

# Supreme Kitchen

Home-Taste Selections





## 簡傳

清海無上師出生於悠樂，及長出國留學，居留於德國，跟一位德國科學家兼醫生結婚。兩年以後，帶著先生的祝福，她去實現從小的理想，歷經各國辛苦參訪真理。皇天不負苦心人，當她在喜馬拉雅山閉關修行時，終於悟到真理。目前有眾多求真理者從各國各地各宗派湧向她的地方，為了求得她無上的智慧，清海無上師也把她所得的最高無上觀音法門貢獻給誠心求道者。

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## *A Brief Biography of Supreme Master Ching Hai*

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*Born in Au Lac, Supreme Master Ching Hai went abroad to study. She settled in Germany where She married a German scientist and doctor. Two years later, with Her husband's blessing, She left in order to realize Her childhood dream. She went through arduous pilgrimage to different countries searching for the Truth. During a retreat in the Himalayas, She was rewarded for Her devotion and sincere longing. She attained the Perfect Enlightenment.*

*Multitudes of truth seekers from all over the world, and from different religions, have been flocking to receive Her Ultimate Wisdom. Supreme Master Ching Hai initiates all sincere seekers into the Supreme Enlightenment practice called the Quan Yin Method.*





God has graciously given numerous vegetables and fruits to Hiers children on Earth. To know how to cook well is also a way of treasuring good merits.

上帝賜予大地兒女豐盛的蔬果，善懂烹調也是珍惜福報的一種方式。



Master has said, "The work in the kitchen is a very great mission. It is like taking care of the Buddhas' and Bodhisattvas' children, giving them energy and uplifting their souls through the food."

師父說過：「廚房工作是一項很重大的使命，應該當做是在替佛菩薩照顧她的小孩，讓他們吃了有元氣，靈魂能夠飄上去。」

## *Master Keep On Working. Even During Meal Time*

By Resident Disciple Tsu Gong, Hsihu Center, Formosa

During the 4-Day Retreat, Master humorously said, "Even when I am eating, I keep on working. I must taste the food and teach them for the sake of the second recipe book. Therefore, I work twenty-four hours a day."

Fellow practitioners all laughed at the remark. Was Master joking? Not at all. She was telling the truth.

Master sends the best chefs out to serve the whole world. Of course, Her cooking skills are the best, but She doesn't have time to practice them Herself. She eats the ordinary food. She eats whatever we eat - From community kitchen.

When the attendants pick up the dishes later, they may receive some notes with Master's comments or instructions. Master's choices are to be published in the recipe book, which we have nicknamed, "Lottery Jackpot;" because Master once said that every of Her meals is like "lottery," She is considered lucky to "win" a tasty dish from us! Some comments are for improving the taste and aroma of the meal, For example: "When eating, sugar may need to be added to make the sweet pudding sweeter; shredded ginger makes some vegetables too bitter; sugar shouldn't always be added to all the vegetables dishes," etc.

Master is very serious about Her "work" She never overlooks any minor detail. She uses every opportunity to teach us. We must know how to vary the ingredients and the seasonings must be appropriate and tasty, or we will waste time and materials.

Most dishes that we bring back look untouched, but actually Master has sampled all of them. Her sense of taste is very keen and precise. Sometimes we try to make dishes according to Her taste, hoping that She will eat more. We often receive notes like this, "Half of today's dishes are spicy; there's nothing wrong with spices, but we must consider everyone's taste."

Master always considers the needs of all beings twenty-four hours a day. She never cares only about Herself. Even when She eats, She can't simply satisfy Her own taste. It's really tough being an enlightened Master!

Master's work is burdensome and difficult, but She never neglects to educate us children. By means of dishes and notes, our love is conveyed to each other.



# 吃飯也在 工作的師父

福爾摩沙西湖長住廚工

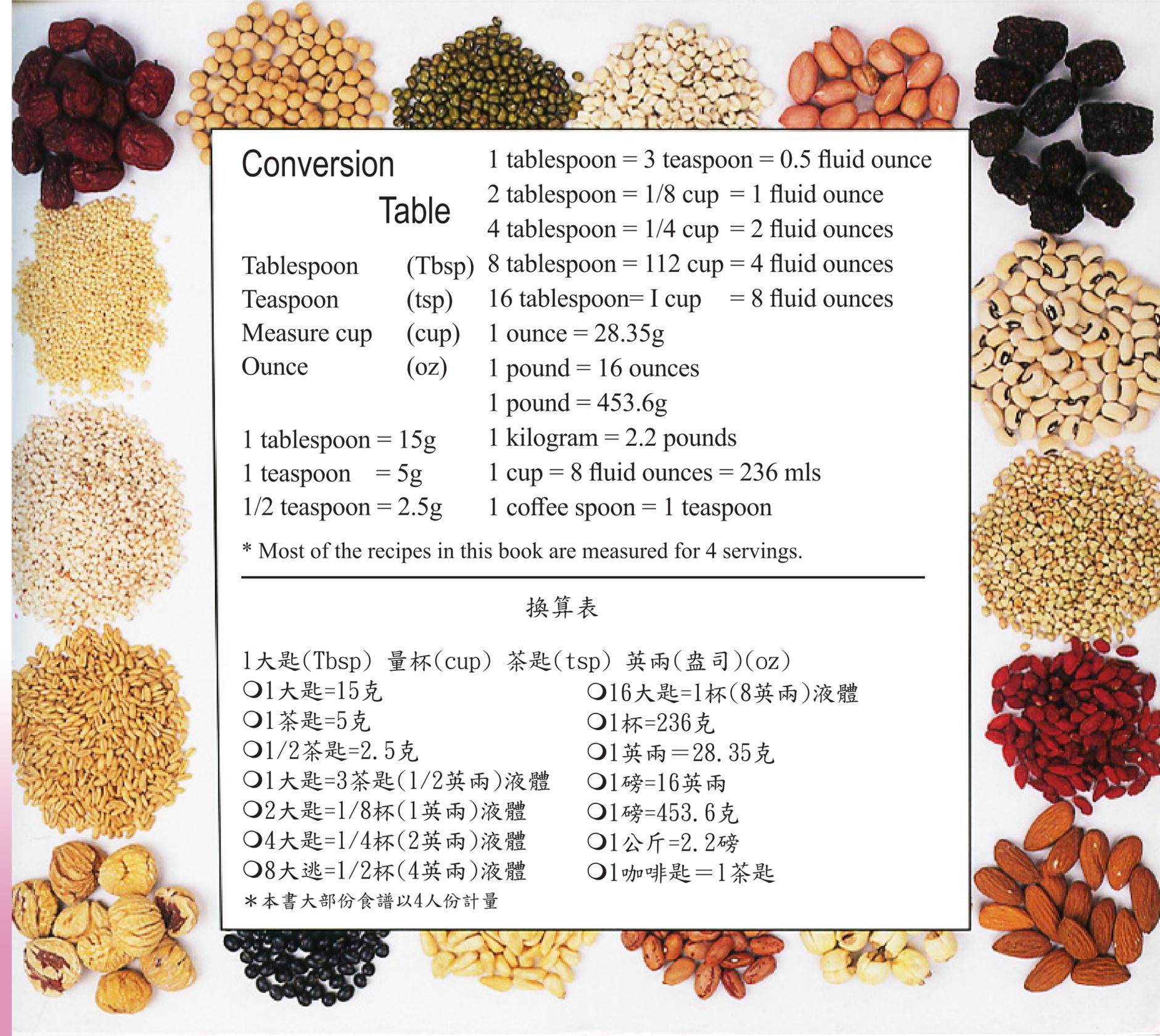
禪四期間師父幽默地說：「我連吃飯都在工作，我要試口味、教他們，為了做第二本食譜，所以我二十四小時都在工作。」同修們聽了皆哈哈大笑。師父在開玩笑嗎？不是，她說的都是真的。

師父把最好的廚師，都分送世界各地去服侍眾生。當然，她本人的手藝是最好的，卻忙得沒有時間照顧自己，她吃的是大眾廚房的菜，我們吃什麼，她也吃什麼。

隔餐收回餐盤時，藉著一些小便條，會收到師父的一些建議或指示。被點出來預備做食譜的菜，我們私下稱做「中獎」；因為師父曾經說過：每餐飯她都好像是在摸彩一樣，如果能從我們這裡「贏」得一道可口的菜餚，她就覺得很幸運。另外一些是指導我們如何改進口味的，例如：甜湯不夠甜，還要自己加糖；有些青菜放薑絲後變得好苦；菜不該皆放糖…等等。師父「工作」很認真，小細節也不馬虎，隨機指導我們：菜色除了要懂得變化，調味料應放得適當、夠味，要不然就是浪費材料、浪費時間。

大部分收回來的飯菜，看起來似乎都沒動過，但事實上師父都嚐過，而且味覺很敏銳、精確。有時我們試著做師父喜好的口味，希望她能多吃點，就會收到這樣的字條：今天的菜有一半放辣椒，辣不是不好吃，但要照類到大眾的口味。師父真是二十四小時，分秒以眾生為念，沒有一刻想到自己的需要。連吃頓飯也不能有自己的口味。當明師真辛苦！

師父工作繁重、辛苦，但並沒有疏忽對孩兒們的教育，藉著幾碟菜、幾張字條，我們交流彼此的愛。



## Conversion Table

Tablespoon (Tbsp)	1 tablespoon = 3 teaspoon = 0.5 fluid ounce
Teaspoon (tsp)	2 tablespoon = 1/8 cup = 1 fluid ounce
Measure cup (cup)	4 tablespoon = 1/4 cup = 2 fluid ounces
Ounce (oz)	8 tablespoon = 1/2 cup = 4 fluid ounces
	16 tablespoon = 1 cup = 8 fluid ounces
	1 ounce = 28.35g
	1 pound = 16 ounces
	1 pound = 453.6g
	1 kilogram = 2.2 pounds
	1 cup = 8 fluid ounces = 236 mls
	1/2 teaspoon = 2.5g
	1 coffee spoon = 1 teaspoon

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

## 換算表

1大匙(Tbsp)	量杯(cup)	茶匙(tsp)	英兩(盎司)(oz)
○1大匙=15克		○16大匙=1杯(8英兩)液體	
○1茶匙=5克		○1杯=236克	
○1/2茶匙=2.5克		○1英兩=28.35克	
○1大匙=3茶匙(1/2英兩)液體		○1磅=16英兩	
○2大匙=1/8杯(1英兩)液體		○1磅=453.6克	
○4大匙=1/4杯(2英兩)液體		○1公斤=2.2磅	
○8大匙=1/2杯(4英兩)液體		○1咖啡匙=1茶匙	
*本書大部份食譜以4人份計量			



Golden Needle Mushroom

金針菇

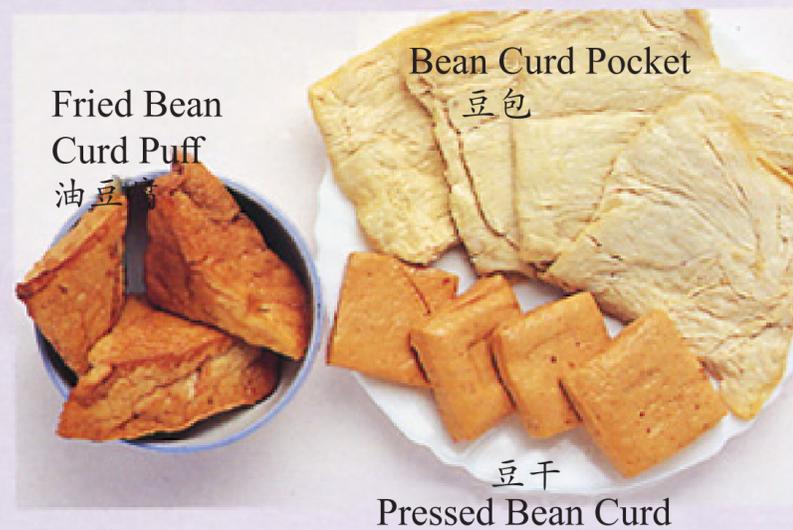
九層塔  
Sweet Basil

Alfalfa Sprouts  
苜蓿芽

木耳  
Black Agaric

*Pure vegan food, the choice of the wise and the new favorite of food connoisseurs, is highly recommended by dieticians and has gradually become a new trend of today.*

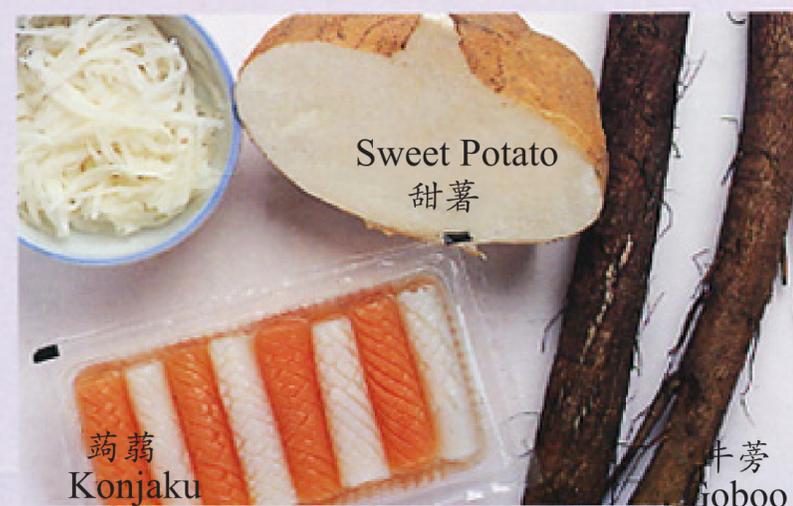
*In response to the earnest requests from fellow practitioners, Supreme Master Ching Hai obligingly agreed to publish a recipe book of international vegan cuisine. 'The Supreme Kitchen', a collection of recipes from both the East and the West. Master also thoughtfully considered the needs of those who do not often go into the kitchen or who are beginners in cooking; and in less than a month, with Her collaboration with Her collaboration with Hsi-hu resident disciples, another book of simple and easy recipe - Home taste selections - was created. Everyday the resident disciples took turn working in the kitchen. They sincerely prayed to Master to bless their work and received great inspirations which we now, with great joy, share with you. Even the young resident disciples had a chance to practice. Then Master tasted the dishes, and chose those to*



Fried Bean Curd Puff  
油豆腐

Bean Curd Pocket  
豆包

豆干  
Pressed Bean Curd



Sweet Potato  
甜薯

蒟蒻  
Konjaku

牛蒡  
Goboo

*be compiled into the book. The vegan ingredients used in Home taste selections are the most common ones often appear on the delectable dishes served at Hsihu Center, and are readily available in oriental supermarkets in most countries.*

智者的抉擇、美食家的新寵、營養學者極力推薦的純淨素食，已逐漸成為今日飲食的新風尚。Supreme Master Ching Hai因應大眾熱烈要求，慈允出版了「無上家廚」國際素食珍饈，收錄東西方風味食譜，細心的師父又考慮到不常下廚及初入門者的需要，特別在一個月之內，和西湖長住合力個生了這本簡易「家珍味」，由各工作崗位上的長住們每日抽空輪流下廚，在很短時間內，誠心祈求師父加持靈感做成，連小長住都有實習的機會，再恭請師父親嚐勾選收錄而成，我們頗在此和大眾分享。「家珍味」中使用的素料都是最普遍、經常在西湖餐桌上出現的可口菜餚，且可在各國的東方市場中買到。



Miso  
味噌

筍絲  
Dry Bamboo Shoot

素肉塊  
Vegan Protein Meat Chunk



Smoked Gluten Roll  
煙燻小卷

Vegan Mutton  
素羊肉

粿仔條(河粉)  
Rice Noodle



Dry Wheat Gluten Wheels  
麵輪

素肉片  
Vegan Protein Slices

紅棗  
Red Dates



鹹菜  
Yellow Mustard Leaf



# Vegetables

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水果沙拉 6 Mixed Fruit Salad  
黑珍珠糯米飯 7 Black Pearl Sticky Rice  
苜宿芽沙拉 9 Alfalfa Sprouts Salad  
翠瓜沙拉 10 Mini Cucumber And Lettuce Salad  
炒粿條 11 Stir-Fried Fresh Rice Noodles  
滷菜心 13 Salty Mustard Stems  
芹香銀芽 14 Aromatic Celery with Silvery Sprouts  
海帶芽味噌湯 15 Baby Kelp Miso Soup  
翠綠三色片 17 Three-Colored Konjaku Dish  
層香紫菜捲 19 Layered Seaweed Roll  
鹹菜素絲 21 Yellow Mustard Leaf With Vegan Shreds  
豆醬花菜 23 Cauliflower Sauteed With Chili Bean Sauce  
糖醋素肉 25 Sweet Sour and Vegan Meat  
金針素蝦 27 Golden Noodle Vegan Shrimp  
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芋頭甜湯 30 Taro Dumpling Soup  
素排骨湯 31 Vegan Spare Rib Soup  
高麗飄香 33 Fragrant Cabbage Fries  
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## 雪菜香干

