許
- 純素大豆鮮奶油(或以腰果 30g 和鷹嘴豆 1 杯加水打成泥)1/4 杯
- 鹽適量

作 法：

(1) 南瓜去皮、去籽、切塊。放入鍋中，加入滾熱的水(剛淹過南瓜即可)，水滾後大約再煮五分鐘，到南瓜熟軟後，將水與南瓜倒入果汁機中，水剛淹過南瓜就好，打成南瓜濃湯。

(2) 預熱純素植物奶油於鍋中，將洋蔥、大蒜與咖哩粉炒香後，加入南瓜湯中攪拌(可依個人口味酌量加入鹽)，加入純素大豆鮮奶油即可上桌。

* 葫蘆南瓜是一種改良的南瓜，狀似葫蘆，皮薄果肉呈紅色，種子與南瓜相同。

BUTTERNUT SQUASH SOUP



Middle Eastern Couscous

A- Couscous

Ingredients:

1½ cups couscous
1½ cups boiling water
2-3 tsp vegan butter
¼ cup white raisins

Directions:

Combine all ingredients in a container with airtight cover. Pour boiling water into container, cover and shake for 1 minute. Let stand for 5 minutes. Scoop onto a dish and serve, or to make fancier, scoop couscous into a bowl and press tightly, then invert bowl onto a serving dish.

B- Vegetable topping

Ingredients:

1 block firm tofu
(about 250g / 9 oz), diced
1 cup pumpkin, diced
¾ cup carrots, diced
1 eggplant, diced
½ cup cucumber, diced
1 medium onion, diced
1 tsp chopped garlic
2 Tbsp olive oil
1 cup of water

Seasonings:

Juice of 1 lemon
1 cup tomato ketchup
1 tsp salt
1 tsp sugar
1 tsp ground cinnamon

Directions:

Deep-fry tofu and set aside. Heat oil in a frying pan, then sauté onion and garlic until transparent. Add vegetables and sauté for a few minutes. Add water and cover for 5 minutes, then add all seasonings and mix thoroughly. Finally scoop out, spread over couscous and serve.

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阿拉伯飯

飯 一

材 料：

- Couscous 米 1½ 杯
- 沸騰開水 1½ 杯
- 純素植物性奶油 2 ~ 3 茶匙
- 白葡萄乾 ¼ 杯

作 法：

- (1) 準備一耐高溫、有緊密蓋子的容器，將米、純素植物性奶油、葡萄乾放入容器內，倒入滾燙的開水，蓋子蓋緊，雙手搖晃容器 1 分鐘後，放置 5 分鐘。
- (2) 待 Couscous 燜熟後，將飯放入碗內壓緊，倒扣在盤子上，成半圓形，或直接舀入盤中即可。

蔬菜淋料一

材 料：

- 老豆腐 1 塊(約 250 克)，切小方塊
- 南瓜丁 1 杯、紅蘿蔔丁 ¾ 杯
- 茄子丁 1 條、小黃瓜丁 ½ 杯
- 中型洋蔥 1 顆，切丁
- 大蒜末 1 茶匙
- 橄欖油 2 大匙
- 水 1 杯

調味料：

- 檸檬 1 個(擠汁)
- 蕃茄醬 1 杯，250cc
- 鹽 1 茶匙
- 糖 1 茶匙
- 肉桂粉 1 茶匙

作 法：

- (1) 老豆腐炸過備用。
- (2) 在炒鍋中預熱油，放入洋蔥與蒜末炒至透明。加入所有蔬菜材料炒一會兒，再加水，燜煮 5 分鐘。加入所有調味料，拌炒均勻即可。
- (3) 淋在 Couscous 飯上，風味絕佳。

MIDDLE EASTERN COUSCOUS



Hungarian Soja Goulash

170

匈牙利式燴素肉

Ingredients:

- 1 package (200g) of Soja Goulash* (vegan meat chunks made in Holland, which include spices)
- 4 Tbsp olive oil
- 2 medium onions, minced
- 2 cloves of garlic, minced (optional)
- 3 fresh sweet red peppers, minced
- 3 Tbsp cornstarch mixed with water for thickening sauce
- 3 Tbsp crushed tomato
- 3 Tbsp tomato ketchup
- 2 cups (500ml) soy milk (optional)
- 1-2 tsp cayenne pepper (to taste)
- Salt and pepper to taste

Directions:

Bring 3 cups (750ml) of water to boil and add Soja Goulash and spices, turn heat down to low and simmer. At the same time, sauté onions, garlic and red peppers in olive oil until light brown, then set aside. After Soja Goulash has simmered for 25 minutes, stir in fried onions, garlic and red peppers along with all other ingredients.

*Other soy protein chunks may be substituted for Soja Goulash. Soak dried vegan meat in hot water until soft. Squeeze water out. Thoroughly marinate soy protein chunks with 2 Tbsp soy sauce, 1 tsp wild pepper powder, 1/8 tsp salt, 1/8 tsp vegan seasoning and 1/8 tsp star anise powder; toss well. Marinate for 2-3 hours and then deep-fry or shallow-fry.

**This dish can be served with steamed rice or potatoes. With toast or French bread, tear bread into pieces and dip in goulash.

材 料：

- 荷製素肉塊*1 盒(內含調味料)200 克
- 橄欖油4 大匙
- 中型洋蔥2 個，切碎
- 大蒜2 粒，切碎 (可不用)
- 新鮮的甜紅椒3 個，切碎
- 玉米粉3 大匙，加水調開勾芡用
- 蕃茄泥3 大匙，蕃茄去皮搗成泥狀
- 蕃茄醬3 大匙
- 豆漿500cc ，約2 杯(或少些或不放，隨個人口味)
- 辣椒粉(辣味強烈的較佳)1 ~ 2 茶匙
- 鹽與胡椒粉酌量