### 材 料：

- 雪里紅300克 (切碎)
- 豆干2塊 (切小丁)
- 辣椒2條 (切小丁)
- 油2大匙

### 調味料：

- 醬油1大匙
- 鹽1茶匙
- 糖1/2茶匙
- 天然味素少許

**作 法：**油熱後，先將豆干炒成金黃色，再放醬油翻炒，加上雪里紅、鹽、糖、天然味素、辣椒，炒幾下即可。

作法提供：洪蘇

1

## *Salted Mustard Greens With pressed Bean Curd*

### Ingredients:

- 300 g (1 1/4 cup) salted mustard greens, diced into small pieces
- 2 pieces of pressed bean curd, diced into small pieces
- 2 chili peppers, minced
- 2 Tbsp vegetable oil

### Seasonings:

- 1 Tbsp soy sauce
- 1 tsp salt
- 1/2 tsp sugar
- pinch of natural MSG

### Preparation:

*Stir-fry diced bean curd until golden brown. Then add soy sauce and stir well.*

*Finally, stir in snow cabbage, salt, sugar, natural MSG and chili. Continue to stir-fry until ingredients are well mixed.*

Provided by: Hong Su

## Salted Mustard Greens With pressed Bean Curd



# 無上家廚

## SUPREME KITCHEN

### 青椒素肉

3

### Green Pepper With Vegan Protein Slices

#### 材料：

- 青椒100克（去子切成四塊）
- 榨菜80克（切厚片）
- 紅蘿蔔60克（切片）
- 辣椒2根（切斜片）
- 蔥2根
- 素肉片40克
- 油2大匙

#### 調味料：

- 辣豆瓣醬1大匙
- 糖1/2匙
- 美極1大匙
- 天然味素少許
- 黑胡椒粉1/2茶匙
- 水1大匙

**作法：**將素肉片用水泡軟擠乾水份，加美極、黑胡椒粉醃10分鐘。平底鍋內放油2大匙煎炒素肉片至金黃色，再放榨菜，紅蘿蔔片、辣椒翻炒，最後放辣豆瓣醬、糖、天然味素、水，青椒翻炒幾下，即可食用。

作法提供：洪蘇

#### Ingredients:

- 100 g (3 oz) green pepper, seeded and quartered
- 80 g (3 oz) salted mustard vegetable stems, sliced
- 60 g (2 oz) carrots, sliced
- 2 chilies, minced
- 2 stalks spring onion, minced
- 40 g (1 1/3 oz) vegan protein slices
- 2 Tbsp vegetable oil

#### Seasonings:

- 1 Tbsp chili bean sauce
- 1/2 tsp sugar
- 1 Tbsp Maggi soy sauce
- pinch of natural MSG
- 1/2 tsp black pepper
- 1 Tbsp vegetable water

#### Preparation:

*Soak vegan protein slices in water until soft then squeeze out excess water. Marinate with Maggi soy sauce and black pepper for 10 minutes.*

### Green Pepper With Vegan Protein Slices

*Saute marinated protein slices in a flat pan with 2 Tbsp oil until golden brown.*

*Stir in salted mustard stems, slices of carrot and chilies. Finally, add chili bean sauce, sugar, natural MSG, water and green pepper. Stir well and serve.*

Provided by: Hong Su



# 無上家廚

## SUPREME KITCHEN

### 木耳炒鮮芹

### Fried Celery With Agaric

5

#### 材料：

- 芹菜5根200克（切段）
- 中型紅蘿蔔40克（切片）
- 木耳少許（切絲）
- 油1大匙

#### 調味料：

- 鹽1/2茶匙
- 水3大匙
- 糖1/2茶匙
- 天然味素少許

**作法：**油熱後，炒木耳、紅蘿蔔片，再放芹菜炒幾下，將鹽、水、糖、天然味素加入，翻炒幾下即可上桌。

作法提供：蔡淑惠



#### Ingredients:

- 200 g (5 stalks) celery, washed and cut into 3 cm (1 inch) long pieces
- 40 g (1 med sized) carrot, sliced
- some agaric, shredded

#### Seasonings:

- 1/2 tsp salt
- 3 Tbsp water
- 1/2 tsp sugar
- pinch of natural MSG
- 1 Tbsp vegetable oil

#### Preparation:

*Saute agaric and carrots in hot pan with oil, then stir in celery. Finally, add salt, water, sugar And natural MSG. Continue to stir-fry until ingredients are well mixed. Ready to serve!*

Provided by: Tsai Su Hwei

# 無上家廚

## SUPREME KITCHEN

### 水果沙拉

### Mixed Fruit Salad

6

#### 材料：

- 鳳梨一些（切片）
- 萵苣2葉
- 綠豆苗60克
- 蕃茄1粒（切片再切對半）

#### 調味料：

- 百香果3個

**作法：**在盤內先將萵苣擺飾好，再放鳳梨、綠豆苗、蕃茄，百香果切半，果粒取出淋上，即可食用。

※可用任何你喜歡的水果

作法提供：蔡淑惠



#### Ingredients:

- some slices of pineapple
- 2 leaves of head lettuce
- 60 g (1 1/3 oz) snowpea sprouts
- 1 tomato, sliced and halved

#### Dressing:

- Juice of 3 passion fruit

#### Preparation:

*Arrange pineapple, snowpea sprouts and tomato slices on a dish on which two leaves of lettuce have been placed. Then, pour the dressing onto the salad.*

*Note: Any other kinds of fruit may be used instead.*

Provided by: Tsai Su Hwei

# 無上家廚

## SUPREME KITCHEN

### 黑珍珠糯米飯

#### 材料：

- 黑糯米600克
- 海苔醬3大匙
- 哈姆120克 (切小丁)
- 素碎肉160克(浸泡後的重量)
- 紅蘿蔔120克 (切小丁)
- 青豆仁120克
- 油4大匙

#### 調味料：

- 美極1大匙
- 糖、胡椒粉、天然味素各少許

**作法：**(1)將黑糯米洗淨，浸泡3小時，撈起瀝乾，加入海苔醬攪拌均勻，放入電鍋，加水至與米齊平，煮熟備用。

(2)素碎肉泡軟，擠乾水份，4大匙油入鍋熱後，放勾哈姆丁，素碎肉炒香，加入紅蘿蔔丁、青豆仁及所有調味料一起拌炒

(3)將煮熟之黑糯米及炒熟之炒料攪拌均勻即成。

作法提供：洪蘇

7

### *Black Pearl Sticky Rice*

#### Ingredients:

- 600 g (3 cups) black sticky rice
- 3 Tbsp seaweed paste
- 120 g (4 oz) vegan ham, diced
- 160 g (5 1/2 oz) already soaked vegan protein meat, ground
- 120 g (1/2 cup) carrots, diced
- 120 g (112 cup) green peas
- 4 Tbsp vegetable oil

#### Seasonings:

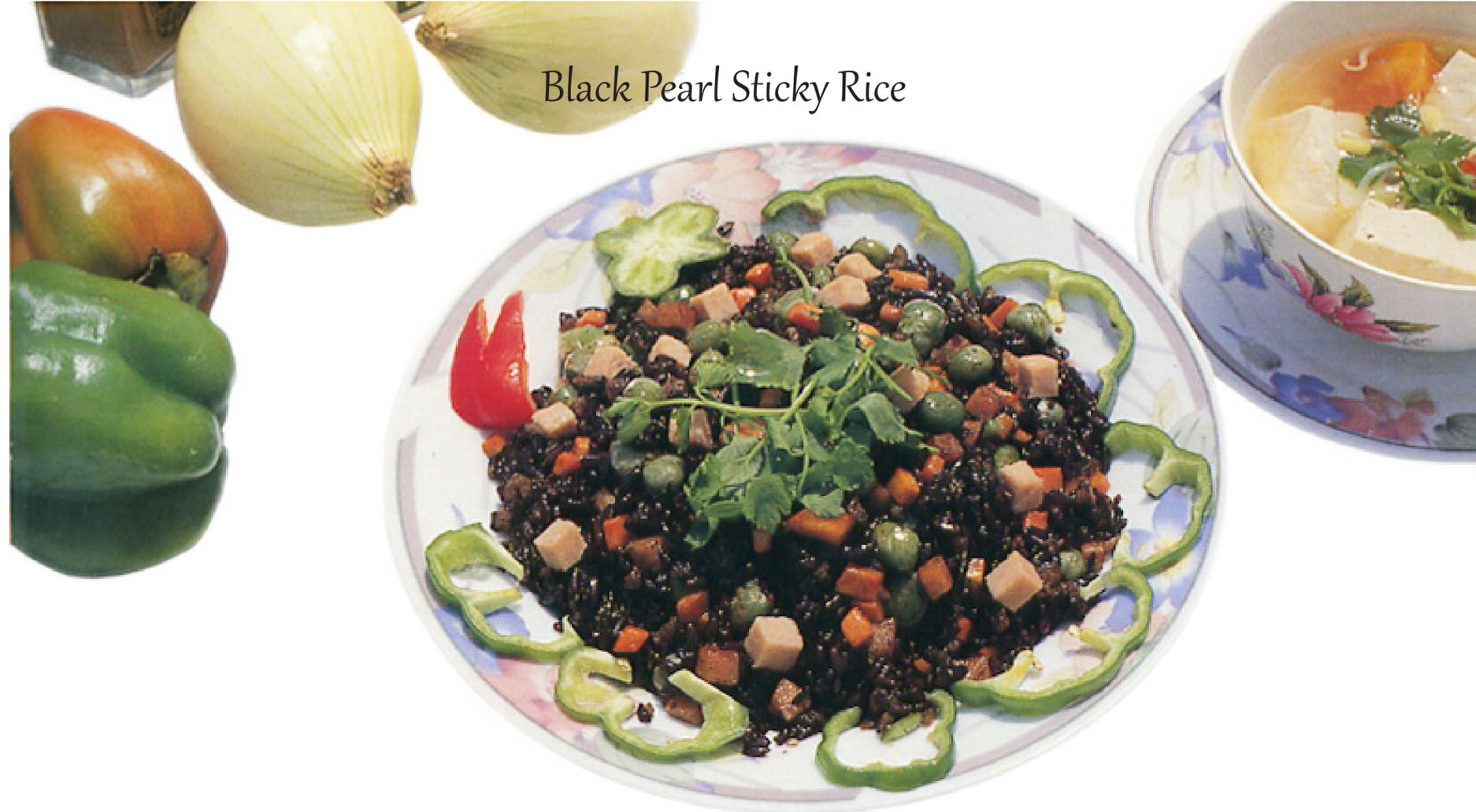
- 1 Tbsp Maggi soy sauce
- Dash of sugar, pepper and natural MSG

#### Preparation:

*Wash black .sticky rice, then soak in fresh water for 3 hours. Drain well. Add .seaweed paste and mix thoroughly Add water to the same level as rice. Cook in electric rice cooker until done.*

*Soak ground vegan meal in water until tender, then drain and squeeze out excess water. Preheat 4 Tbsp oil in wok, add ground vegan meat and ham and stir-fry*

### Black Pearl Sticky Rice



*until fragrant. Next, add carrots, green peas, and all the seasonings. Stir-fry until done.*

*Combine rice with the fried ingredients and mix well.*

Provided by: Tong Bao and Hong Su

苜蓿芽沙拉

*Alfalfa Sprouts Salad*

材料：

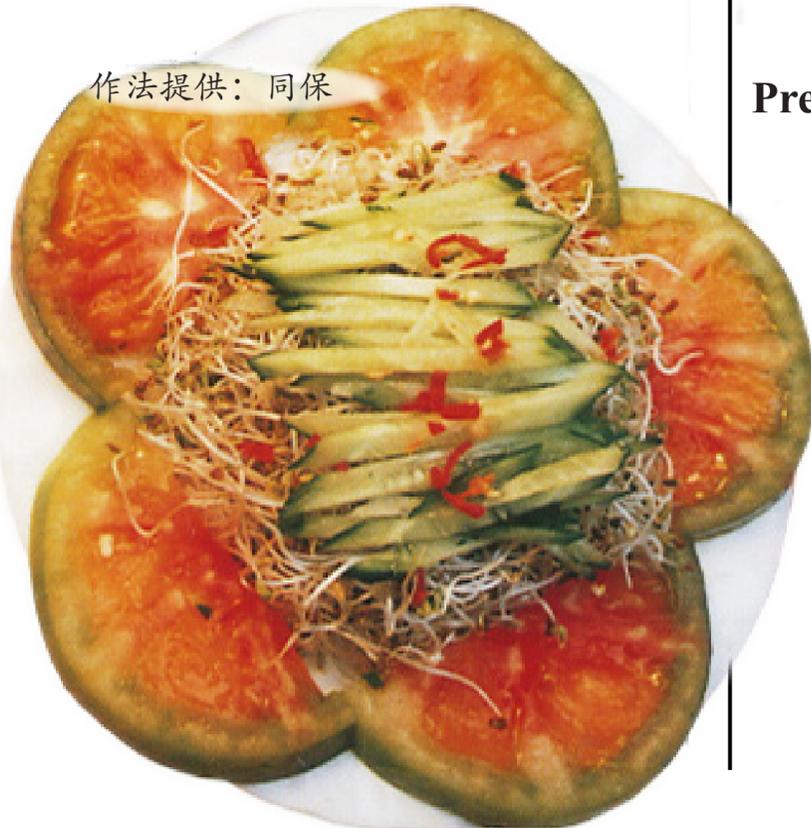
- 紅蘿蔔60克 (切細絲)
- 苜蓿芽200克
- 香菜2顆 (切碎)

調味料：

- 小檸檬2個
- 糖3大匙
- 辣椒1/2條
- 美極1茶匙

作法：檸檬加糖、辣椒，美極調汁。將苜蓿芽洗淨，和紅蘿蔔絲一起淋汁即可食用。

作法提供：同保



9

**Ingredients:**

- 60 g (2 oz) carrots, shredded
- 200 g (6 1/2 oz) alfalfa sprouts
- 2 stalks Chinese parsley, finely chopped

**Seasonings:**

- 1/2 tsp salt
- 3 Tbsp water
- 1/2 tsp sugar
- pinch of natural MSG
- 1 Tbsp vegetable oil

**Preparation:**

*Juice the lemons and mix with sugar, chili and Maggi soy sauce.  
Wash alfalfa sprouts thoroughly. Pour the dressing on top of the sprouts and Shredded carrots.*

Provided by: Tong Bao

翠瓜沙拉

*Mini Cucumber And Lettuce*

*Salad*

材料：

- 小黃瓜280克 (切絲)
- 萵苣280克 (切絲)
- 紅蘿蔔80克 (切絲)

調味料：

- 檸檬壓汁1/4杯
- 柳橙壓汁3/4杯 (也可用鳳梨汁替代)
- 果糖3大匙
- 鹽1/2茶匙

作法：將小黃瓜絲、萵苣絲，紅蘿蔔絲先用鹽拌一下，再將檸檬、柳橙汁加果糖調勻，調好後淋在小黃瓜，萵苣上面，攪拌均勻即可食用。

作法提供：同保



10

**Ingredients:**

- 280 g (1 whole) small cucumber, washed and grated
- 280 g (9 oz) head Lettuce, washed and shredded
- 80 g (1 med sized) carrot, grated

**Seasonings:**

- 1/4 cup lemon juice
- 3/4 cup orange juice (or pineapple juice)
- 3 Tbsp fructose syrup or juice
- 1/2 tsp salt

**Preparation:**

*Mix shredded lettuce, cucumber and carrot with salt. Combine fruit syrup with lemon and orange juice and mix well. Pour the dressing onto the salad and toss well.*

Provided by: Tong Bao

炒粿條

11 *Stir-Fried Fresh Rice Noodles*

材 料：

- 粿仔條600克
- 素哈姆絲120克
- 生香菇4朵（切絲）
- 紅蘿蔔1條（切絲）
- 豆包2塊（炸後切絲）
- 高麗菜300克（切成粗絲）
- 豆芽菜160克
- 芹菜2根（切末）
- 香菜3棵（切末）
- 油1/4杯

調味料：

- 醬油1大匙
- 天然味素少許
- 鹽1/2茶匙

- 作 法：(1)粿仔條以熱水燙過，撈起瀝乾備用。  
 (2)香菇、哈姆用油爆香，放入紅蘿蔔絲、豆包絲、高麗菜絲、豆芽菜拌炒，加入調味料。  
 (3)將粿仔條和炒料拌和，加入芹菜、香菜，即可食用。

作法提供：洪蘇

**Ingredients:**

- 600 g (20 oz) fresh wide rice noodles
- 120 g (4 oz) vegan ham, shredded
- 4 large fresh mushrooms, shredded
- 1 carrot, shredded
- 2 bean curd pockets, fried and shredded
- 300 g (10 oz) cabbage, coarsely shredded
- 160 g (1 1/2 cups) bean sprouts
- 2 stalks Chinese celery, chopped
- 3 stalks Chinese parsley, chopped
- 1/4 cup vegetable oil

**Seasonings:**

- 1 Tbsp soy sauce
- 1/2 tsp salt
- dash of natural MSG

**Preparation:**

*Boil rice noodles in water for a few minutes, then drain and set aside.*

*Heat oil in wok. Add mushrooms and vegan ham and stir-fry until fragrant. Next, add carrots, bean curd pockets, cabbage and bean sprouts. Stir in the seasonings and sauté for a few minutes.*

*Complete the dish by combining rice noodles with the fried ingredients and top with Chinese celery and parsley.*

*Provided by: Hong Su*



滷菜心

Salty Mustard Stems

13

材料：

- 芥菜心600克
- 海帶1/2條
- 水

調味料：

- 薑20克
- 醬油1大匙
- 天然味素少許
- 辣椒1/2條
- 八角5顆

- 作法：(1)芥菜心洗淨，切成五公分長之小段（不必削皮）。  
 (2)海帶切成15公分長段，捲起以牙籤串住。  
 (3)鍋內以1大匙油加熱後，放入八角、辣椒、薑爆香，放入菜心及海帶。加醬油及天然味素後再放水，約蓋住菜心，蓋鍋蓋。  
 (4)水滾後，轉小火慢慢滷至菜心熟軟即可食用。

作法提供：蔡淑惠



Ingredients:

- 600 g (2 1/2 cups) mustard stems
- 1/2 strip of kelp
- water

Seasonings:

- 5 pieces of star anise
- 1/2 chili pepper
- 20 g (10 slices) ginger
- 1 Tbsp soy sauce
- dash of natural MSG

Preparation:

Wash mustard stems, then cut into 5 cm (1 1/2 inch) lengths, There is no need to peel the skin off.  
 Gut kelp into 15 cm (5 inch.) pieces. Fold the kelp into rolls and pierce with toothpick to retain shape.  
 Heat 1 Tbsp oil in wok. Add star anise, chili pepper and ginger and stir-fry. Put in the kelp and the mustard stems. Add soy sauce and natural MSG, then pour in enough water to cover the mustard stems.  
 Cover with lid and bring mixture to a boil, then reduce heat to low. Cook until tender. Ready to serve.

Provided by: Tsai Su Hwei

芹香銀芽

Aromatic Celery with Silvery Sprouts

14

材料：

- 芹菜120克
- 豆芽菜300克
- 油1大匙

調味料：

- 鹽1/2茶匙
- 天然味素1/4茶匙
- 白胡椒少許

- 作法：(1)去掉芹菜的老葉，保留嫩葉。把芹菜切段約3公分長。  
 (2)放油用大火熱鍋，放入芹菜、豆芽菜快炒數下以保持鮮脆，放入調味料炒勻即可。

※如添加紅蘿蔔絲則更美觀。作法：油熱後，先快炒紅蘿蔔數下，然後才放芹菜、豆芽菜。

作法提供：同上



Ingredients:

- 120 g (4oz) Chinese celery
- 300 g (10 oz) mung bean sprouts
- 1 Tbsp vegetable oil

Seasonings:

- 1/2 tsp salt
- 1/4 tsp natural MSG
- some white pepper

Preparation:

Remove old leaves from Chinese celery and cut into 1 inch pieces. Heat oil in a pan over high heat and quickly saute celery sticks and bean sprouts to keep them crispy and fresh. Add seasonings, mix well, and serve immediately.

Preparation:

Shredded carrots can be added to enhance the color of the dish. Quickly stir fry shredded carrots before adding celery sticks and bean sprouts.

Provided by: Tong Shan

海帶芽味噌湯

15

*Baby Kelp Miso Soup*

材 料：

- 水5杯
- 海帶芽20克
- 味噌120克
- 嫩豆腐1塊約300克  
(切成小方塊)
- 蔥2根 (切蔥末)
- 香菜3根 (切末)

調味料：

- 天然味素少許

作 法：水開後，舀出些許攪散味噌，入湯鍋並陸續加入豆腐、海帶芽、天然味素、蔥花、香菜即成鮮味香湯。

作法提供：洪蘇

**Ingredients:**

- 5 cups water
- 20 g (1 oz) baby kelp
- 120 g (4 oz) miso paste
- 300 g (10 oz) piece of soft tofu, diced
- 2 stalks green onion, chopped
- 3 stalks Chinese parsley, chopped

**Seasonings:**

- dash of natural MSG

**Preparation:**

*Bring water to boil, Dissolve miso paste by mixing it with some water. Then add miso solution, tofu, baby kelp, natural MSG, green onion and Chinese parsley in that order. This fresh and savory soup is now ready to serve.*

*Provided by: Hong Su*



翠綠三色片

17 *Three-Colored Konjaku Dish*

材 料：

- 三色蒟蒻160克
- 青椒2個（切方塊）
- 蔥2枝（切段）
- 辣椒1支（切段或切斜片）
- 油1大匙

調味料：

- 辣豆腐乳2塊
- 美極1大匙
- 糖1/2匙
- 天然味素少許

作 法：(1)所有調味料混合均勻備用。

(2)油一大匙放入平底鍋，待油熱先炒蒟蒻，再放辣椒和蔥，把蔥炒香後加入調味料及青椒，翻炒幾下即可起鍋。

作法提供：洪蘇

**Ingredients:**

- 160 g (5 1/2 oz) 3-colored konjaku
- 2 green peppers, diced
- 2 stalks green onions, cut into 1 inch long pieces
- 1 chili pepper, cut diagonally or coarsely chopped
- 1 Tbsp vegetable oil

**Seasonings:**

- 2 pieces spicy preserved bean curd
- 1 Tbsp Maggi soy sauce
- 1/2 tsp sugar
- dash of natural MSG

**Preparation:**

*Mix all the seasonings together and set aside. Heat 1 Tbsp oil in a pan and stir-fry konjaku. Next, add the chili and green onion and stir-fly until green onion emits an aroma. Add the seasonings and green pepper last. Stir-fry a little bit longer and serve.*

*Provided by: Hong Su*



## 層香紫菜捲

19

## Layered Seaweed Roll

### 材料：

- 豆包6塊
- 紫菜皮2張（每張剪成3長條）
- 九層塔（依個人喜好可加蔥花）
- 麵糊少許（稍黏）

### 調味料：

- 素沙茶醬1大匙
- 醬油膏2大匙
- 麻油辣腐乳1塊
- 香油、糖、天然味素各少許

### 作法：(1)所有調味料混合備用。

(2)每張紫菜皮鋪上一個豆包，（勿齊頭放，以免炸時散開）將調味料塗抹在豆包上，鋪一層九層塔（依個人喜好可加蔥花），捲成密實圓筒狀，以麵糊黏住封口。

(3)下油鍋炸至金黃色撈起即可。

作法提供：同保、洪蘇

### Ingredients:

- 6 bean curd pockets
- 2 seaweed sheets, (cut each sheet into three long strips)
- some sweet basil
- some green onions, chopped (optional)
- some flour paste, sticky
- vegetable oil for deep frying

### Seasonings:

- 1 Tbsp vegan satay barbecue sauce
- 2 Tbsps thick soya sauce
- 1 piece spicy preserved bean curd
- dash of natural MSG
- some sugar
- some sesame seed oil

### Preparation:

*Premix all seasonings and set aside.*

*Place unrolled bean curd pocket on a strip of seaweed. (The secret to avoid the separation of the seaweed roll in frying is to place the bean curd pocket one inch from the top of seaweed sheets.) Brush seasonings onto the bean curd pocket and top with some sweet ba-*

## Layered Seaweed Roll

*sil and chopped green onion (optional) to taste. Roll tightly and seal the edge with flour paste.*

*Deep fry until brown.*

*Provided by: Tong Bao and Hong Su*



## 鹹菜素絲

### 材料：

- 鹹菜絲300克
- 素肉絲80克
- 蔥2根（切碎）
- 辣椒1條（隨個人喜好）（切段）
- 油3大匙

### 調味料：

- 美極2大匙
- 小麻油少許
- 黑胡椒少許
- 天然味素、糖少許

**作法：**(1)素肉絲泡軟，擠乾水份，加入所有調味料醃10分鐘。

(2)3大匙油放入平底鍋，以小火將素肉絲炒至水份快乾，加入鹹菜，加些糖，放入蔥、辣椒拌炒幾下即可。

※建議您不妨嘗試以不沾鍋煎炒，可省下很多油量，口感更佳。

作法提供：洪蘇

21

## Yellow Mustard Leaf With Vegan Shreds

### Ingredients:

- 300 g (3 cups) shredded yellow mustard leaf
- 80 g (3/4 cup) soya protein shreds
- 2 stalks green onions, chopped
- 1 small chili pepper, coarsely chopped (optional)
- 3 Tbsp vegetable oil

### Seasonings:

- 2 Tbsp Maggi soy sauce
- dash of black pepper sugar and natural MSG
- some sesame seed oil

### Preparation:

*Soak soya protein shreds in water until soft, then squeeze out excess water by hand. Combine with all the seasonings. Mix well, then allow to stand for 10 minutes.*

*Preheat 3 Tbsp oil in a pan and stir-fry soya protein shreds over low heat until almost dry. Add shredded yellow mustard leaf sugar; green onion and chili.*

*Stir-fry a few minutes more then ready to serve.*

## Yellow Mustard Leaf With Vegan Shreds

*\* It's recommended that you use non-stick pan which will save a lot of oil to make the food taste better.*

*Provided by: Hong Su*



豆醬花菜

23

*Cauliflower Sauted With Chili  
Bean Sauce*

材 料：

- 白花菜300克
- 素花片 (蒟蒻) 120克
- 素羊肉40克
- 木耳 (切小方塊) 少許
- 蔥2根 (切蔥花)
- 辣椒1條 (斜刀切碎)  
(視喜好加減)
- 丸子240克.
- 水3大匙
- 油2大匙

調味料：

- 悠樂蒜蓉辣椒醬1茶匙
- 蕃茄醬1茶匙
- 豆瓣醬1大匙
- 糖1茶匙
- 天然味素1/2茶匙

作 法：(1)先將調味料調勻放在一邊。

(2)花菜洗淨切小朵花，用開水燙一下，再泡冷水，瀝乾。

(3)鍋內放油2大匙，熱鍋，再把丸子、素羊肉、素花片、木耳、蔥一起下去炒香，然後放花菜炒，再放調味料、辣椒及水3大匙，翻炒幾下即可。

作法提供：洪蘇

**Ingredients:**

- 300 g (1 1/2 cups) cauliflower, washed and cut into small florets
- 120 g (4 oz) vegan konjaku slices
- 40 g (1 oz) vegan mutton
- some Agaric, cut into square pieces
- 2 stalks spring onion, chop
- 1 piece of chili (to taste), chopped diagonally
- 240 g vegan balls
- 2 Tbsp vegetable oil
- 3 Tbsp of water

**Seasonings:**

- 1 tsp Au Lac chili and garlic paste
- 1 tsp tomato ketchup
- 1 Tbsp chili bean sauce
- 1 tap sugar
- 1/2 tsp natural MSG

**Preparation:**

*Combine all seasonings, mix well and set aside.*

*Blanch cauliflower in boiling water, then rinse in*

Cauliflower Sauted With Chili Bean Sauce

*cold water, and drain.*

*Preheat 2 Tbsp of oil in the pan and stir-fry the vegan balls and mutton, konjaku slices, agaric and spring onions until a savory aroma is emitted. Add cauliflowe.r, followed by the seasonings, chili and 3 Tbsp of water. Stir-fry for a short while, and the dish is ready to serve.*

*Provided by: Hong Su*



糖醋素肉

25

*Sweet Sour and Vegan Meat*

材料：

- 素肉塊100克
- 蔥2支 (切蔥花)
- 紅蘿蔔丁少許
- 辣椒1支
- 香菜2根
- 玉米粉3大匙
- 油

調味料A：

- 美極2又1/2茶匙
- 沙茶醬1茶匙
- 黑胡椒粉1茶匙
- 糖1茶匙
- 五香粉少許
- 香油少許

調味料B：

- 檸檬1粒
- 糖3大匙
- 美極1大匙
- 水1杯
- 黑醋3大匙

- 作法：(1)素肉塊以水泡軟，擠出水份，再加入調味料A，浸泡素肉塊約20分鐘。
- (2)玉米粉3大匙，灑在素肉塊上攪拌一下，鍋內放油，油熱後，以中火炸素肉塊至金黃色撈起上盤備用。
- (3)油1茶匙下鍋，熱鍋後，炒一下蔥花(若喜歡也可加些蒜頭)，加紅蘿蔔丁、辣椒炒一下，把調味料B全部放進鍋內煮滾。玉米粉1大匙用冷水調勻入鍋勾欠。
- (4)把勾欠汁淋在素肉塊上，再放些蔥花或香菜即可食用。

作法提供：洪蘇

**Ingredients:**

- 100 g (3 1/3 oz) vegan protein meat chunks
- 2 stalks green onions, chopped
- some carrot, cubed
- 1 piece of chili
- 2 stalks of Chinese parsley, chopped
- 3 Tbsp corn starch
- vegetable oil

**Seasonings:**

- (A):
- 2 1/2 tsp of Maggi soy sauce
  - 1 tsp of vegan satay barbecue sauce
  - 1 tsp black pepper powder
  - 1 tsp sugar
  - some five spices powder
  - sesame oil
- (B):
- Juice of 1 lemon
  - 3 Tbsp sugar
  - 1 Tbsp Maggi soy sauce
  - 1 cup water
  - 3 Tbsp black vinegar

Sweet Sour and Vegan Meat

**Preparation:**

*Soak Vegan protein meat chunks in water until soft, squeeze out water by hand, and then add seasonings (A) to marinate for about 20 minutes.*

*Sprinkle 3 Tbsp of corn starch on the vegan protein meat and mix well. Heat oil in a pan, and deep fry the vegan meat over medium heat until golden. Drain oil and place on a plate.*

*Heat 1 tsp of oil in. pan, stir-fry the green onion (add garlic if desired), add carrot cubes and chili, and stir-fry for a short while. Pour in seasonings (B) and cook until boiling. Dissolve 1 Tbsp corn starch in cold water and add to the pan to thicken the sauce.*

*Pour the thickened sauce over the vegan protein meat chunks, sprinkle some chopped green onions or cilantro before serving.*

*Provided by: Hong Su*



## 金針素蝦

### 材料：

- 金針菇200克
- 素羊肉少許（切絲）
- 豆包2塊（切小丁）
- 紅蘿蔔（切條）
- 2張紫菜皮《每張切成4片方塊》
- 蔥2支（切末）
- 麵糊
- 麵包屑
- 油

### 調味料：

- 胡淑粉1/2茶匙
- 天然味素少許
- 鹽少許

- 作法：**(1)將金針菇洗淨瀝乾，用少許油炒至略乾備用。將素羊肉、豆包、鹽、天然味素攪拌均勻，下鍋炒至略乾盛起。蔥爆香後，再把炒好的材料倒入炒拌均勻。
- (2)取紫菜皮一張，中間放炒好的料1大匙，2根紅蘿蔔併排置於紫菜皮上，突出角邊作為觸鬚。其它三個角各別塗上薄薄一層麵糊，三個角往內折，將中間的材料包起來作成蝦形，表皮沾麵糊再裹上麵包屑。
- (3)油加熱後以小火將(2)煎至金黃色即可。

作法提供：洪蘇

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## Golden Needle Vegan Shrimp

### Ingredients:

- 200 g (1 cup) golden needle mushrooms
- some shredded vegan mutton
- 2 bean curd pockets, finely diced
- carrots, cut into sticks
- 2 seaweed sheets, each cut into quarters
- 2 stalks of green onion, chopped
- flour paste
- bread crumbs
- vegetable oil