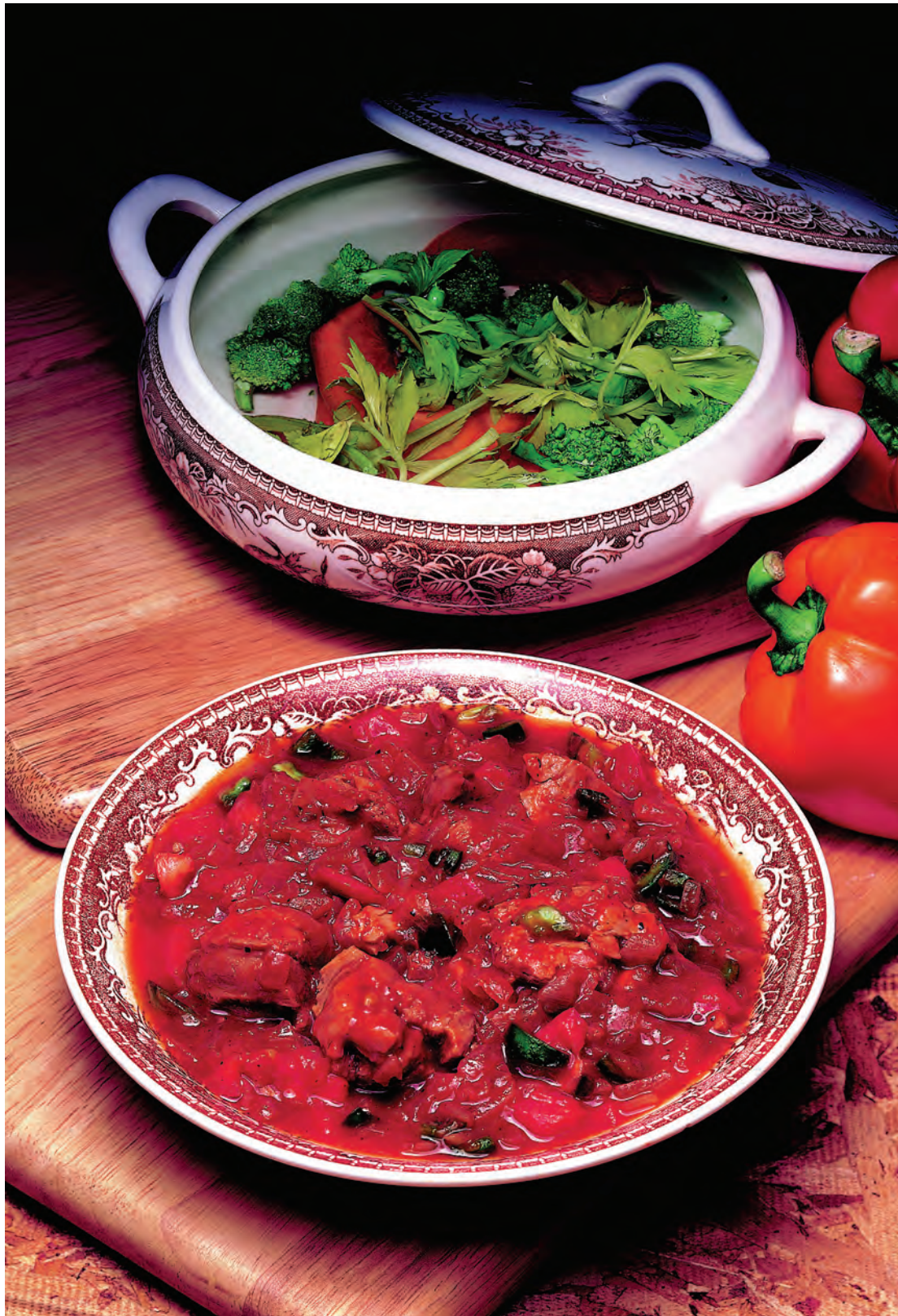
作 法：

- (1) 把素肉塊與調味包一起放入750 克的水中，將材料煮滾後再用小火煮約25 分鐘。
- (2) 同時用橄欖油將洋蔥、大蒜、甜紅椒炒香備用。
- (3) 素肉塊燜煮了25 分鐘之後，加入洋蔥、大蒜、甜紅椒及其他材料於滾水中，玉米粉漿最後加入並攪拌均勻即可。

* 荷製素肉塊可用一般素肉塊取代：素肉塊洗淨用熱水泡軟，將水分擰乾，加入調味料：醬油2 大匙，花椒粉1 茶匙，鹽、天然味素各1/8 茶匙，八角粉1/8 茶匙，搖拌均勻，醃約2 ~ 3 小時，將醃過的素肉塊炒或炸過。

* 食用時在熱飯上淋上燴好的湯汁與素肉，或者和蒸熟的馬鈴薯一起食用。如果是和新鮮土司、法國麵包等一起食用，則將麵包撕成塊沾著燴汁吃。

HUNGARIAN SOJA GOULASH



Potatoes Au Gratin

172

純素起司馬鈴薯

Ingredients:

2 large potatoes
1 tsp vegan butter
150g (5 oz) Vegan melting cheddar cheese(Egg less mayo was used)
Some egg-less salad dressing

Seasonings:

1/4 tsp salt
1/4 tsp vegan seasoning
1/4 tsp sugar

Directions:

Peel and cook whole potatoes in water till soft. Let cool completely then cut into slices. Place on an ovenware plate so that slices overlap. Add vegan butter, salt, vegan seasoning and sugar, and sprinkle with shredded vegan cheese. Pour salad dressing over potatoes in a pattern of your choice. Bake in oven at 350°F(180°C) for 20 minutes. Serve and enjoy.

材 料：

- 馬鈴薯 2 大個
- 純素植物性奶油 1 茶匙
- 純素起司絲 150 克
- 無蛋沙拉醬少許

調 味 料：

- 鹽、天然味素、糖各 1/4 茶匙

作 法：

- (1) 馬鈴薯削皮煮熟，待冷後切片放進盤中排好。加純素植物奶油、鹽、天然味素、糖，撒上純素起司絲。
- (2) 用沙拉醬淋上自己喜歡的線條後，放進烤爐以 180°C (350°F) 烤 20 分鐘即成。

POTATOES AU GRATIN



Nutritious Mashed Potatoes

174

營養薯泥

Ingredients:

1kg (2.2 lbs) potatoes, peeled
 300g (11 oz) red lentils or lima beans
 1/2 tsp of thyme powder
 1/2 tsp of mixed herbs
 100g (3.5 oz) vegan butter
 100g (3.5 oz) vegan grated Parmesan cheese(or Soy Cream 50g)
 400 ml evaporated soy milk
 Salt and pepper to taste

Directions:

Cover 2/3 of potatoes with water and cook to a boil with lentils and thyme powder, then turn heat down to low and continue cooking until potatoes are soft. Drain water. Mash potatoes and lentils together, and combine with mixed herbs, vegan butter, grated vegan cheese and evaporated soy milk. If too thick, more soy milk may be added. Mix well. Add salt and pepper to taste.

*Mixed herbs can be purchased at supermarkets. They may include such herbs as coriander seeds, rosemary, thyme, basil, etc.

材 料：

- 馬鈴薯 1 公斤(去皮)
- 扁豆或毛豆 300 克

調味料：

- 百里香粉 1/2 茶匙
- 純素植物奶油 100 克
- 純素起司粉 100 克(或大豆起司 50 克)
- 豆奶 400ml
- 胡椒粉、鹽少許
- 綜合香葉料粉 1/2 茶匙

作 法：

(1) 將馬鈴薯、扁豆與百里香粉放在水中，水量蓋住馬鈴薯 2/3 即可，用大火煮至滾後改小火煮到馬鈴薯軟熟，撈起瀝乾，將馬鈴薯與扁豆一起搗成泥狀。

(2) 加入純素植物奶油、純素起司粉(或大豆起司)、豆奶、胡椒粉、鹽、綜合香葉料粉，拌勻即可，若太乾稠，則再調入適量的豆奶。

* 綜合香葉料粉，在超市可買到，其中包括芫荽子、迷迭香、百里香、羅勒等香葉粉。

NUTRITIOUS MASHED POTATOES



甜點及飲料
Desserts & Drinks





Delicate Flowery Cookies

178

花式小西餅

Ingredients:

300g (10.5 oz) softened vegan butter
 150g (5.3 oz) icing sugar
 110g (4 oz) evaporated soy milk
 1 tsp vanilla
 75g (2.5 oz) plant milk powder (oat powder or Almond powder or soy power)
 A pinch of salt
 375g (13.3 oz) bread flour

Directions:

Preheat oven to 390°F (190°C). Sift flour and skimmed soy milk powder together twice.

In a large bowl, combine vegan butter, vanilla, sugar and salt. Beat with electric mixer until light and creamy. Add evaporated soy milk in two additions, and mix well after each addition. Fold in one third of flour mixture at a time, and stir evenly with plastic spatula.

Place batter into a piping bag fitted with a large star-shaped nozzle. Pipe mixture into various round shapes and space 1" apart on greased baking tray. Drop strawberry jam into the center of cookies. Bake for 10 minutes until golden brown. Allow cookies to cool and then store in airtight container or plastic bag to preserve freshness.

材 料：

- 純植物性奶油 300 克，放室溫軟化
- 糖粉 150 克
- 豆奶水 110 克
- 純植物奶粉 75 克(燕麥奶粉或杏仁粉或黃豆粉)
- 鹽少許
- 香草粉 1 茶匙
- 高筋麵粉 375 克

作 法：

(1) 將烤箱預熱至 190°C ~ 200°C (390°F)；烤盤塗油備用；再將純植物性奶粉、香草粉、高筋麵粉混合後，過篩 2 次備用。

(2) 將純植物性奶油、糖粉、鹽用電動攪拌器打至鬆發、顏色變白，再將豆奶水分 2 次加入拌勻。將(1)料分 3 次倒入，用橡皮刀輕輕拌勻成麵糊。

(3) 把(2)裝入擠花袋中，擠出各式花型在烤盤上，餅乾相間隔約 2 公分；點上草莓醬在餅乾的中心做裝飾，再放入烤箱中烤 10 分鐘，至表面呈金黃色即可出爐。等餅乾涼了之後裝入密封罐，或以塑膠袋包裝，以免受潮。

DELICATE FLOWERY COOKIES



Pineapple Muffins

Ingredients:

2 cups all-purpose flour
 1 Tbsp baking powder
 1/2 cup sugar
 1/2 tsp salt
 1/2 cup vegan butter
 1½ cups soy milk (or 1 cup vegan sour milk)
 1 Tbsp vanilla
 1 cup canned pineapple, diced and drained

Directions:

Preheat oven to 350°F(180°C).

In a bowl, combine flour, baking powder and salt, sift and mix well.

In another bowl, thoroughly blend sugar with melted vegan butter. Mix 1/2 flour mixture with vegan butter mixture. Then stir in half of the soy milk. Add remaining flour mixture and soy milk, and stir well. Finally add diced pineapple and blend evenly into dough.

Spoon dough into paper baking cups (about 2/3 full), and bake in preheated oven for 20-25 minutes or until light brown.

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鳳梨鬆糕

材 料：

- 中筋麵粉 2 杯
- 泡打粉(baking powder) 1 大匙
- 糖 1/2 杯
- 鹽 1/2 茶匙
- 純植物性奶油 1/2 杯，隔水加熱融化
- 鮮豆奶 1½ 杯(或酸豆奶 1 杯)
- 香草粉 1 大匙
- 鳳梨細丁 1 杯(可用罐頭鳳梨，水分要瀝乾)

作 法：

- (1) 將烤箱預熱到 180°C (350°F)。
- (2) 將麵粉、泡打粉、香草粉、鹽混合過篩，備用。
- (3) 將糖與液狀純植物性奶油混合攪拌均勻。將(2)的一半拌入純植物性奶油糖汁中，再拌入 1/2 鮮豆奶，再拌入剩下的(2)與鮮豆奶，最後再拌入鳳梨，攪拌均勻即可。
- (4) 將拌好的鳳梨麵糊平均地倒入小杯模型中，約 6 分滿，放入烤箱中烤約 20 ~ 25 分鐘即可。

PINEAPPLE MUFFINS



Fruit Pie

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Ingredients:

Pie Crust:

150g (1½ cups) all-purpose flour
75g (5 Tbsp) vegan butter
1 Tbsp sugar
2 Tbsp evaporated soy milk

Topping:

soy whipped cream (blended until fluffy)
1 kiwi fruit, sliced
1 peach, sliced
Several red cherries

Pie Filling:

1/2 cup evaporated soy milk
1/2 cup granulated sugar
1/2 cup soy milk powder (oat powder or soy power)
1/2 cup cornstarch
1½ cups water
1 Tbsp vegan butter
1/2 cup mixed canned fruit

Directions:

Pie Crust:

Sift flour into a container. Blend in vegan butter and sugar. Cut or rub flour mixture with pastry scraper or by hand until it resembles coarse crumbs. Add evaporated soy milk, gently folding mixture with a rubber spatula to form dough. (Stir gently, otherwise dough will become chewy instead of crispy.) Wrap and place dough in refrigerator to chill for 30 minutes before using. Preheat oven to 430°F (220°C).