### Seasonings:

- 1/2 tsp pepper
- pinch of salt and natural MSG

### Preparation:

*Wash golden needle mushrooms, drain excess water. Then, stir-fry with a little oil until almost dry, put on a plate and set aside.*

*Mix mutton, diced bean curd, salt and natural MSG together Stir-fry the mixture until dry, then set aside.*

*Stir-fry green onions until fragrant, then add the*

## Golden Needle Vegan Shrimp

*fried mixture and the golden needle mushrooms and mix well.*

*Put one full Tbsp of cooked fillings onto the middle of the seaweed sheet. Put 2 sticks of carrots on top. Stick out one corner of the seaweed sheet like tentacles. Spread a thin layer of flour paste on the other three corners.*

*Fold three corners of seaweed sheet towards the center of the sheet to make the shape of a shrimp.*

*Dip the vegan shrimp in the flour paste and add some bread crumbs. Deep - fry in hot oil under low heat until golden brown.*

Provided by: Hong Su



# 無上家廚

## SUPREME KITCHEN

### 紫菜湯

### Seaweed Soup

29

#### 材料：

- 燒海苔2至3片
- 香菜少許

#### 調味料：

- 鹽少許
- 香油少許

**作法：**(1)水以大火煮開後，放入撕碎的燒海苔，改以中火燜煮2~3分鐘。

(2)待海苔散開均勻成濃稠狀後，加鹽，灑上香菜、香油後即可熄火(喝時可視個人口味加少許美極鮮味露或黑胡椒粉)

※最好用燒海苔，一般海苔較有腥味，且不香。

※也可酌放一些胡蘿蔔或小玉米的薄切片，顏色比較漂亮。

作法規供：同理



#### Ingredients:

- 2-3 pieces roasted seaweed sheets
- one small bunch of Chinese parsley
- 2 cups water

#### Seasonings:

- a pinch of salt
- a dash of sesame oil

#### Preparation:

*Bring water to boil, Tear roasted seaweed sheets into smaller pieces and put into the boiling water. Reduce to medium heat and boil for 2-3 minutes.*

*When seaweed evenly dissolves and soup looks thickened, add salt and sesame oil. Sprinkle the Chinese parsley on before removing from heat. (Add some Maggi soy sauce and/or black pepper as desired before serving.)*

*\*\* It's better to use roasted seaweed sheets. The ordinary seaweed sheets smell fishy and taste less savory.*

Provided by: Tong Li

# 無上家廚

## SUPREME KITCHEN

### 芋頭甜湯

### Taro Dumpling Soup

30

#### 材料：

- 湯圓320克
- 芋頭600克 (切3公分小丁)

#### 調味料：

- 糖250克 (依個人口味增減)

**作法：**鍋中放6杯水，水滾後放入芋頭以中火煮熟，再放湯圓煮至湯圓浮起，加糖即可食用。

作法提供：蔡淑惠



#### Ingredients:

- 320 g (10 oz) glutinous rice flour dumplings
- 600 g (3 cups) taro, cut into 3 cm cubes
- 6 cups of water
- 250 g (1 1/4 cups) sugar (to taste)

#### Preparation:

*Boil 6 cups of water in a pot. Put taro in the boiling water and cook on medium heat until soft. Add dumplings to the soup. When the dumplings float on the surface, add the sugar. The soup is ready to serve.*

Provided by: Tsai Su Hwei

素排骨湯

31

*Vegan Spare Rib Soup*

材 料：

- 白蘿蔔 600 克
- 純素丸或蒟蒻丸 200 克
- 純素羊肉 1/2 包
- 純素排骨酥 120 克
- 香菜 4 根
- 水 8 杯

調味料：

- 天然味素少許
- 鹽 1/2 茶匙

作 法：白蘿蔔削皮，切 3 公分塊狀，鍋內放 8 杯水，白蘿蔔和素羊肉先下鍋煮軟，再放丸子，水滾一下，關小火。食用時再放素排骨酥。若喜歡可加蔥花。

作法提供：洪蘇

**Ingredients:**

- 600 g (3 cups) turnip, peeled and cut into 3 cm (1 inch) cubes
- 200 g (1 cup) vegan halls or kanjaku halls
- 1/2 pack of vegan mutton
- 120 g (4 oz.) vegan spare ribs
- 4 stalks of Chinese parsley
- 8 cups water

**Seasonings:**

- 1/2 tsp pepper
- pinch of salt and natural MSG

**Preparation:**

*Cook turnip and mutton in 8 cups of water until tender. Then, add tempura halls to the soup and bring to boil. Reduce to low hear. Add vegan spare ribs and Chinese parsley to the soup before serving. Chopped spring Onions can be added if desired.*

Provided by: Hong Su



## 高麗飄香

33

## Fragrant Cabbage Fries

### 材料：

- 高麗菜480克
- 素肉片40克
- 木耳（溼的）40克
- 紅蘿蔔40克
- 油2大匙

### 調味料A：

- 悠樂辣椒醬1大匙
- 辣豆瓣醬1茶匙
- 鹽1/4茶匙
- 天然味素1/2茶匙

### 調味料B：

- 醃泡素肉片用：
- 美極1大匙
- 胡椒粉1/2茶匙
- 天然味素1/4茶匙

- 作法：**(1)素肉片泡軟擠乾水份，以調味料B醃泡20分鐘，鍋內放1大匙油熱鍋後，將素肉片炒至略乾、透出香味，起鍋備用。  
(2)高麗菜洗淨切成大方塊，紅蘿蔔切成三角形薄片，木耳切方塊。  
(3)以1大匙油熱鍋後，放入紅蘿蔔，木耳、高麗菜及調味料A翻炒，再加入素肉片攪拌幾下即可食用。

作法提供：洪蘇

### Ingredients:

- 480 g (7 cups) cabbage, washed and cut into large square pieces
- 40 g (1 oz) vegan protein slices
- 40 g (1 oz) fresh black agaric, soaked and cut into large squares
- 40 g (1/2 med sized) carrot, cut into thin triangular slices
- 2 Tbsp vegetable oil

### Seasonings:

- (A) 1 Tbsp Au Lac chili sauce
- 1 tsp chili bean sauce
- 1/4 tsp salt
- 1/2 tsp natural MSG
- (B) seasonings for protein slices
- 1 Tbsp Maggi sauce
- 1/2 tsp pepper
- 1/4 tsp natural MSG

### Preparation:

*Soak protein slices in water until soft, squeeze out excess water, and then add in seasonings (B) for 20 minutes.*

*Heat 1 Tbsp oil in a pan and saute protein slices*

## Fragrant Cabbage Fries

*until fragrant. Set aside for later use.*

*Heat one Tbsp of oil in a pan, add carrots, agaric, cabbage and seasonings (A) to the hot pan. Stir-fry for a while, then add the already prepared protein slices to the mixed vegetables. Mix well and serve.*

Provided by: Hong Su



*mutton, mix well, and deep-fry.  
(Refer to Supreme Kitchen I P108)*

Provided by: Hong Su

## 牛蒡湯

35

## Goboo Soup

### 材料：

- 牛蒡400克
- 香菜少許
- 紅棗80克
- 純素羊肉80克
- 純素丸子160克
- 水6杯

### 調味料：

- 天然味素1/4茶匙
- 鹽1/4茶匙

**作法：**(1)牛蒡刮皮洗淨，以斜刀切成1/2公分厚之薄片，紅棗洗淨。

(2)鍋內放6杯水，將牛蒡、紅棗、素羊肉及素丸子一起放入鍋中煮，煮至水滾，關小火，蓋上鍋蓋悶15分鐘，加入鹽、天然味素、香菜攪動一會兒即成。

※素羊肉即香菇頭，可以自製（白製較佳）。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。（見無上家廚I 108頁）

作法提供：洪蘇

### Ingredients:

- 400 g (13 oz) goboo (burdock)
- some Chinese parsley, chopped
- 80 g (2 oz) red dates
- 80 g (2 oz) vegan mutton
- 160 g (4 oz) vegan balls
- 6 cups of water

### Seasonings:

- 1/2 tsp pepper
- pinch of salt and natural MSG

### Preparation:

*Skin and wash goboo thoroughly and cut into 1/2 cm (1/5 inch) thick slices. Wash red dates. Put goboo, red dates, vegan mutton and vegan balls into 6 cups water and bring to boil. Then reduce to low heat, cover pan, and simmer for 15 minutes. Add salt, natural MSG and Chinese parsley. Stir well before serving.*

*\* Vegan millions is dried mushroom stalks Self-made is better. To make: soak 190 g (6 oz) of dried mushroom stalks in water until soft, pound flat, and then tear into thin strips. Mix 40 g (1 oz) high gluten flour, 1/2 Tbsp salt and 1 Tbsp natural MSG together. Add to the vegan*



三絲銀芽

37

Shredded Vegetables With  
Silvery Sprouts

材料：

- 豆芽菜120克
- 紅蘿蔔80克 (切絲)
- 豆干240克 (切絲)
- 辣椒1條
- 蔥3根
- 芹菜絲120克
- 油2大匙又1茶匙

調味料：

- 美極2大匙
- 糖1/4茶匙
- 天然味素少許
- 鹽1/8茶匙

- 作法：(1)2大匙油熱鍋，放入豆干絲翻炒至金黃色，放入蔥、辣椒翻炒一會兒，加入美極、泰國醬油、糖、天然味素翻炒，起鍋備用。  
(2)再放一茶匙油熱鍋，放入紅蘿蔔絲翻炒，再加入芹菜絲、豆芽菜略炒，加1/8茶匙鹽，起鍋。  
(3)將豆干放入和所有材料攪拌均勻即可食用。

作法提供：洪蘇

Ingredients:

- 120 g (4 oz) mung bean sprouts
- 80 g (1 med sized) carrot, shredded
- 240 g (8 oz) pressed bean curd, shredded
- 1 chili
- 3 stalks spring onions
- 120 g (3 long stalks) celery, shredded
- 2 Tbsp & 1 tsp vegetable oil

Seasonings:

- 2 Tbsp Maggie sauce
- 1/4 tsp sugar
- pinch of natural MSG
- 1/8 tsp salt

Preparation:

*Saute pressed bean curd until golden brown in 2 Tbsp of hot oil. Stir in spring onions and chili. Then add Maggie, Thai soy sauce, sugar and natural MSG to the mixture. Stir well and set aside for later use.*

*Saute carrots in 1 tsp of oil, and then stir in shredded celery, mung bean sprouts and 1/8 tsp salt.*

Shredded Vegetables With Silvery Sprouts

*Return the pressed bean curd mixture to the pan, mix well with the vegetables, and dish is ready to serve.*

Provided by: Hong Su



油腐洋芹

39

Three-Colored Konjaku Dish

材料：

- 木耳60克
- 香菇3朵
- 油豆腐30克
- 西洋芹100克
- 油1大匙
- 水2茶匙

調味料：

- 美極2大匙
- 醬油膏1大匙
- 糖1茶匙

作法：(1)油豆腐洗淨切對半，木耳泡軟切絲，西洋芹切成3公分長段再切對半，香菇每朵切成4塊。  
 (2)一大匙油熱鍋後，香菇爆香，油豆腐下鍋翻炒，放入木耳一起炒，加2茶匙水，漸次放入所有調味料，再放西洋芹翻炒即可。  
 ※最好使用不沾鍋

作法提供：洪蘇

Ingredients:

- 60 g (2 oz) black agaric, soaked until soft and shredded
- 3 Chinese mushrooms, quartered
- 300 g (10 oz) fried bean curd puff, washed and cut into halves
- 100 g (3 stalks) celery, halved and cut into 3 cm (1 inch) pieces
- 1 Tbsp vegetable oil
- 2 tsp water

Seasonings:

- 2 Tbsp Maggie sauce
- 1 Tbsp thick soy sauce
- 1 tsp sugar

Preparation:

*Saute mushrooms in 1 Tbsp of hot oil. Stir in bean curd puff and black agaric. Then add 2 tsp of water and the seasonings. Finally, stir in celery and serve.*  
 \* It's better to use non-stick pan.

Provided by: Hong Su



樹薯甜湯

41

*Cassava Dessert*

材 料：

- 樹薯 480 克 (切 3 公分小丁)
- 水 6 杯

調味料：

- 糖 250 克  
(視個人口味增減)

作 法：(鍋中放 6 杯水，水滾後調成中火，放入樹薯，煮熟後加糖，即可食用。)

※樹薯可以用地瓜代替。

作法提供：蔡淑惠

**Ingredients:**

- 480 g (3 1/2 cups) cassava, cut into 3 cm (1 inch) cubes
- 6 cups water

**Seasonings:**

- 250g (1 1/2 cups) sugar (to taste)

**Preparation:**

*Bring 6 cups of water to boil, Reduce to medium heat and add the cassava to the boiling water.*

*Add sugar when the cassava is cooked and serve.*

*\*\* Sweet potato may be used instead of cassava.*

Provided by: Tsai Su Hwei



# 無上家廚

## SUPREME KITCHEN

### 輪轉生輝

#### 材料：

- 麵輪120克
- 筍乾120克
- 濕的海帶結80克
- 紅蘿蔔120克
- 蔥3支（切段，可不加）
- 油3大匙
- 水2杯
- 辣椒1條（切半）

#### 調味料：

- 美極4大匙
- 冰糖少許

- 作法：**(1)麵輪用水煮軟、擠乾，將中間部分取出，成圓圈形。筍乾泡水後，以水略煮滾，撈起待涼，切成5公分長段。紅蘿蔔切滾刀。
- (2)以3大匙油熱鍋，蔥、辣椒爆香，放入麵輪、筍乾、紅蘿蔔、海帶結翻炒一會兒。
- (3)加入兩杯水、冰糖、泰國醬油、美極，辣椒，一起瀆到水份快乾（仍含汁）時，即可食用。

※不喜歡太辣，則辣椒可在最後才加。

作法提供：洪蘇

### 43 Congregation Of Dharma Wheels

#### Ingredients:

- 120 g dried wheat gluten wheels
- 120 g (4 oz) dried bamboo shoots
- 80 g (2 3/4 oz) fresh kelp with knots
- 120 g (2 med sized) carrots, diagonally cut into chunks
- 3 stalks of green onions, cut into long pieces (optional)
- 3 Tbsp vegetable oil
- 2 cups of water
- 1 chili pepper, cut into half

#### Seasonings:

- 4 Tbsp Maggi soy sauce
- crystal sugar to taste

#### Preparation:

*cook dried gluten wheels in boiling water until soft. Squeeze out excess water and remove the middle part of the wheel to form 2 rings.*

*Soak dried bamboo shoots in water and then blanch briefly in boiling water. Cut into 5 cm (2 inch) long pieces when cooled.*

### Congregation Of Dharma Wheels

*Use 3 Tbsp of oil to saute spring onions and chili pepper until fragrant. Then, stir in gluten rings, bamboo shoots, carrots and kelp.*

*Add 2 cups of water to the mixture, then add crystal sugar; Thai soy sauce and Maggi and chili pepper. Stir constantly until the sauce thickens and then serve.*

*Note: If a less hot taste is desired add the chili pepper at the end.*

Provided by: Hong Su



翠綠生菜

45

Green Salad

材料：

- 西洋芹菜300克 (7~8枝)
- 小黃瓜240克 (一個切絲)

調味料：

- 檸檬原汁3大匙
- 果糖3大匙

作法：(1)西洋芹菜切成5長段再切薄片。  
(2)檸檬原汁與果糖混和均勻，加入西洋芹及小黃瓜絲攪拌均勻即可。

作法提供：同保



Ingredients:

- 300 g (7-8 stalks) celery, sliced
- 240 g (1 whole) small cucumber, shredded

Seasonings:

- 3 Tbsp lemon juice
- 3 Tbsp fructose syrup

Preparation:

*Wash celery thoroughly Cut lengthwise into 5 cm (2 inch) pieces and then slice these into thin pieces.*

*Mix lemon juice with fructose syrup. Pour it over the celery and Cucumber, and mix well.*

Provided by: Tong Bao



三色錦

47

Tri-Colored Delight

材料：

- 素肉片40克 (切1公分寬)
- 豌豆莢160克 (切斜片)
- 紅蘿蔔80克 (1cm × 3cm薄片)
- 蔥2根 (切末)
- 油2大匙

調味料A：

- 美極1大匙
- 胡椒粉1/2茶匙
- 天然味素1小匙

調味料B：

- 鹽1/4茶匙 鹽1/4茶匙

作法：素肉片泡軟，擠乾水份，以調味料A醃泡20分鐘，以1大匙油熱鍋後，炒素肉片至金黃色，起鍋備用。再用1大匙油熱鍋，蔥花爆香，放入紅蘿蔔略炒，加2大匙水翻炒，放入豌豆莢加鹽拌炒起鍋，再和素肉片拌和即可上桌。

作法提供：洪蘇

Ingredients:

- 40 g (1 oz) vegan pork slices cut into 1 cm (1/3 inch) strips
- 160 g (5 1/2 oz) snowpea pods
- 80 g (1 med sized) carrots, sliced into 1 cm × 3 cm (1/3 × 1 inch) lengths
- 2 stalks spring onion, chopped
- 2 Tbsp vegetable oil

Seasonings:

- A: 1 Tbsp Maggi
- 1/2 tsp pepper
- 1 tsp natural MSG
- B: 1/4 tsp salt

Preparation:

Soak pork slices in water until soft, and then squeeze out excess water. Marinate in seasoning (A) for 20 minutes.