On floured surface, with floured rolling pin, gently roll chilled dough from center to edge into a circle larger than the size of a pie pan or mold and 0.5 cm (1/6") in thickness.

Roll dough loosely around rolling pin and lift onto an 8" pie tin. Unroll and ease into tin. With fingertips, press dough into the plate to remove any air bubbles. Do not stretch dough; it will shrink back while baking. Trim off excess pastry. Fold edge with hands or press edge with a fork to form decorative patterns. Prick pie shell with fork to allow steam to escape during baking.

Bake for 20 minutes or until crust begins to turn golden brown. Cool pie crust completely before filling.

Pie Filling:

Mix evaporated soy milk, sugar, soy milk powder, cornstarch and water and cook over low heat, stirring constantly until mixture boils and thickens. Stir in vegan butter and canned mixed fruit. Remove from heat.

Pour filling into baked pie crust and allow to cool. Then top with soy whipped cream and fruit, and refrigerate.

*To enhance the appearance of the fruit and avoid dehydration, brush with warmed jam or fruit gel.

五色水果派

材 料：

派 皮：

· 中筋麵粉 150 克
· 純植物性奶油 75 克
· 砂糖 1 大匙
· 豆奶 2 大匙

派 餡：

· 豆奶、細砂糖、純素植物奶粉（燕麥奶粉或黃豆粉）、玉米粉 各 1/2 杯、香草精 1/2 茶匙
· 水 1½ 杯
· 純素植物性奶油 1 大匙
· 什錦水果罐頭 1/2 杯

裝 飾：

已打好的鮮植物性奶油適量、奇異果一個(切片)、水蜜桃一個(切片)、紅櫻桃數粒。

作 法：

一、派皮：

(1) 在盆內，將麵粉過篩一次，加入純植物性奶油、砂糖混合，用手輕搓成約黃豆般粗顆粒。把豆奶均勻灑入，用橡皮刀輕拌成糰（不可用力攪拌，否則會出筋，不酥）。將麵糰用玻璃紙包起來，放入冰箱冷藏 30 分鐘。

(2) 烤箱以 220°C (430°F) 預熱。在工作檯上，撒些高筋麵粉，將冷藏的麵糰取出，用 麵棍由中心向四方輕 出厚約 0.5 公分的

圓形派皮，大小必須擡出派盤邊緣。用麵棍將麵皮鬆鬆地捲起，移至8吋的派盤上，輕輕展開麵皮，均勻的鋪在盤中。用指尖輕壓派皮合貼於派盤內側，目的是擠壓出空氣。不要拉扯派皮，避免烤時派皮會回縮。

(3) 修去邊緣多餘的派皮。用手在派緣捏花紋或用叉子壓邊緣呈紋路，並在底部用叉子刺上均勻的小孔用來散熱。放入已預熱的烤箱中烤20分鐘，直到表面成金黃色後取出待涼、備用。

二、派餡：在容器內將豆奶、砂糖、純素植物奶粉、玉米粉、香草精和水混合均勻，倒入鍋內，用小火邊煮邊攪至濃稠；再加入純植物性奶油，什錦水果混合。

三、把煮好的餡倒入烤好並溫涼的派皮上。待涼後，擠上已打好的鮮純植物性奶油，擺上水果裝飾，冷藏。

* 可將果醬或果膠隔水加熱後刷於水果上，以增加水果的亮度及防止水果表面脫水。



Plum Dumplings

Makes 24 dumplings

Ingredients:

600g (20 oz) potatoes, peeled, and cut into pieces
 200g (7 oz) all-purpose flour, sifted
 1/4 tsp salt
 Water
 Brown sugar, to taste
 Cinnamon powder, to taste
 24 pieces of fresh pitted plums
 1 cup bread crumbs
 1/4 cup vegan butter

Directions:

Boil potatoes until soft, and drain well (or steam until well-done), then mash thoroughly. Add flour, salt and water to mashed potatoes to form dough. Divide dough into 24 parts, roll into balls and press flat. Set aside.

Add some sugar to the fresh plums and mix well. Wrap each plum with one piece of dough. Shape into round dumplings. Cook dumplings in boiling water until they float to the surface of the water. Then cook for an additional 3 minutes and remove.

Stir-fry bread crumbs in vegan butter until golden brown. Add dumplings to bread crumbs and mix until dumplings are thoroughly coated. Sprinkle some brown sugar and cinnamon on dumplings and serve hot.

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西梅湯丸

份量：24 個

材 料：

- 馬鈴薯 600 克，去皮切塊
- 中筋麵粉 200 克，過篩
- 鹽 1/4 茶匙
- 適量的水
- 紅糖 一些
- 肉桂粉 一些
- 新鮮梅子 24 粒，去核
- 純植物性奶油 1/4 杯、麵包屑 1 杯

作 法：

- (1) 馬鈴薯用水煮熟後，將水瀝乾，或蒸熟後搗成泥。將馬鈴薯泥與麵粉、鹽與適量的水混合攪拌均勻成糰，分成 24 份，搓圓、壓扁後備用。
- (2) 加適量的糖於梅子中拌勻，將每顆梅子肉包入小麵糰中，搓成湯丸，然後放在開水中煮熟，至湯丸浮於水面，再等 3 分鐘才撈起湯丸。
- (3) 用純植物性奶油將麵包屑炒至金黃色後盛起。將湯丸表面均勻滾沾上麵包屑，撒上少許紅糖與肉桂粉，趁熱食用。

PLUM DUMPLINGS



Vegan Cream Cheese Pie

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Ingredients:

Pie Crust:

150g (5.3 oz) cake flour
50g (1.8 oz) bread flour
20g (0.7 oz) rice flour
25g (0.9 oz) sugar
100g (3.5 oz) unsalted vegan butter(vegan vitalite butter)
20cc Soy Cream, sweetened

Pie Filling:

450g (15.8 oz) Toffuti Cream Cheese
100g (3.5 oz) granulated sugar
150g (5.3 oz) vegan plain drink yogurt
20g cornstarch

Directions:

Pie Crust:

Sift flour into a container. Blend in vegan butter and sugar. Cut or rub flour mixture with pastry scraper or by hand until it resembles coarse crumbs. Add evaporated soy milk, gently folding mixture with a rubber spatula to form dough. (Stir gently; otherwise dough will become chewy instead of crispy.) Wrap and place dough in refrigerator to chill for 30 minutes before using. Preheat oven to 430°F(220°C).