Saute vegan pork with one Tbsp of oil until golden brown. Set aside for later use.

Heat one Tbsp oil in a wok and saute spring onions snail fragrant. Stir in carrot slices and add 2 Tbsp

Tri-Colored Delight

water Add snowpea pods and sprinkle salt onto the mixed vegetables. Return pork slices to the wok. Stir well and serve.

Provided by: Hong Su



蔥花油豆腐

49 *Fried Tofu With Spring Onions*

材 料：

- 油豆腐300克 (切片)
- 蔥3根 (切蔥花)
- 辣椒 (依個人口味加入)
- 油2大匙

調味料：

- 美極2大匙
- 素烤醬1茶匙

作 法：用2大匙油熱平底鍋後，將油豆腐煎炒至金黃色，放入蔥花爆香，再放入調味料、辣椒翻炒數下，即可起鍋食用。

※蔥花可以香菜或香椿替代。

作法提供：洪蘇

**Ingredients:**

- 300 g (10 oz) fried tofu, washed and cut into thin slices
- 3 stalks spring onions, chopped
- chili pepper, chopped (to taste)

**Seasonings:**

- 2 Tbsp Maggi sauce
- 1 tsp vegan BBQ sauce

**Preparation:**

*Saute tofu in 2 Tbsp of oil until golden brown. Stir in seasonings, chili and spring onions. Mix well and serve.*

*\*\* Chinese parsley or cedrus leaves can be used in stead of spring onions.*

Provided by: Tong Bao



甜薯豆皮湯

材 料：

- 甜薯120克
- 豆包80克
- 香菇10克
- 紅蘿蔔40克
- 水6杯

調味料：

- 鹽1茶匙
- 天然味素1/2茶匙

作 法：(1)所有材料全部切絲。

(2)鍋中放6杯水，放入甜薯、紅蘿蔔、香菇，下鍋煮3分鐘，再將豆包放入煮滾，加入鹽、天然味素即可。

※煮大眾的量時，甜薯可增多比例，湯更香甜。

作法提供：同保

51

*Sweet Potato And Bean Curd  
Pocket Soup*

**Ingredients:**

- 120 g (2 med sized) sweet potatoes, shredded
- 80 g (3 oz) bean curd pocket, shredded
- 10 g (2 med sized) Chinese mushrooms, shredded
- 40 g (1 med sized) carrot, shredded
- 6 cups water

**Seasonings:**

- 1 tsp salt
- 1/2 tsp natural MSG

**Preparation:**

*In a pan, place 6 cups of water and the sweet potatoes, carrot and mushroom shreds. Bring to boil and cook for 3 minutes. Add bean curd pocket shreds to the soup and cook for a while. Finally add salt and natural MSG and serve.*

*\* When cook for a large number of people, can add more sweet potatoes and the soup will taste better.*

Provided by: Tong Bao



筍干滷味

材 料：

- 筍干160克
- 素肉塊80克
- 紅蘿蔔120克 (切塊)
- 玉米粉2大匙
- 濕海帶結80克
- 油3大匙

調味料A：

- 泰國醬油1大匙
- 美極1大匙
- 黑胡椒粉1/2茶匙
- 天然味素1/4茶匙
- 五香粉1/4茶匙

調味料B：

- 美極2大匙
- 泰國醬油2大匙
- 冰糖20克

- 作 法：(1)素肉塊泡軟擠乾，調味料A醃泡20分鐘，以玉米粉攪拌均勻，入油鍋炸至金黃色起鍋備用。  
 (2)筍干洗淨，開水煮20分鐘，撈起切成3公分長段。  
 (3)3大匙油熱鍋，放入筍干，辣椒、紅蘿蔔，海帶結一起翻炒一會兒，加2杯水，放入調味料B，及炸好的素肉塊滷至水份快乾即可食用。

作法提供：洪蘇

53

*Salty Dried Bamboo Shoots*

**Ingredients:**

- 160 g (6 oz) dried bamboo shoots
- 80 g (3 oz) vegan protein meat chunks
- 120 g (2 med sized) carrots, cubed
- 2 Tbsp corn starch
- 80 g (3 oz) wet seaweed knots
- 3 Tbsp vegetable oil
- 2 cups water

**Seasonings:**

- (A) 1 Tbsp Thai soy sauce  
 1 Tbsp Maggie sauce  
 1/2 tsp black pepper  
 1/4 natural MSG  
 1/4 tsp five-spices powder

- (B) 2 Tbsp Maggi sauce  
 2 Tbsp Thai soy sauce  
 20 g rock sugar

**Preparation:**

*Soak vegan protein meat chunks in water until soft. Squeeze out excess water, and marinate in seasonings (A) for 20 minutes. Mix the marinated vegan protein meat chunks evenly in corn starch, deep-fry in hot*

Salty Dried Bamboo Shoots

*oil until golden brown., and set aside for later use.*

*Wash dried bamboo shoots thoroughly, cook in boiling water for 20 minutes, and then cut into 3 cm (1 inch) pieces.*

*Heat 3 Tbsp of oil in a pan. Saute dried bamboo shoots, chili carrots and seaweeds. Add 2 cups of water, seasoning (B) and fried vegan protein meat chunks. Stir-fly until the sauce thickens, Arrange on platter and serve.*

Provided by: Hong Su



青花小卷

55

*Stir-Fried Broccoli With  
Vegan Squid*

材 料：

- 青花菜400克
- 純素煙燻小卷160克  
(亦可用純素蛋白)
- 油3大匙
- 水3大匙

調味料：

- 天然味素1/4茶匙
- 鹽1/2茶匙

作 法：(1)青花菜燙過備用。  
(2)以3大匙油熱鍋後，放入純素煙燻小卷翻炒一

會

兒，加3大匙水，放入青花菜一起炒，再加鹽、  
天然味素翻炒幾下即可食用。

作法提供：蔡淑惠

**Ingredients:**

- 400 g (4 cups) broccoli
- 160 g (5 1/2 oz) Vegan Smoked Gluten Roll  
(Other types of vegan protein may be used.)
- 3 Tbsp vegetable oil
- 3 Tbsp water

**Seasonings:**

- 1/4 tsp natural MSG
- 1/2 tsp salt

**Preparation:**

*Blanch broccoli and set aside.*

*Saute vegan smoked gluten roll in 3 Tbsp of hot oil. Add 3 Tbsp of water and the broccoli to the pan. Stir-fry for a few minutes. Then, add the salt and natural MSG. Mix well and serve.*

Provided by: Tsai Su Hwei

Stir-Fried Broccoli With Vegan Squid



鹹菜湯

57

*Yellow Mustard Leaf Soup*

材 料：

- 鹹菜100克
- 素肉片120克
- 薑絲20克
- 素哈姆160克
- 水6杯

調味料：

- 鹽1/2茶匙
- 天然味素1/4茶匙
- 香油幾滴

作 法：(1)鹹菜、薑切絲，哈姆切成2公分大小之丁狀。  
(2)鍋中放入6杯水，等水滾後，放入所有材料煮約10分鐘即可食用。

作法提供：蔡淑惠

**Ingredients:**

- 100 g (1 1/2 cups) yellow mustard leaf, shredded
- 120 g (4 1/4 oz) vegan protein, sliced
- 20 g (3/4 oz) ginger, shredded
- 160 g (5 1/2 oz) vegan ham, cut into 2 cm (3/4 inch) cubes
- 6 cups water

**Seasonings:**

- 1/2 tsp salt
- 1/4 tsp natural MSG
- drops of sesame oil

**Preparation:**

*Place 6 cups of water in a pot and bring to boil. Add all the ingredients and seasonings. Cook for about 10 minutes and it is ready to serve.*

Provided by: Tsai Su Hwei



炸花椰菜

59

*Fried cauliflower*

材 料：

- 麵粉4杯
- 水4杯
- 太白粉1茶匙 (可不加)
- 薄荷一些
- 蔥1至2根或九層塔 (切碎, 可憑個人喜好作選擇)
- 花椰菜1棵 (切成小朵)

調味料：

- 鹽1/2茶匙
- 黑胡椒粉1/2茶匙

作 法：(1)將麵粉、水、鹽、太白粉(可不加), 黑胡椒和切碎的九層塔, 放進碗裡攪拌均勻。  
(2)花椰菜沾上麵糊放入鍋中油炸, 炸成淺金黃色後, 撈起置於漏勺上五分鐘即可食用。

※添加花椰菜使口感更佳

作法提供：TA同修

**Ingredients:**

- 4 cups of wheat flour
- 4 cups water
- 1 tsp of tapioca starch (optional) mint leaves, green onions or basil, chopped (optional)
- 1 small cauliflower, cut into florets. (Broccoli will be just as tasty.)
- vegetable oil

**Seasonings:**

- 1/2 tsp salt
- 1/2 tsp ground black pepper

**Preparation:**

*Combine flour, water salt, tapioca starch (optional), ground black pepper and chopped basil in a bowl and mix well. Dip florets of cauliflower into the mixture and Place on oil strainer for 5 minutes. Ready to serve fry in hot vegetable oil until light golden.*

Provided by: Initiate Ta



素雞香飯

61

*Chicken Flavored Fried Rices*

材 料：

- 純素魚100克  
(或純素火腿切小丁)
- 胡蘿蔔 (切小丁) 1杯
- 芹菜 (切小丁) 1杯
- 甜玉米粒1杯
- 白飯3杯
- 洋蔥 (切小丁) 2大匙
- 油或純植物奶油3大匙
- 香菜一些

調味料：

- 純素雞香料2大匙
- 黑胡椒少許

作 法：熱鍋加入油或奶油和洋蔥炒香，再加入素魚和素雞香料炒勻，放入胡蘿蔔丁、芹菜丁和玉米粒，再加白飯3杯翻炒一會兒，灑上切碎的香菜和黑胡椒即可食用。

作法提供：Nhat Nguyen同修

**Ingredients:**

- 1/2 cup or 100 g vegan tuna or ham, diced
- 1 cup carrots, diced
- 1 cup celery, diced
- 1 cup canned or fresh sweet corn
- 3 cups cooked white rice
- 2 Tbsp onion, diced
- 3 Tbsp vegetable oil or vegan butter
- some Chinese parsley

**Seasonings:**

- 2 Tbsp Minors prepared vegan consomme (chicken style)
- a pinch of black pepper

**Preparation:**

*Preheat cooking oil or vegan butter, stir in onion, and fry until the aroma of the onion is emitted Add vegan tuna and seasoning and stir-fry evenly. Then add diced carrots, celery and corn. Stir a few times to mix thoroughly. Add 3 cups- of cooked white rice and stir fry for a while. Sprinkle with chopped cilantro and black pepper and serve.*

Provided by: Nhat Nguyen



# 無上家廚

## SUPREME KITCHEN

### 炸豆包

#### 材料：

- 豆包6塊
- 九層塔（切碎）1大匙
- 鹹腐乳醬

**作法：**打開豆皮，均勻懷上鹹腐乳醬，再折回原狀，炸至金黃，灑上切碎的九層塔即可趁熱享用。

※鹹腐乳醬作法取自SUPREME MASTER CHING HAI  
拿手菜無上家廚20頁

作法提供：Nhat Nguyen同修

### 鹹腐乳醬

#### 材料：

- 新鮮檸檬汁3茶匙
- 糖2茶匙
- 天然味素少許
- 豆腐乳2塊
- 豆腐乳汁2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。

作法提供：Nhat Nguyen同修

### 63 Deep-Fried Bean Curd Pocket

#### Ingredients:

- 6 bean curd pockets
- 1 Tbsp chopped basil
- Salty preserved bean curd sauce

#### Preparation:

*Unfold bean curd pockets and spread salty preserved bean curd sauce evenly. Refold bean curd pockets to their original size and deep-fry to golden brown. Sprinkle with chopped basil and serve hot.*

*\*Salty preserved bean curd sauce (adopted from “Supreme Kitchen” PG20 Supreme Master Ching Hail’s specialties)*

Provided by: Nhat Nguyen

### Deep-Fried Bean Curd Pocket

#### Deep-Fried Bean Curd Pocket

#### Ingredients:

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

#### Preparation:

*Combine till ingredients and mix well. Add natural MSG to taste.*

*\* This sauce can be served at about 1 Tbsp each time as dip for fresh, steamed or boiled vegetables.*



悠樂春捲

65

Salty Dried Bamboo Shoots

材料：

- 純素哈姆1杯 (切長條狀)
- 紅蘿蔔2杯 (切絲)
- 白蘿蔔2杯 (切絲)
- 綠豆芽3杯
- 香菜一些
- 冬粉100克 (泡軟)
- 白醋1杯
- 悠樂米紙1包
- 生菜幾片

沾料：

- 醬油1杯
- 水1杯
- 糖1/2杯
- 辣椒醬2茶匙
- 洋蔥切小丁3大匙
- 玉米粉2茶匙 (加水拌勻)
- 油1大匙

作法：

- 春捲：(1)紅蘿蔔，白蘿蔔在醋中浸泡5分鐘取出備用。  
 (2)米紙平放在溫水中，待軟小心取出。  
 (3)放入適量的素哈姆、白蘿蔔、紅蘿蔔、生菜、綠豆芽、冬粉、香菜於米紙中，捲起包緊。

沾料：油熱後加入洋蔥炒香，再依序放入醬油、水、紅辣椒醬、調好的玉米粉，攪拌呈糊狀即可。

作法提供： Nhat Nguyen同修

Ingredients:

- 1 cup vegan ham, shredded
- 2 cups carrots, shredded
- 2 cups turnips, shredded
- 3 cups bean sprouts
- some Chinese parsley
- 100 g(1/2 cup) bean threads, soaked until soft
- 1 cup vinegar
- 1 package Au Lac rice paper
- a few leaves of lettuce

Sauce:

- 1 cup soy sauce
- 1 cup water
- 1/2 cup sugar
- 2 tsp red pepper sauce
- 2 tsp cornstarch mixed thoroughly in small amount of water
- 1 Tbsp oil

Preparation:

Rolls: Soak shredded turnips and carrots in vinegar for 5 minutes. Add desired amount of ham, turnips and carrots, lettuce, bean sprouts, bean threads and Chinese parsley to Au. Lac rice paper (Rice paper must be

Salty Dried Bamboo Shoots

dipped in water evenly and set aside until soft). Wrap as tightly as possible.

Sauce: Preheat vegetable oil and add diced onion. Stir-fry until the aroma of onion is emitted. Then add soy sauce, water, sugar, red pepper sauce and corn starch mixture in the order listed. Stir the sauce evenly and cook until the sauce becomes thicken.

Provided by: Nhat Nguyen



素巢

67

Vegan bowl

材料：

- 胡蘿蔔切絲1杯
- 碗豆2杯
- 生香菇切碎1杯
- 素碎肉1杯
- 長壽麵1包
- 油2大匙

調味料：

- 鹽1/2茶匙
- 天然味素1/2茶匙
- 香菇醬油(或美極醬油) 1/2茶匙
- 黑胡椒粉1/2茶匙

**作法：**長壽麵置於水中浸泡10分鐘，取出用小漏勺作成巢狀，入鍋油炸至金黃色。炒鍋放2大匙油，待油熱，依序加入生香菇、胡蘿蔔和碗豆快炒，再加入素碎肉和調味料翻炒均勻，起鍋倒在炸好的素巢上即可食用。

※材料可以任意變化，可加入素哈姆、嫩豆腐或僅用蔬菜也很美味可口。

作法提供：TA同修

Ingredients:

- 1 cup carrots, shredded
- 2 cups green peas
- 1 cup black mushrooms, cut into small pieces
- 1 cup minced vegetable protein
- 1 bag Chinese Longevity Noodles
- 2 Tbsp oil

Seasonings:

- 1/2 tsp salt
- 1/2 tsp natural MSG
- 1/2 tsp mushroom soy sauce or Maggi sauce
- 1/2 tsp ground black pepper

Preparation:

*Place the Chinese Longevity Noodles in hot water for 10 minutes. Remove with a small oil strainer to create a bowl shape appearance and fry until light golden, then set aside.*

*Preheat 2 Tbsp vegetable oil in a frying pan. Add mushrooms, carrots and peas in order listed. Stir-fry until slightly cooked. Add minced vegetable protein and seasonings. Stir a few times to mix thoroughly. Place the filling inside the bowl-shaped noodles and serve.*

Vegan bowl

\*\* The filling, may vary. Add vegan bam, soft tofu or simply stir-fried vegetables.

Provided by Fellow initiate TA



洋芋鮮炸

69

*Hot Potato Cake*

材 料：

- 大馬鈴薯3個 (切成1公分厚片)
- 麵粉2杯
- 燕麥片1/2杯
- 水4杯

調味料：

- 鹽適量

- 作 法：(1)馬鈴薯削皮切片，放入熱水煮軟後撈起。  
(2)將麵粉、水和少許鹽巴調成麵糊備用。  
(3)煮熟之馬鈴薯沾上麵糊再裹上燕麥片，油炸至金黃色。

※不妨嘗試沾番茄醬或辣椒醬口味更佳。

作法提供：TA同修

**Ingredients:**

- 3 large potatoes, peeled and sliced (1/3 inch thick)
- 2 cups wheat flour
- 1/2 cup oatmeal flakes
- 4 cups water

**Seasonings:**

- Salt to taste

**Preparation:**

*Put potato slices in hot water and boil until soft. Set aside. Mix wheat flour, water and a pinch of salt in a bowl. Stir thoroughly. Dip cooked potatoes in the flour mixture and coat with oatmeal flakes. Fry until light golden and serve.*

*\*\* This dish goes well with tomato ketchup or hot chili sauce.*

Provided by: Fellow initiate TA



鮮美玉米湯

71

*Corn Soup Delicacies*

材 料：

- 素肉絲30克
- 豆包30克 (切條)
- 玉米粒30克
- 胡蘿蔔丁30克
- 芹菜丁15克
- 碗豆15克
- 香菜2根 (切碎)
- 水4杯

調味料：

- 食鹽1茶匙
- 糖1/2茶匙
- 天然味素1/2茶匙
- 黑胡椒1/4茶匙
- 油1茶匙
- 太白粉2茶匙

作 法：水煮沸以後將所有材料煮4分鐘，再加調味料即可上桌。

※不妨嘗試沾番茄醬或辣椒醬口味更佳。

作法提供：鄒隆

**Ingredients:**

- 30 g (1 oz) vegan protein meat, shredded
- 30 g (1 oz) bean curd pockets, sliced
- 30 g (1 oz) core kernel
- 30 g (1 oz) carrots, diced
- 15 g (1/2 oz) celery, diced
- 15 g (1/2 oz) green peas
- 2 stems of Chinese cilantro, chopped
- 2 tsp of corn starch, dissolved in some cold water
- 4 cups of water

**Seasonings:**

- 1 tsp of salt
- 1/2 tsp of sugar
- 1/2 tsp of natural MSG
- 1/4 tsp of pepper
- 1 tsp of cooking oil

**Preparation:**

*Add all ingredients to 4 cups of boiling water. cook for four minutes, then add seasonings. Soup is ready to serve.*

Provided by: Chou Long



# 無上家廚

## SUPREME KITCHEN

### 香芋

材料：

• 芋頭

調味料：

- 香椿1茶匙  
(切成細末或買現成的)
- 沙拉油或橄欖油1 1/2茶匙
- 醬油5茶匙
- 烏醋3茶匙
- 純素沙茶醬3茶匙
- 香油數滴
- 黑胡椒1/4茶匙

作法：(1)將全部調味料混合均勻作成沾醬備用。  
(2)芋頭切丁，約1公分半厚度，蒸20分鐘，沾醬即可食用。

作法提供：許登琨、陳俊榮

### 小碗

材料：

水餃皮

作法：餃子皮一張，取對稱6角，折成杯狀，鍋內放油加熱，油的高度為小碗的一半，底部先炸至呈金黃色，再翻過來炸碗上方至金黃色。

※小碗可以盛放醬料

作法提供：陳俊榮

73

### Fragrant Taro

#### Ingredients:

Taro, cut into cubes about 1.5 cm (1/2 inch) In thickness

#### Cedrus leaf sauce:

1 tsp cedrus leaves, finely chopped or ready-made  
1 1/2 tsp salad or olive oil  
5 tsp soy sauce  
3 tsp black rice vinegar  
3 tsp barbecue satay sauce  
a few drops of sesame oil  
a pinch of black pepper 1 1/4 tsp

#### Preparation:

Steam taro cubes to 20 minutes. Serve with cedrus leaf sauce.

Provided by: Hsu Teng-Kun and Chen Chun-Rung

### Little bowl

#### Preparation:

Take 1 dumpling skin sheet and mold it into a cup shape. Add vegetable oil to a frying pan to a level about

### Fragrant Taro

half of the dumpling cup and preheat. Deep-fry the bottom half of the cup, until golden brown, then: turn it upside-down and deep-fry the upper half in the same manner.

\* Little bowl can be used to hold sauce.

Provided by: Chen Chun-Rung



## 榨菜豆雞

### 材料：

- 純素豆雞4條
- 榨菜絲2杯（泡水10分鐘）
- 九層塔2枝
- 芹菜2支

### 調味料：

- 醬油2大匙

**作法：**待油熱，九層塔爆香，逐次加入榨菜絲炒2分鐘，純素豆雞炒2分鐘，再與醬油炒2分鐘，最後加入芹菜快炒即可起鍋。

作法提供：鄒隆

75

## *Bean Curd Rolls With Salted Mustard Stems*

### Ingredients:

- 4 bean curd rolls, cut into pieces
- 2 cups pickled mustard stem, shredded and soaked in water for 10 minutes
- 2 stems sweet basil
- 2 stems celery, finely sliced

### Seasonings:

- 2 Tbsp soy sauce

### Preparation:

*Preheat oil in a frying pan. Put in sweet basil and pickled mustard stem and fry for 2 minutes. Add dried bean curd rolls and fry for another 2 minutes. Sprinkle with soy sauce and fry 2 more minutes. Add celery and quickly stir-fry. Remove from heat and serve.*

Provided by: Chen Chun-Rung



清蒸豆腐

77

*Steamed Tofu*

材料：

- 老豆腐1塊 (約300克)
- 薑適量 (切碎) (約1茶匙)
- 豆鼓適量

調味料：

- 醬油適量

作法：將薑及蔭豆鼓切碎作為豆腐填充料，豆腐上半部切成方格狀後塞進填充料，灑上醬油，蒸10分鐘即可。

作法提供：陳俊榮

**Ingredients:**

- ginger, finely chopped (about 1 tsp)
- fermented black beans, finely chopped 300 g (10 oz) piece of firm tofu

**Seasonings:**

- some soy sauce

**Preparation:**

*Mix ginger and fermented black bean together as the stuffing for the tofu. Cut the tofu across the top in a grid pattern half way through, then put in the stuffing. Sprinkle soy sauce on top and steam for 10 minutes.*

Provided by: Chen Chun-Rung



## 酸菜豆干

### 材料：

- 酸菜1/4個切絲
- 豆干4塊切片
- 辣椒2條切片

### 調味料：

- 醬油1大匙
- 糖1大匙
- 油1大匙

**作法：**待油熱，放入辣椒爆香，隨即放入酸菜、豆干略炒後，加入醬油、糖再炒1至2分鐘即可。

作法提供：陳俊榮

## 79 *Fried Yellow Mustard Leaf With Pressed Beau Curd*

### Ingredients:

- 1/4 pickled yellow mustard leaf, shredded
- 4 pieces of dried bean curd, sliced
- 2 red peppers, chopped finely

### Seasonings:

- 1 Tbsp soy sauce
- 1 Tbsp sugar
- 1 Tbsp Vegetable oil

### Preparation:

*Heat the vegetable oil, then put in red peppers, and fry until fragrant. Add pickled yellow mustard leaf, pressed bean curd, soy sauce and sugar Stir-fry for 1~2 minutes.*

Provided by: Chen Chun-Rung

## Fried Yellow Mustard Leaf With Pressed Beau Curd



紅豆薏仁甜湯

材 料：

- 紅豆300克
- 薏仁300克
- 水20杯 (約6000克)

調味料：

- 冰糖200克

作 法：(1)紅豆泡在熱水中2小時。

(2)紅豆和薏仁放入鍋中，加入適量水煮滾，5分鐘後熄火，不要掀蓋，燜1小時後再繼續煮約30分鐘

(3)加入適量的糖，以小火煮5至10分鐘即可食用。

※光吃紅豆會泛胃酸，薏仁不但可以中和胃酸，對胃也好，還可去濕氣。

作法提供：同慨

81 *Red Bean-Pearl Barley pudding*

**Ingredients:**

- 300 g (10 oz) red beans
- 300 g (10 oz) pearl barley
- 20 cups water (6000 g water)

**Seasonings:**

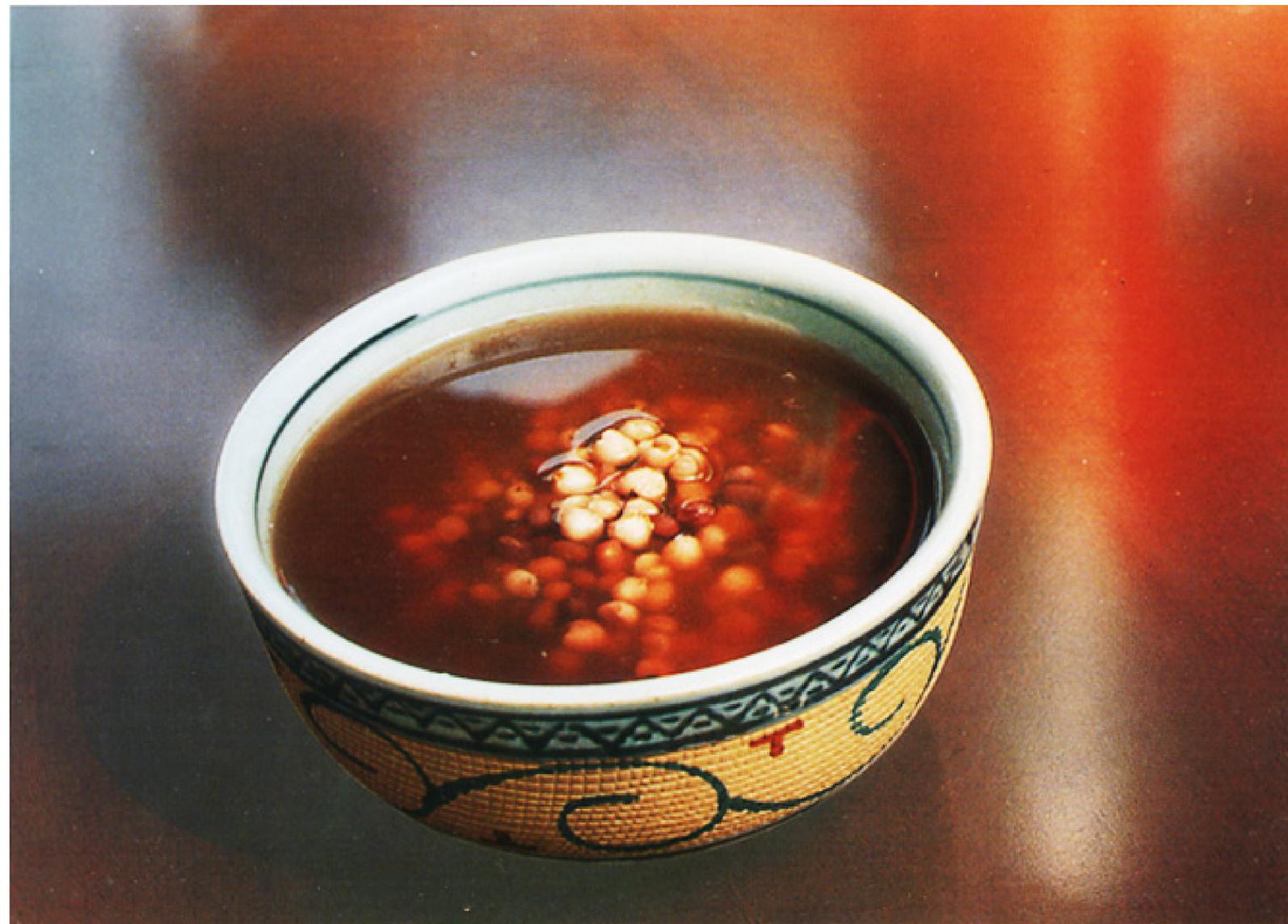
- 200 g (10 oz) rock sugar

**Preparation:**

*Soak the red beans in hot water for 2 hours. Put both the red beans and the pearl barley in a pot. Add proper amount of water and bring to boil. Turn off heat after 5 minutes. Do not remove the lid and let it sit for one hour. After that, continue to cook for about 30 minutes. Add sugar to taste. Cook 5 to 10 minutes more over low heat and then it's ready to serve.*

*\* Eating red beans alone will produce gastric acids, pearl barley neutralizes the gastric acids, and is good for the stomach. It also helps to remove excess moisture in the body.*

Provided by: Tong Kai



蓮子味噌湯

83

*Loins Seed Miso Soup*

材 料：

- 蓮子2杯
- 大黃瓜1杯 (切薄片)
- 馬鈴薯1杯 (切小片)
- 玉米粒或甜玉米1杯  
或4條甜玉米
- 香菜

調味料：

- 味噌3小包 (工研牌)

(以上材料均以切妥後的體積計量)

作 法：加入13~18杯水 (濃淡視個人口味調整) 入鍋燒滾，放入大黃瓜、馬鈴薯，大火煮5分鐘，再放入蓮子、玉米煮至蓮子軟透，約5~10分鐘加入味噌及鹽，煮到味噌融化為止，起鍋後放些香菜即可。

作法提供：吳明安

**Ingredients:**

- 1 cup potatoes, cut into small cubes
- 1 cup sweet kernel corn or 4 ears of corn
- 3 small packets white miso (white soy bean paste)
- 1 cup cucumber, cut into thin slices
- 2 cups of lotus seeds
- Some Chinese parsley, chopped

**Seasonings:**

- salt

**Preparation:**

*Bring 13 - 18 cups of water to boil, add cucumber and potato cubes to the boiling water and cook on high heat for 5 minutes. Add lotus seeds and sweet corn to the soup and cook for about 5 - 10 minutes or until the lotus seeds become soft.*

*Add miso and salt and cook until miso dissolves completely. Sprinkle some Chinese parsley on the soup and .serve.*

Provided by: Wu Ming An



大白菜湯

85

Chinese Cabbage Soup

材料：

- 大白菜 (小粒) 1顆
- 馬鈴薯 (小粒) 2個
- 純素雞數片 (或任何素肉)
- 水8杯
- 香菜2茶匙

調味料：

- 糖少許
- 鹽3茶匙
- 天然味素1/2茶匙
- 大蒜2茶匙
- 糖少許

- 作法：(1)馬鈴薯去皮切丁，加水煮軟，大白菜切條狀，與純素雞片、鹽、糖、天然味素一起加入湯鍋。  
(2)大蒜去皮，切碎，炒成金黃色，灑在湯中。  
(3)香菜切碎後灑在湯上，增添香味。

作法提供: TA同修

Ingredients:

- 1 small white Chinese cabbage, shredded
- 2 small potatoes, peeled and cubed some
- vegan chicken nuggets (or any type of veggie meat)
- 8 cups of water
- 2 tsp of Chinese parsley, diced

Seasonings:

- 3 tsp of salt
- 1/2 tsp of natural MSG
- 2 tsp of fried garlic, peeled, chopped, and fried until golden

Preparation:

*Boil the potatoes in 8 cups of water until soft. Then, add white Chinese cabbage and vegan chicken nuggets. Add sugar, salt and natural MSG.. Sprinkle garlic and Chinese parsley on.*

Provided by: Fellow initiate Ta



## 巴西利椰花湯

### 材料：

- 花椰菜1小顆
- 巴西利1小顆
- 純素羊肉數片
- 水7杯

### 調味料：

- 鹽2茶匙
- 糖1茶匙
- 天然味素1/2茶匙
- 黑胡椒粉1/2茶匙

- 作法：**(1)巴西利及花椰菜切成小花朵。  
(2)將7杯水煮滾後，放入巴西利及花椰菜煮至軟熟。  
(3)放入素羊肉及調味料，酌量黑胡椒粉加味。

- ※可用其他素肉代替素羊肉。  
※鹽及糖的份量可隨個人口味酌放。

作法提供：TA同修

87

## Broccoli Vs cauliflower Soup

### Ingredients:

- 1 small broccoli
- 1 small cauliflower
- some pieces of vegan mutton
- 7 cups of water

### Seasonings:

- 2 tsp of salt
- 1 tsp of sugar
- 1/2 tsp natural MSG
- 1/2 tsp of ground black pepper

### Preparation:

*Cut broccoli and cauliflower into small florets. Boil water and add cauliflower and broccoli. Cook until vegetables are soft. Then, add vegan mutton and seasonings.*

*\* Vegan mutton can be replaced by other desirable vegan products.*

*\* More salt and / or sugar can be added to taste.*

Provided by: Fellow initiate Ta



# 無上家廚

## SUPREME KITCHEN

### 芝麻豆包捲

#### 材料：

- 薄片豆包5塊
- 黑芝麻4大匙
- 白芝麻4大匙
- 蔥5根
- 沙拉油1大匙

#### 調味料：

- 美極1又1/2大匙
- 泰國醬油1又1/2大匙
- 豆腐乳2塊
- 黑胡椒粉1/2茶匙
- 沙茶1茶匙
- 五香粉1/4茶匙
- 天然味素1/2茶匙
- 糖1茶匙

#### 麵糊：

- 麵粉5大匙
  - 水7大匙
  - 鹽1/4茶匙
  - 天然味素1/4茶匙
- (將以上材料混合均勻備用)

- 作法：**(1)所有調味料混合均勻，放入豆包浸泡20分鐘，蔥花切細，以1/2茶匙油略爆香，起鍋備用。  
(2)浸泡後之豆包展開，以長型切對半，抹上蔥花，捲起，以牙籤串住，沾裹麵糊。  
(3)黑、白芝麻混合，沾裹在豆包上。入油鍋炸至金黃色即可撈起食用。

作法提供：洪蘇

### 89 Sesame Bean Curd Pocket Rolls

#### Ingredients:

- 5 bean curd pockets
- 4 Tbsp black sesame seeds
- 4 Tbsp white sesame seeds
- 5 stalks spring onions
- 1 Tbsp oil

#### Flour paste:

Mix 5 Tbsp flour, 1/4 tsp salt, 7 Tbsp water and 1/4 tsp natural MSG into a paste.