On floured surface, with floured rolling pin, gently roll chilled dough from center to edge into a circle larger than the size of a pie pan or mold, and 0.5 cm (1/6") in thickness.

Roll dough loosely around rolling pin and lift onto 10" pie tin. Unroll and ease into tin. With fingertips, press dough into tin to remove air bubbles. Do not stretch dough; it will shrink back while baking. Trim off excess pastry. Fold edge with hands or press edge with a fork to form decorative patterns. Prick pie shell with fork to allow steam to escape during baking.

Bake for 20 minutes or until crust begins to turn golden brown. Cool pie crust completely before filling.

Pie Filling:

Beat vegan cream cheese with an electric mixer at medium speed for 3-4 minutes. Add sugar and beat another 2-3 minutes. Add yogurt and beat another 2-3 minutes. Finally, add cornstarch and blend well.

Pour filling into baked pie crust. Bake in preheated oven at 265°F (130°C) for 30-50 minutes on lower rack. Remove and allow to cool. Refrigerate before serving.

*Adding diced fresh fruit (non-juicy varieties) or minced lemon peel to pie filling will give pie more flavor.

純素大豆起司派

材 料：

派 皮：

- 低筋麵粉 150 克
- 高筋麵粉 50 克
- 在萊米粉 20 克
- 糖 25 克
- 無鹽純植物性奶油 100 克
- 豆奶水 20c.c. 左右
- 玉米粉 20 克

派 餡：

- 純植物性奶油乳酪 (Vegan Cream Cheese) 450 克
- 細砂糖 100 克
- 純素原味優酪乳 150 克

作 法：

一、派 皮：

(1) 在盆內，將麵粉及在萊米粉過篩一次，加入純植物性奶油、砂糖混合，用手輕搓成約黃豆般粗顆粒。把豆奶水均勻灑入，用橡皮刀輕拌成糰(不可用力攪拌，否則會出筋，不酥)。將麵糰用玻璃紙包起來，放入冰箱冷藏 30 分鐘。

(2) 烤箱以 220°C (430°F) 預熱。在工作檯上擀 撒些高筋麵粉，將冷藏的麵糰取出，用 麵棍由中心向四方輕 擀出厚約 0.5 公分的圓形派皮，大小必須超出派盤邊緣。用擀麵棍將麵皮鬆鬆地捲起，移至 10 吋的派盤上，輕輕展開麵皮，均勻的鋪在盤中。用手指尖輕壓派皮合貼於派盤內側，目的是擠壓出空氣。不要拉扯派皮，避免烤時派皮會回縮。

(3) 修去邊緣多餘的派皮。用手在派緣捏花紋或用叉子壓邊緣呈紋路，並在底部用叉子刺上均勻的小孔用來散熱。放入已預熱的烤箱中烤 20 分鐘，直到

表面成金黃色後取出待涼、備用。

二、派 餡：

純植物性奶油乳酪以打電動攪拌器中速打三至四分鐘後，加糖打二至三分鐘，再加入純素原味優酪乳打二至三分鐘後，加入玉米粉混合均勻。

三、將混合均勻的派餡倒在成型之派皮內，放入烤箱以上火 130℃，下火 180℃ 烤 50 分鐘即可(家用烤箱以 130℃ 放在下層烤 30 ~ 50 分鐘即可)。烤好後待涼，放入冰箱冷卻後即可食用。

* 可在混合均勻之派餡中加入一些天然水果丁(最好是水份少一些的)，也可以加入一些檸檬皮絲，味道比較香。



Coconut Basket Tarts

Ingredients:

140g (5 oz) unsalted vegan butter, softened
 330g (11.5 oz) cake flour
 92g (3.2 oz) sugar (Tarts Crust) and 50g sugar(Tarts Filling)
 1/4 tsp salt
 1½ tsp vanilla
 85g (3 oz) soy milk (Tarts Crust) and 50g sugar(Tarts Filling)
 200g (7 oz) shredded coconut
 370g (13 oz) coconut milk (Toffuti Cream Cheese227g)

Directions:

Sift cake flour and place on working surface. Form a well in the center.

Stir together vegan butter, sugar, salt, vanilla and soy milk and then pour into center of flour. Fold mixture lightly with a pastry scraper to form dough and refrigerate for 30 minutes. Preheat oven to 350°F(180°C).

Remove chilled dough and divide into small equal portions. Press into small tart molds and trim edges.

Mix shredded coconut with coconut milk and spoon into the tart molds. Bake for 20 minutes. Cool and serve.

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椰絲籃子

材 料：

- 無鹽純植物性奶油 140 克，放室溫下軟化
- 低筋麵粉 330 克
- 鹽 1/4 茶匙
- 細砂糖 92 克(外皮)及細砂糖 50 克(內餡)
- 香草粉 1½ 茶匙
- 豆奶 85 克(外皮用)及 50 克(內餡用)
- 椰絲 200 克
- 椰奶 370 克(或純素原味奶油乳酪 227 克)

作 法：

- (1) 低筋麵粉過篩後，在工作檯上，將麵粉堆高，中間用手指騰出一個空洞。
- (2) 將純植物性奶油、糖、鹽、香草粉、豆奶混合均勻後，倒入麵粉的中央，再將周圍的麵粉用刮板慢慢按壓進來，不要揉捏過度，直到成糰即可，冷藏 30 分鐘備用。將烤箱以 180°C (350°F) 預熱。
- (3) 取出醒好的麵糰，依模型大小分割成適當的小塊麵糰，放入模型中，由底部依迴旋而上的方式，用手指按出一層厚度一致的小塔皮，修整邊緣多出的部分。
- (4) 椰絲與椰奶混合均勻，舀入模型中，放入已預熱的烤箱中烤 20 分鐘即成。

COCONUT BASKET TARTS



Various Vegan Cakes

Ingredients:

300g (2½ cups) bread flour
 2 Tbsp cocoa powder
 50g (7 Tbsp) soy milk powder
 1 Tbsp baking powder
 A pinch of salt
 150g (¾ cup) sugar
 1 Tbsp vanilla
 50g (3 Tbsp) vegan butter, softened
 50g (⅓ cup) oil
 300 ml (1¼ cups) water
 2 Tbsp raisins
 1 Tbsp almond flakes

Directions:

Preheat oven to 350°F(180°C). Mix bread flour, cocoa powder, soy milk powder, baking powder and salt together and sift 3 times.

Blend sugar, vanilla and vegan butter. Add oil and water and mix well. Slowly add flour mixture. Add raisins and mix.

Pour cake batter into a greased 7.5"×4"×4" loaf pan. Sprinkle with almond flakes. Bake for 30 minutes or until done (when a toothpick inserted into the center of cake comes out clean). Cool on wire rack for 15minutes. Remove from pan; cool thoroughly on rack. Slice and serve.

* Fruit juice, such as strawberry juice, orange juice etc., may be used in place of water to make various fruit flavored cakes. 50g (7 Tbsp) of soy milk powder may be substituted for cocoa powder. Also, cherries or peaches may be used instead of almond flakes.

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千面素糕

材 料：

- 高筋麵粉 300 克
- 可可粉 2 大匙
- 純植物性奶粉 50 克（燕麥粉或豆漿粉）
- 香草粉 1 大匙
- 泡打粉 1 大匙
- 鹽少許
- 水 300 克
- 砂糖 150 克
- 純植物性奶油 50 克，置室溫下軟化
- 沙拉油 50 克
- 葡萄乾 2 大匙
- 杏仁片 1 大匙

作 法：

- (1) 將烤箱預熱到 180°C (350°F)。高筋麵粉、可可粉、純植物性奶粉、香草粉、泡打粉、鹽全部混合過篩 3 次備用。
- (2) 水、砂糖、純植物性奶油、沙拉油全部混合拌勻後，將(1)慢慢加入，拌勻，再加葡萄乾拌一下。
- (3) 在 7.5"×4"×4" 的模型內塗油。將麵糊倒入模型中，最後撒上杏仁片。放入已預熱的烤箱中烤 30 分鐘至全熟(牙籤插入糕體的中心，不沾黏爲止)。出爐後，放在鐵架上 15 分鐘，再倒扣出來，放涼後切片。

* 果汁可代替水的份量，做成各色水果糕，如草莓汁、柳丁汁……等等。純植物性奶粉可改成 100 克代替可可粉；杏仁片亦可改用櫻桃或水蜜桃。

VARIOUS VEGIAN CAKES



Indian Milk Tea

Serves 3-4

Ingredients:

4 cups water
5 cloves
1 stick cinnamon or 1/2 tsp of cinnamon powder
1/2 tsp fennel
1 star anise
2 thin slices ginger
2 bags Lipton tea
Soy milk and sugar to taste

Directions:

Bring 4 cups of water to a boil then reduce heat to medium.

Add cloves, cinnamon, fennel, star anise and ginger. Cover pot and boil for 5 minutes.

Add tea bags, remove from heat and steep for 5 minutes.
Remove tea bags and spices. Add soy milk and sugar. Serve hot or cold.

Fresh Mint Tea

Ingredients:

Jasmine tea (loose leaves or 2 tea bags)
4 cups water
1 small bunch of fresh mint
Sugar

Directions:

Add tea and fresh mint to boiling water. Turn off heat. Cover pot for 5 minutes. Remove tea and mint. Add sugar to taste, and serve.

* Sweet basil may be added as well.

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印度奶茶

3 ~ 4 人份

材 料：

- 水 4 杯
- 丁香 5 個
- 肉桂粉 1/2 茶匙
- 小茴香 1/2 茶匙
- 八角(大茴香) 1 個
- 薑 2 薄片
- 立頓紅茶茶包 2 個
- 豆奶與糖適量

作 法：

(1) 將 4 杯水燒開，改成中火，加入丁香、肉桂、茴香、八角與薑；蓋上壺蓋，滾煮 5 分鐘。
(2) 放入茶包，熄火，讓茶包浸泡 5 分鐘後，濾掉茶包與香料，加入適量的豆奶與糖，冷熱皆宜飲用。

新鮮薄荷茶

材 料：

- 茉莉花茶葉一些(或茶包 2 個)
- 水 4 杯
- 新鮮薄荷一小把
- 糖

作 法：

將茶葉或茶包與新鮮薄荷葉放入滾開的水中；熄火；燜五分鐘。濾出薄荷與茶葉，加入適量的糖。

* 九層塔也可一起加入。



FRESH MINT TEA

INDIAN MILK TEA

Taro Coconut Milk

Ingredients:

1 cup steamed taro
200 ml (7 oz) coconut milk
200 ml (16 oz) fresh soy milk
5 Tbsp sugar
Ice (about 1/3 cup)

Direction:

Place taro, coconut milk, fresh soy milk, sugar and ice in a blender, then blend at high speed for about 30-40 seconds.

芋頭椰奶

材 料:

- 蒸熟的芋頭 1 杯
- 椰奶 200cc
- 鮮豆奶 200cc
- 糖 5 大匙
- 冰塊約 1/3 杯

作 法:

將所有材料放入果汁機中，以高速攪打 30 ~ 40 秒鐘即成。

Pina Colada

Ingredients:

1/2 cup pineapple juice
1 oz non-alcoholic white wine (or non-alcoholic sparkling green grape beverage)
2 tsp desiccated coconut (coconut powder)
3 oz soy whipping cream
4 tsp sugar
1/2 cup ice

Direction:

Place all ingredients in a blender, and blend for 25-30 seconds. Pour mixture into a glass and serve.