#### Seasonings:

- 1 tsp satay sauce
- 1 tsp sugar
- 1/4 tsp five-spices powder
- 1 1/2 Tbsp Maggi soy sauce
- 2 piece preserved bean curd
- 1/2 tsp black pepper powder
- 1 1/2 Tbsp Thai-soy-sauce

#### Preparation:

*Mix all seasonings together to make a sauce. Unfold the bean curd pockets and marinate them in the sauce for 20 minutes. Then cut the pockets into halves.*

*Saute the chopped spring onions and sprinkle on*

### Sesame Bean Curd Pocket Rolls

*the marinated pockets. Then, roll the bean curd pockets up and thread with toothpicks.*

*Dip each roll in the flour paste and roll in the sesame seeds, Deep-fry in hot oil until golden brown, and serve.*

Provided by: Hong Su



蔘鬚蓮子湯

91

*Ginseng Lotus Seed Soup*

材 料：

- 蓮子200克
- 人參鬚20克
- 紅棗80克
- 水7杯

調味料：

- 鹽1茶匙
- 天然味素1/4茶匙

- 作 法：(1)蓮子、紅棗浸泡半小時。  
(2)紅棗用刀裂開，全部洗淨。  
(3)6杯水下鍋，蓮子、紅棗、人參鬚一起下鍋（亦可加素羊肉）。  
(4)以大火煮滾後轉中火，煮約半小時再加調味料即可。

作法提供：同上

**Ingredients:**

- 200 g (6 1/2 oz) lotus seeds
- 20 g (3/4 oz) ginseng
- 80 g (3 oz) Chinese red dates
- 7 cups of water

**Seasonings:**

- 1 tsp salt
- 1/4 tsp natural MSG

**Preparation:**

*Soak lotus seeds and red dates in water for half an hour. Cut open the red dates. Wash thoroughly.*

*Cook lotus seeds, red dates and ginseng in 6 cups of water. (Add vegan mutton if desired.) Bring to boil over high heat, then reduce to medium heat and cook for another half an hour. Serve.*

Provided by: Tong Shan



當歸麵線

93

Dang Qui Noodle Soup

材料：

- 當歸24克
- 黃耆240克
- 紅棗80克
- 麵線2束 (170克)
- 油1/2茶匙
- 水10杯

調味料：

- 鹽1茶匙
- 天然味素1茶匙

- 作法：(1)黃耆洗淨，鍋內放6杯水，放入黃耆以大火煮30分鐘後，取出黃耆製成高湯。  
 (2)紅棗洗淨，泡30分鐘，切列，放進(1)之高湯中。  
 (3)當歸放入鍋內，煮20分鐘後，放進鹽、天然味素1/2茶匙即可盛起。  
 (4)另放油1/2茶匙，天然味素1/2茶匙，在一隻盤內備用。  
 (5)鍋內放入4杯水，大火水滾後，下麵線，滾後攪拌一下再滾即可撈起放入(4)中，拌勻即可配湯食用。

※亦可將煮熟之麵線置於(3)之湯內，即成麵線湯。

作法提供：同上

Ingredients:

- 24 g (1 oz) dang qui (Chinese angelica)
- 240 g (8 oz.) huang qi (hunge)
- 80 g (3 oz) Chinese red dates
- 2 bundles Chinese thread noodles
- 1/2 Tbsp vegetable oil
- 10 cups water

Seasonings:

- 1 tsp salt
- 1 tsp natural MSG

Preparation:

- (1)Put 6 cups of water and hungue in a pan and cook over high heat for 30 minutes. Then remove hungue.
- (2)Wash red dates thoroughly and soak in water for 30 minutes, then cut open.
- (3)Put dang qui together with the red dates into the hungue soup and cook for another 20 minutes. Then add salt and 1/2 tsp natural MSG. then remove from hear.

Dang Qui Noodle Soup

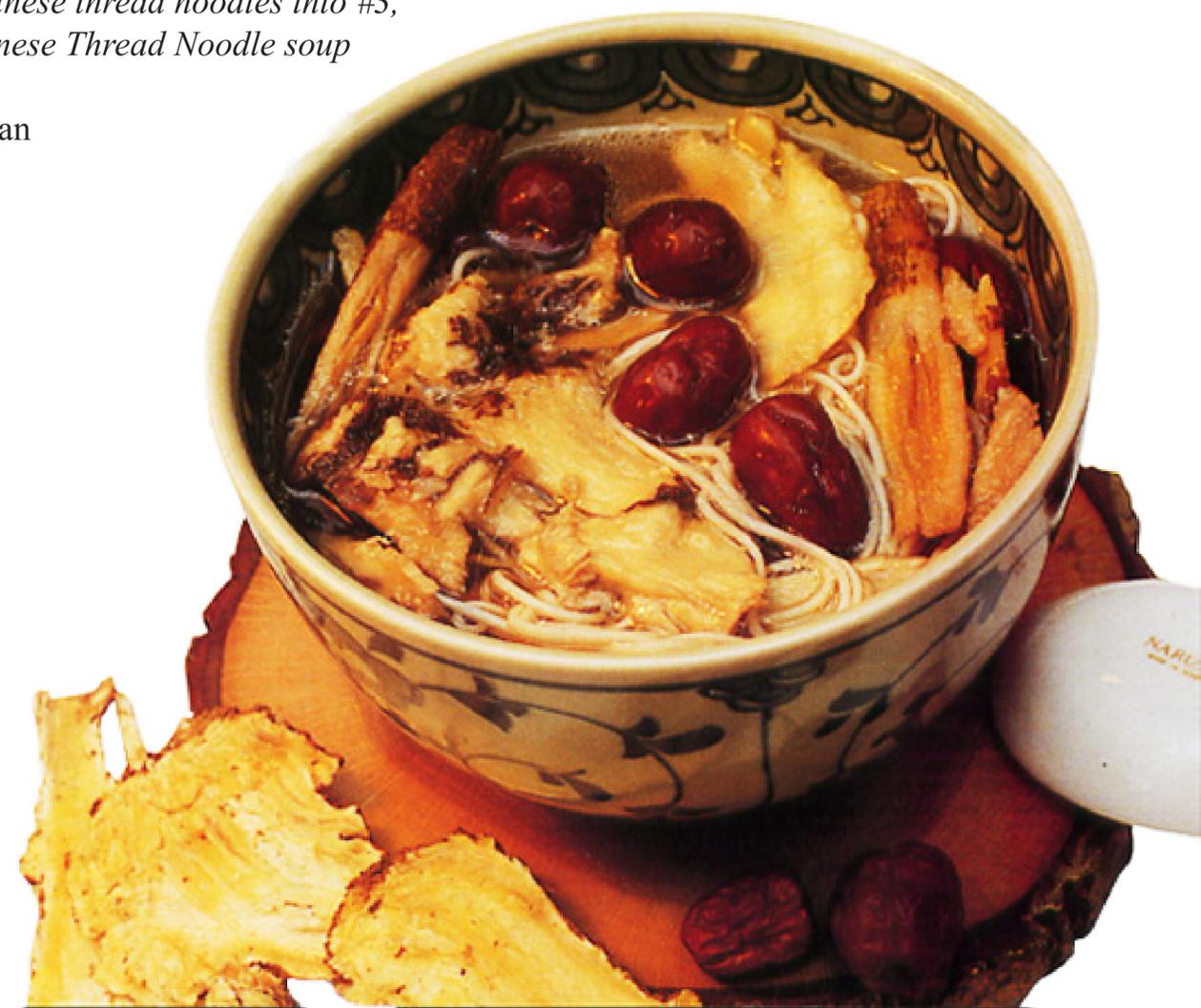
(4)Mix noodles thoroughly .with oil and 1/2 tsp natural MSG and put aside.

(5)Bring 4 cups of water to boil in another pan. Add the noodles to the boiling water and cook for a while. Stir noodles briefly and remove to put into (4) Mix well and serve. when water has boiled again.

\*\* Dang qui anti Huang Qi (hunge) are Chinese medicines.

\*\* By adding cooked chinese thread noodles into #3, you can have another dish, Chinese Thread Noodle soup

Provided by: Tong Shan



金玉滷香

95

Golden Pearl Stew

材 料：

- |                  |             |
|------------------|-------------|
| • 紅蘿蔔80克 (切三角滾刀) | • 鹽1/2茶匙    |
| • 玉米300克 (切2公分厚) | • 糖1茶匙      |
| • 豆干120克 (切三角滾刀) | • 天然味素1/4茶匙 |
| • 油3大匙           | • 白胡椒粉1/8茶匙 |
| • 水7大匙           | • 醬油1大匙     |

調味料：

作 法：

- (1) 中火熱鍋，放入油。
- (2) 鍋熱後，紅蘿蔔和豆干炒幾下，放鹽、糖、天然味素、白胡椒粉。
- (3) 加入玉米燜一分給後，加入7大匙水，蓋鍋，以大火煮滾後改中火。
- (4) 大約3、4分鐘後翻動一下
- (5) 10分鐘後起鍋。

作法提供：同上

Ingredients:

- 80 g (1 med sized) carrots, diagonally sliced
- 300 g (10 oz) corn on the cob, cut cobs into 2 cm (1 inch) thick pieces
- 120 g (4 oz) pressed bean curd, diagonally sliced
- 3 Tbsp vegetable oil
- 7 Tbsp water

Seasonings:

- 1/2 tsp salt
- 1/2 tsp sugar
- 1/4 tsp natural MSG
- 1/8 tsp white pepper
- 1 Tbsp soysauce souce

Preparation:

*Heat a wok over medium heat and add oil. Saute carrots and pressed bean curd. Stir in salt, sugar, MSG and pepper*

*Add sweet corn to the mixture, cover, and cook for 1 minute. Then, add 7 Tbsp water and cover the pan. Reduce heat to medium when the mixture boils Stir briefly every 3 to 4 minutes. Serve after it has cooked for 10 minutes.*

Provided by: Tong Shan



營養麵

97

材料：

- 高麗菜360克 (切絲)
- 紅蘿蔔120克 (刨絲)
- 中華壽麵1包
- 水6杯
- 油3大匙

調味料：

- 鹽1/2茶匙
- 天然味素1/4茶匙
- 糖1/2茶匙
- 黑醋1茶匙

- 作法：(1)中火熱鍋後放油。  
 (2)紅蘿蔔絲炒軟後，放高麗菜炒幾下就放鹽、糖、天然味素。  
 (3)炒到菜全軟，再放黑醋拌一拌，起鍋備用。  
 (4)將6杯水放入鍋，大火煮至水滾後，放入中華壽麵煮半分鐘，轉中火煮2分鐘，麵熟後，即可起鍋。  
 (5)將(3)之炒料和燙好的麵拌一拌即成可口營養麵。

作法提供：同上

*Nutritious Noodles*

**Ingredients:**

- 360 g (5 cups) cabbage, shredded
- 120 g (2 med sized) carrots, shredded
- 1 package Chinese Longevity Noodles
- 3 Tbsp vegetable oil
- 6 cups water

**Seasonings:**

- 1/2 tsp salt
- 1/4 tsp natural MSG
- 1/2 tsp sugar
- 1 tsp black rice vinegar

**Preparation:**

*Add oil to a heated wok and saute carrots over medium heat until soft. Then stir in cabbage, salt, natural MSG and sugar*

*Stir constantly until all the vegetables are tender Add black rice vinegar, stir briefly, and set aside for later use.*

*Boll 6 cups of water on high heat Put noodles into boiling water, cook for one-half minute, then reduce to medium heat and cook for 2 more minutes or*

Nutritious Noodles

*until the noodles are done Drain water from the noodles.*

*Mix stir-fried vegetables with noodles and serve.*

Provided by: Tong Shan



茼蒿豆腐湯

99

*Lettuce And Tofu Soup*

材 料：

- 薑絲20克
- 嫩豆腐1盒
- 茼蒿240克
- 水6杯
- 油1/2茶匙

調味料：

- 鹽1/2茶匙
- 天然味素1/4茶匙
- 白胡椒粉1/8茶匙

作 法：水6杯放入鍋內，水滾後放油、薑、鹽，一會兒後放豆腐，滾1、2分鐘，放茼蒿再加入天然味素、白胡椒粉，待水滾後即成。

作法提供：同上

**Ingredients:**

- 20 g (3/4 oz) ginger, shredded
- 300 g (10 oz) soft tofu, cut into chunks
- 240 g (8 oz) lettuce
- 1/2 tsp vegetable oil
- 6 cups of water

**Seasonings:**

- 1/2 tsp salt
- 1/4 tsp natural MSG
- 1/8 tsp white pepper

**Preparation:**

*Boil 6 bowls of water in a pan, add ginger, oil mid then salt.*

*Put tofu info the pan, cook for 1 to 2 minutes, then add lettuce, natural MSG and white pepper. Bring the soup to a boil again and serve.*

Provided by: Tong Shan



香蔬豆干

101

*Pressed Tofu Mixed  
Vegetables Stew*

材 料：

- 豆乾160克
- 紅蘿蔔140克
- 馬鈴薯240克
- 海帶60克
- 薑20克 (切片)
- 油3大匙
- 水8大匙

調味料：

- 鹽1/2茶匙
- 肉桂粉1/4茶匙
- 糖1/2茶匙
- 天然味素1/4茶匙
- 醬油2大匙

- 作 法：(1)豆乾、紅蘿蔔、馬鈴薯均切三角滾刀。  
 (2)海帶切成3公分長段，泡軟洗淨，浸泡15分鐘。  
 (3)中火熱鍋，加油爆薑。  
 (4)紅蘿蔔炒幾下，再放豆乾、馬鈴薯略炒後再加入海帶拌炒，加入調味料(鹽、肉桂粉、糖、味素、醬油)。  
 (5)加入8大匙的水，大火滾後，改中火燜煮15分鐘，起鍋。

作法提供：同上

**Ingredients:**

- 160 g (5 1/3 oz) pressed tofu, diagonally sliced
- 140 g (2 med sized) carrots, diagonally sliced
- 240 g (2 med sized) potatoes, diagonally sliced
- 60 g (2 oz) kelp, cut into 3 cm (1 inch) long pieces
- 20 g (3/4 oz) ginger, sliced
- 3 Tbsp vegetable oil
- 8 Tbsp water