鳳梨椰奶

材 料:

- 鳳梨汁 1/2 杯
- 無酒精白酒 2 大匙(或以無酒精白葡萄酒替代)
- 椰子粉 2 茶匙
- 鮮植物性奶油 5½ 大匙
- 糖 4 茶匙
- 碎冰 1/2 杯

作 法:

將所有的材料放入果汁機中攪打 25 ~ 30 秒鐘，然後倒入杯中即可。

TARO COCONUT MILK

PINA COLADA



Tri-Alive

Ingredients:

Choose 3 kinds of fruit with different colors; for example, watermelon (red), honeydew melon (green), mango (yellow).

Directions:

Separately blend each fruit in a blender, then pour one portion at a time into a glass according to weight, for example: watermelon, honeydew melon and then mango.

* Choose seasonal fruits. Grapefruit may be used instead of watermelon, orange instead of mango and kiwi instead of honeydew melon, etc.

* To get the desired layered effect, pour blended fruit slowly down the side of a glass. If layering cannot be controlled well in this way, use a funnel to pour fruit into the glass.

Golden Dream

Ingredients:

1 carrot (peeled and cut into chunks)
 1/2 pineapple or 4 oranges (peeled and cut into chunks)
 3 stalks American celery, cut into small pieces
 A few mint leaves
 1/2 cup water
 3 Tbsp fructose or sugar water

Preparation:

Blend all ingredients except fructose in a blender and filter out the dregs. Add fructose to juice and stir well. Add ice cubes and serve.

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三色果汁

材 料:

· 選用三種不同顏色的水果
 例如：西瓜(紅)、香瓜(綠)、芒果(黃)

作 法:

將三種水果分開打汁，再依重量分次倒入杯中，依序是西瓜、香瓜、芒果。

* 盡量使用當季盛產的水果為最佳。例如：紅肉葡萄柚可以替代西瓜，柳橙代替芒果，奇異果代替香瓜等。

* 倒果汁時可用漏斗輔助；有兩個原則要把握，一是速度要慢，另外則是盡量沿杯緣倒入。

金色夢幻

材 料:

· 紅蘿蔔 1 條(去皮切塊)
 · 鳳梨 1/2 個(去皮切塊) 或柳丁 4 個(去皮切塊)
 · 西洋芹 3 片(切段)
 · 冷開水 1/2 杯
 · 薄荷葉數片
 · 果糖或糖水 3 大匙

作 法:

(1) 紅蘿蔔、鳳梨、西洋芹、冷開水及薄荷葉放入果汁機中攪碎後，將渣過濾掉留下汁。

(2) 將果汁及果糖攪拌均勻加入冰塊即可。

GOLDEN DREAM

TRI-ALIVE



Fruit Tea

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水果茶

Ingredients:

Assorted fruit such as:

Oranges, lemons, strawberries, grapes, kiwi fruit, kumquats, apples, pineapples, longanberries, lychees, passion fruit, etc.

1 cinnamon stick

Water

Lipton tea, fruit tea or Earl Gray tea

Sugar to taste

Directions:

Choose a variety of 2-4 different kinds of fresh fruit from the above.

Wash and cut into pieces. If you choose lemons or oranges, just use 2-3 thin slices of each for flavor.

Boil cinnamon and fruit in water for 3 minutes, then add tea bags and turn off heat. Allow tea to steep for 3 minutes. Remove and discard tea bags. Add sugar to taste and serve.

材 料：

- 水果：
橘子、檸檬、草莓、葡萄、奇異果、桔子、蘋果、鳳梨、龍眼、荔枝、百香果等
- 桂皮一些
- 水
- 立頓紅茶、水果茶或伯爵茶
- 糖適量

作 法：

- (1) 選 2 ~ 4 種以上所列的當季新鮮水果，洗淨、切片。若選用的材料中包括檸檬或橘子，則只需 2 ~ 3 片即可，取其香氣。
- (2) 將桂皮、水果加入滾水中煮 3 分鐘，再加入茶包，熄火。讓茶包浸泡 3 分鐘後拿出，加入適量的糖即可。

FRUIT TEA



Banana Soy milkshake

Ingredients:

2 bananas*
 3 cups sweetened organic soy milk
 1 Tbsp lemon juice
 1½ tsp light brown sugar
 Ice

Directions:

Peel bananas and cut into small pieces. Place all ingredients in a blender and blend for 1-2 minutes. Then pour banana soy milkshake into serving glass and serve.

* Bananas turn brown quickly so do not peel until ready to blend.

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香蕉雪克

材 料：

- 香蕉 2 條 *
- 鮮豆奶 3 杯
- 檸檬汁 1 大匙
- 黃砂糖 1½ 茶匙
- 碎冰少許

作 法：

香蕉去皮後切成小塊，和其他所有材料一起放入果汁機內打一打，將大豆奶昔倒入杯中即可。

* 香蕉去皮後放太久會變色，要打時才去皮。

BANANA SOY MILKSHAKE



Pearl Milk Tea

Serves 4

Ingredients:

150g-200g (5-6 oz) fructose
1200 ml (5 cups) fragrant milk tea (see below)
80g (3 oz) cashew milk
24 ice cubes
400g (14 oz) pearl sago (tapioca pearls)

Method:

To make one serving, place 50g (1.5oz) fructose, 300g (10 oz) milk tea, 20g (0.5oz) cashew milk, 6 ice cubes and 100g (3.5oz) sago in a medium-sized milk-shake container and shake for 2-3 minutes.

Fragrant Milk Tea

Ingredients:

1200 ml (5 cups) water
1-2 Ceylon tea bags
100g (3.5 oz) cashew milk

Directions:

Bring water to a boil and immediately remove from heat. When water temperature reaches 210°F(99°C), place tea bags in water for 5-10 minutes. Then add cashew milk and steep for an additional 10 minutes. Remove tea bags and Fragrant milk Tea is ready.

Tapioca Pearls Preparation:

Place sago (tapioca pearls) in boiling water and stir continuously while cooking to prevent sago from sticking to the pot. Bring to a second boil. Add a little cold water to the pot and bring to a third boil. Repeatedly add cold water to pot while boiling two more times. Remove from heat and cover pot for 5-10 minutes. Drain and rinse sago in cold water until completely cool. Set aside for further use.

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珍珠奶茶

4 人份

材 料:

- 果糖 150 ~ 200 克
- 飄香奶茶 1200cc
- 腰果奶 80 克
- 冰塊 24 塊左右
- 珍珠粉圓 400 克

作 法:

一次製作一人份之珍珠奶茶。用中號雪克杯加入果糖 50 克、飄香奶茶 300cc、腰果奶 20 克、冰塊 6 塊、粉圓 100 克，把雪克杯上

下搖動 2 ~ 3 分鐘即成 1 人份的珍珠奶茶。

飄香奶茶作法

材 料:

- 水 1200cc
- 錫蘭茶包 1 ~ 2 包
- 腰果奶 100 克

作 法:

水煮開後立即熄火。待水溫約 99°C 時丟入茶包浸泡 5 ~ 10 分鐘，再加入腰果奶泡 10 分鐘後，撈起茶包即成飄香奶茶。

珍珠粉圓烹煮方法:

將水煮開後倒入粉圓，煮時需常攪動以免粘鍋；待水滾開後加入冷水續煮到滾，再加冷水，如此連續 3 次之後，熄火蓋上鍋蓋燜 5 ~ 10 分鐘後撈起，沖泡冷水直到粉圓涼了為止。

Thai Ice Tea

Ingredients:

Thai tea*
 2½ tsp sugar (to taste)
 1 scoop ice cubes
 4 tsp vegan whipping cream

Method:

Pour Thai tea into a glass (¾ full) and then stir in sugar. Add ice and soy whipping cream. Stir well and serve.

*If Thai tea is not available, Ceylon tea may be substituted.

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泰式冰茶

材 料：

- 泰國茶 *
- 糖 2½ 茶匙 (依個人口味斟酌)
- 碎冰 1 大匙
- 15% 高濃度純素植物性鮮奶油 4 茶匙

作 法：

- (1) 泰國茶倒入杯中七分滿，加糖攪拌。
- (2) 加入冰塊，倒入鮮植物性奶油攪拌後即可。

* 若沒有泰國茶，可用錫蘭茶替代。



THAI ICE TEA

PEARL SOY MILK TEA

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To usher in the promising Golden Year 5 (2008), Supreme Master Ching Hai bestowed *The Noble Wilds* as a New Year gift to the world. This illustrated journal of Master's lakeside exploration, containing pages She personally composed and photographed Herself, is a wondrous combination of poetic expression and breathtaking pictures of majestic nature and wildlife, making the book a superb piece of art!

Available online at Amazon.com

<http://www.amazon.com/Noble-Wilds-Supreme-Master-Ching/dp/9868415233/> (paperback)

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高貴的野生

當世人滿懷喜悅辭別舊歲，迎來充滿希望的黃金5年（2008年），清海無上師送給大家一份新春賀禮——《高貴的野生》（*The Noble Wilds*），這是由師父親自撰文與攝影的湖濱生態日誌，書中文字優美且充滿哲思，搭配如詩如畫的大自然風光與活潑生動的野生動物彩照，更是相得益彰，美得令人嘆為觀止！

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The Birds in My Life

Throughout this beautifully illustrated book *The Birds in My Life*, Supreme Master Ching Hai invites us to enter the inner world of animals. That is, when we love them unconditionally, they will in return open their hearts to us without reservation.

It is really a wonderful book, flowing with love and harmony on every page, Supreme Master Ching Hai helps us to understand that animals have very noble and beautiful souls. What an amazing book! Animals are humans' good friends. Hope everyone comes to read this marvelous book.

Available online at Amazon.com

<http://www.amazon.com/dp/9866895149/>

真愛奇遇——我的鳥羽兄弟

在這本文圖並茂的《真愛奇遇——我的鳥羽兄弟》一書中，清海無上師為我們示範如何進入動物的內心世界。就是當我們無條件付出愛心時，動物們也毫無保留敞開他們的心靈。

書中的每一頁，滿溢真愛和柔情。清海無上師幫助我們接觸到動物們所擁有的高貴而美麗的靈魂。祝福天下人都能有幸閱讀此奇書。

亞馬遜書店訂書（英文）：<http://www.amazon.com/dp/9866895149/>

The Dogs in My Life

I hope to let the readers enjoy some glimpse of the beautiful ways that dogs walk the Earth with us, and through them, understand more about other beings.

~Supreme Master Ching Hai

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The Dogs in My Life(1) <http://www.amazon.com/dp/9866895076/>

The Dogs in My Life(2) <http://www.amazon.com/dp/9866895084/>

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今生有你——我的狗寶貝

「我希望讓讀者們稍加領略，狗狗和我們是如此美妙地相依相存於這個世界，並且經由他們，而更加了解其他的眾生。」~清海無上師

亞馬遜書店訂書（英文）：

The Dogs in My Life(1) <http://www.amazon.com/dp/9866895076/>

The Dogs in My Life(2) <http://www.amazon.com/dp/9866895084/>

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我的狗寶貝與鳥羽兄弟
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The Dogs and the Birds in My Life
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(This book is currently available in English, Spanish, Chinese, Indonesian and Korean; other language editions will be published online and in print.)

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曠世情

本書收錄了46首輕柔溫潤又高雅浪漫的絕妙詩文，詩中除了傳達詩人對家鄉的年少情懷、對生命中一些高貴友人的深情摯愛，並充滿對弱小生靈的廣大同情，也顯現了一位明師對上帝所有珍貴造物的聖愛。

♥ 本詩集一出版即榮登金石堂網路書店6項暢銷排行榜。

♥ 欲請購《曠世情人》中文版請至金石堂書店各門市，或上網選購：

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為紀念福爾摩沙西湖道場成立廿週年，我們精選清海無上師廿餘年來的教理和藝術創作精華，出版圖文並茂的《天藝》一書。

天藝專屬網站：<http://celestialart.thecelestialshop.com/>

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Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
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Thank You for Your Compassion

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麵筋 (麵粉製)	70 %
玉米	13 %
米飯	8.6 %
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杏仁、核桃、腰果、榛果仁、松子等核果類	14 - 30 %
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