**Seasonings:**

- 1/2 tsp salt
- 1/4 tsp cinnamon
- 1/2 tsp sugar
- 1/4 tsp natural MSG
- 2 Tbsp soy sauce

**Preparation:**

*Wash and soak kelp in water for about 15 minutes. Heat wok, add oil, and saute ginger over medium heat. Stir in the rest of ingredients in the following order: carrots, pressed tofu, potatoes and kelp. Then, add*

Pressed Tofu Mixed Vegetables Stew

*seasonings and 8 Tbsp water and bring to boil over high heat. Reduce to medium heat and cook for another 15 minutes.*

Provided by: Tong Shan



紅蘿蔔素糕

103

Carrot Cake

材 料：

- 麵粉1杯
- 泡打粉1又1/2茶匙
- 蘇打粉1茶匙
- 椰子粉1杯
- 肉桂粉1又1/2茶匙
- 肉豆寇粉1茶匙
- 鹽少許

- 紅蘿蔔1大條或中型  
2至3條(刨絲)
- 橄欖油1/2杯
- 椰漿2大匙
- 葡萄乾1/2杯

作 法：將材料A混勻後，加入橄欖油、椰漿、紅蘿蔔絲和葡萄乾攪拌均勻。烤箱預熱至攝氏180度，烤30至35分鐘即可。

作法提供：法拉莉 同修

Ingredients:

- 1 cup flour
- 1 1/2 tsp baking powder
- 1 tsp bicarbonate soda
- 1 pinch of salt
- 2/3 cup brown sugar
- 1 cup grated coconut
- 1 1/2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 large grated carrot (or 2 or 3 medium sized ones, shredded)
- 1/2 cup olive oil
- 2 Tbsp coconut milk
- 1/2 cup raisins

Preparation:

*Blend all the dry ingredients together. Then add the olive oil, coconut milk, carrots and raisins. Mix thoroughly. Preheat oven to 180 °C (360 °F) and bake for 30-35 minutes or until done.*

Provided by: Valerie



甜湯頭

105

Turnip Tofu Soup

材 料：

- 白蘿蔔600克 (切塊)
- 嫩豆腐1盒 (切塊)
- 薑20克
- 油1茶匙
- 香菜一些
- 水6杯

調味料：

- 鹽1茶匙
- 天然味素1/4茶匙
- 白胡椒少許

作 法：水滾後放入油、鹽、薑、白蘿蔔煮15分鐘，放入豆腐，滾5分鐘後再加白胡椒，味素及香菜，起鍋。

作法提供：同上

Ingredients:

- 600 g (i cups) turnips, cut into chunks
- 300 g (10 oz) piece of fresh tofu, cut into chunks
- 20 g (1 oz) ginger
- 1 tsp vegetable oil
- some Chinese parsley, chopped
- 6 cups water

Seasonings:

- 1 tsp salt
- 1/4 tsp natural MSG
- pinch of white pepper

Preparation:

*Add oil, salt, ginger and turnip to boiling water and cook for 15 minutes. Next add tofu and cook for 5 more minutes.*

*Add white pepper, MSG and Chinese parsley to the soup before serving.*

Provided by: Tong Shan



花菜白菇湯

107

*Cauliflower White Mushroom  
Soup*

材 料：

- 花菜270克(切小朵)
- 紅蘿蔔80克(切片)
- 白菇80克(切片)
- 油1茶匙
- 水6杯

調味料：

- 白胡椒1/4茶匙
- 天然味素1/4茶匙
- 鹽1茶匙

作 法：水滾後放入油、鹽和紅蘿蔔，再滾一次才放白菇、花菜，隔2、3分鐘放入天然味素、白胡椒，即可起鍋。

作法提供：同上

**Ingredients:**

- 270 g (3 cups) cauliflower, cut into florets
- 80 g (1 med sized) carrot, sliced
- 80 g (1 cup) white mushrooms, sliced
- 1 tsp vegetable oil
- 6 cups of water

**Seasonings:**

- 1/4 tsp white pepper
- 1/4 tsp natural MSG
- 1 tsp salt

**Preparation:**

*Bring water to boil, then add oil, salt and carrot. Bring to a second boil Add cauliflower and white mushrooms. Cook for 2-3 minutes more. Then add natural MSG and pepper and serve.*

Provided by: Tong Shan



黃金時代

109

Golden Age Delicacy

材 料：

- 麵腸300克 (斜刀切薄片)
- 油2大匙
- 香茅草1杯
- 水3大匙

調味料：

- 醬油3大匙
- 糖1大匙

作 法：鍋內放油2大匙，鍋熱後，放入麵腸煎炒至金黃色，再放入香茅草炒香，放入醬油、糖、水炒一下，關小火燜煮至麵腸水份略乾，即可食用。

作法提供：洪蘇

Ingredients:

- 300 g (10 oz) wheat gluten sausage, diagonally and thinly sliced
- 2 Tbsp oil
- 3 Tbsp water
- 1 cup lemon grass

Seasonings:

- 3 Tbsp soy sauce
- 1 Tbsp sugar

Preparation:

*Heat 2 Tbsp oil and saute sausage until golden brown. Add lemon grass and stir until fragrant. Next add soy sauce, sugar and water. Reduce to low bear and cook until the sauce thickens.*

Provided by: Hong Su



# 無上家廚

## SUPREME KITCHEN

### 炒米粉

111

### Stir-Fried Vermicelli

#### 材料：

- 乾米粉300克  
(先用水泡軟，瀝乾)
- 高麗菜300~400克 (切絲)
- 紅蘿蔔約1條至半條 (切絲)
- 芹菜 (切細粒)
- 香菜少許
- 純素哈姆三、四片
- 豆包三片 (煎香切絲)
- 油2大匙

#### 調味料：

- 深色醬油2大匙
- 黑胡椒1茶匙
- 鹽1/2茶匙
- 水果味素少量  
(依各人口味酌放)

作法：(1)油入鍋待熱，純素哈姆煎香切絲備用。(亦可加些香菇絲一起爆香。)

(2)餘油炒紅蘿蔔絲、高麗菜至軟，加入黑胡椒、鹽、味素拌炒，將米粉倒入炒勻，灑適量的水炒軟試味，用深色醬油作色，拌入素哈姆絲、豆包絲、芹菜，盛起灑上香菜

作法提供：王桂枝

#### Ingredients:

- 300 g (10 oz) rice vermicelli noodles, soaked in water until soft, then drained
- 300~400g(4-5 cups) cabbage, shredded
- 1/2~1 carrot, shredded
- 1 stalk celery, chopped
- some Chinese parsley, chopped
- 3-4 slices vegan ham, fried until golden and shredded
- 3 bean curd pockets, shallow pan fried and shredded
- 2 Tbsp vegetable oil

#### Seasonings:

- 2 Tbsp dark soy sauce
- 1 tsp black pepper
- 1/2 tsp salt
- pinch of natural MSG (to taste)

#### Preparation:

Heat wok with oil, Stir-fry Vegan ham, sliced then put aside (can add shredded mushroom while stir-frying to make ham more aromatic).

Stir-fry carrots and cabbage until soft. Add

### Stir-Fried Vermicelli

black pepper, salt and natural MSG and stir briefly. Add rice noodles and a bit of water. Stir well. Sprinkle on the dark soy sauce to add color to the noodles. Then stir in vegan ham, bean curd pocket shreds and chopped celery. Sprinkle Chinese parsley on top and serve.

Provided by: Wang Kui Tze



蕃茄豆腐湯

113

*Tomato Tofu Soup*

材 料：

- 新鮮嫩豆腐一盒 (切塊)
- 蕃茄三粒 (切塊)
- 豆芽菜一些
- 天河香素高湯一包

作 法：水煮沸，放入豆腐及蕃茄滾一會兒，放入豆芽菜再加上素高湯一包即成。

作法提供：同香

**Ingredients:**

- 300 g (10 oz) piece of fresh tofu, cut into cubes
- 3 tomatoes, cut into large chunks
- a handful of bean sprouts
- 1 packet of vegan stock

**Preparation:**

*Add tofu and tomatoes to boiling water. When liquid is brought back to a boil, add bean sprouts and vegan stock. Cook for a few minutes, then ready to serve.*

Provided by: Tong Shiang



墨西哥捲

115

*The Big Burrito*

材 料A：

- 蕃茄4個 (切小塊)
- 香菜切細1束
- 洋蔥切碎1/2杯
- 蒜頭切碎1/茶匙

調味料A：

- 鹽適量

材 料B：

- 素肉塊3杯 (泡軟切條)

調味料B：

- 醬油膏1茶匙半
- 鹽1/2茶匙
- 黑胡椒1茶匙

材 料C：

- 素碎肉2杯 (泡軟)

調味料C：

- 醬油膏2茶匙
- 鹽1/2茶匙
- Taco調味料1/2茶匙

材 料D：

- 麵粉2杯
- 水4杯
- 油

調味料D：

- 黑胡椒1茶匙
- 鹽1/2茶匙

<Salsa>

**Ingredients:**

- 4 red tomatoes, (diced)
- 1 branch of Chinese parsley, finely chopped
- 1/2 Cup of onion, finely diced
- 1/4 of garlic, finely diced

**Seasoning:**

- Salt to taste

**Preparation:**

*Combine ingredients and seasoning in a bowl and stir thoroughly, Set aside.*

<Vegan Chicken Filling>

**Ingredients:**

- 3 cups vegan meat chunks, soaked until soft and cut into strips

**Seasoning:**

- 1 1/2 tsp thick soy sauce
- 1 tsp ground black pepper
- 1/2 tsp salt

**Preparation:**

*Combine all the seasonings with vegan meat Strips in a bowl. Mix thoroughly and marinate for 30*

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- 作 法：(1)將材料A與調味料A拌勻備用  
 (2)混合材料B與調味料B, 浸泡30分鐘, 待人味後, 略炒。  
 (3)混合材料C與調味料C, 浸泡30分鐘略炒。將作法(1)、(2)、(3)攪拌均勻即成餅餡。  
 (4)混合材料D與調味料D作成麵糊, 取適量在平底鍋鋪成薄片 (可隨個人喜好斟酌餅皮大小), 以小火煎3至4分鐘, 餅皮呈現淡金黃色即可翻面再煎。  
 (5)餅皮包餡捲起即可食用。

作法提供: TA同修

*minutes. Stir-fry and set aside.*

<Vegan Beef Filling>

**Ingredients:**

- 2 cups of minced vegan meat, soaked until soft.

**Seasoning:**

- 2 tsp thick soy sauce
- 1/2 tsp salt
- 1/2 tsp Taco seasoning

**Preparation:**

*combine ingredients and all seasonings in a bowl. Mix thoroughly and marinate for 30 minutes. Stir-fry and set aside.*

<Tortillas>

**Ingredients:**

- 2 cups wheat flour
- 4 cups water
- Vegetable oil

**Seasoning:**

- 1 tsp ground black pepper
- 1/2 tsp salt

## The Big Burrito

### Preparation:

Mix ingredients and seasonings in a bowl. Preheat flat frying pan. Grease frying pan with oil and spread a thin layer of flour mixture. Heat 3 to 4 minutes then turn over. Fry until both sides are light brown. Add the vegan meat fillings and salsa to the tortillas. Fold the tortillas into burrito shape. and enjoy.

Provided by: Fellow initiate Ta



## 無上家廚

## SUPREME KITCHEN

### 香椿豆腐

#### 材料:

- 嫩豆腐2盒

#### 調味料:

- 香椿醬1大匙
- 醬油膏2大匙
- 香油2、3滴

**作法:**先將豆腐切片,下油鍋略煎,讓水份乾一點,將香椿醬、油膏及香油調和,下鍋和豆腐炒2~3分鐘即可。灑上香菜及紅辣椒。

作法提供: 陳雅梅

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### Tofu In Cedrus Leaf Sauce

#### Ingredients:

- 600 g (20 oz) piece of soft tofu, sliced
- 1 Tbsp cedrus leaves, minced
- 2 Tbsp thick soy sauce
- 2-3 chops sesame oil

#### Preparation:

Lightly shallow pan-fry tofu so that it is drier. Mix minced cedrus leaves, thick soy sauce and sesame oil together and add to the tofu. Stir-fry for 2-3 more minutes and serve.

Sprinkle some chinese Parsly and diced chilly.

Provided by: Chen Ya Mei

薯泥傳香

119

*Mashed Potatoes*

材 料：

- 馬鈴薯3粒 (切丁)
- 純素植物奶粉2大匙
- 純素植物奶水50cc
- 純素蛋黃300克
- 純植物奶油40克 (起士條)

作 法：馬鈴薯切丁，放入鍋內，加水至淹過馬鈴薯丁，大火煮至水滾，轉中火，待馬鈴薯軟了，轉為小火，把水倒掉再用鏟子將馬鈴薯拍成泥，加入其他材料，充分混合即可。

作法提供：陳雅梅

**Ingredients:**

- 3 potatoes, diced
- 2 Tbsp soy milk powder
- 50 ml (2 oz) evaporated soy milk
- 300 g (10 oz) vegan egg yolk
- 40 g vegan butter / vegan cheese

**Preparation:**

*Put potatoes in a pan, add enough water to cover and cook over high heat. When the potatoes are soft, lower the heat and drain off the excess water. Then mash potatoes with potato masher. Add the rest of the ingredients.*

Provided by: Chen Ya Mei



青山白雪

121

Tofu And Green Pepper  
Stir-Fry

材料：

- 白豆干5塊
- 青椒80克
- 蔥3根
- 油1大匙

調味料：

- 美極1大匙
- 泰國醬油1茶匙
- 純素烤醬1茶匙
- 純素沙茶1/2茶匙
- 泰國辣椒醬1/4茶匙
- 蕃茄醬1/2茶匙
- 天然味素1/4茶匙
- 糖1/2茶匙

作法：(1)白豆干洗淨切對半，再切成薄片。青椒洗淨切對半，再各切成4條，每條切成2公分長斜塊，蔥切成蔥花備用。  
(2)1大匙油熱鍋後，放下白豆干炒至金黃色，放入蔥花爆香，加入調味料翻炒一下，青椒放入略微翻炒，即可起鍋食用。

作法提供：洪蘇

Ingredients:

- 5 pieces white pressed tofu
- 80 g (3 oz) green pepper
- 3 stalks spring onions, finely chopped
- 1 Tbsp vegetable oil

Seasonings:

- 1 Tbsp Maggi sauce
- 1 tsp Tai soy sauce
- 1 tsp vegan BBQ sauce
- 1/2 tsp vegan satay sauce
- 1/2 tsp Thai chili sauce
- 1/2 tsp tomato ketchup
- 1/4 tsp natural MSG
- 1/2 tsp sugar

Preparation:

Wash and cut tofu into halves, and then cut into thin slices, Wash and cut green pepper into halves, then cut each half into 4 strips. Finally, diagonally cut each strip into 2 cm (1 inch) long pieces.

Saute tofu with 1 Tbsp oil until golden brown.

Tofu And Green Pepper Stir-Fry

Saute chopped spring onion until fragrant. Add seasonings and green pepper; stir well, and serve.

Provided by: Hong Su



生津滷味

123

Delectable Slew

材 料：

- 麵輪80克
- 酸筍160克
- 海帶結80克
- 鮮香菇3朵
- 紅蘿蔔1小條
- 薑4片
- 八角5小片
- 水4杯
- 油

調味料：

- 天然味素、鹽適量
- 醬油2大匙
- 冰糖、胡椒粉1小茶匙

作 法：(1)麵輪先浸軟，海帶結用清醋加鹽浸洗，可除腥味也較快煮軟。

(2)酸筍用滾水燙泡除去鹹酸味，鮮香菇1朵斜切四片，紅蘿蔔切滾刀。

(3)熱油鍋先下八角，爆香後再放薑片略爆香，放紅蘿蔔，海帶結略炒一下再放冰糖、醬油炒均後放入麵輪、香菇翻炒，續放胡椒粉、鹽、味素入味，放入2杯水，加蓋燜煮至熟即可。

作法提供：曾淑惠

Ingredients:

- 80 g wheat gluten wheels
- 160 g pickled bamboo shoots
- 80 g kelp knots
- 3 fresh Chinese mushrooms, cut into quarters
- 1 small carrot, diagonally sliced
- 1 slices ginger
- 5 star aniseed
- 4 cups of water
- Vegetable oil

Seasonings:

- natural MSG, salt, pepper to taste
- 2 Tbsp soy sauce
- 1 tsp crystal like sugar

Preparation:

*Soak wheat gluten wheels n wafer unit soft. Soak kelp in water with vinegar and salt in order to remove the fishy smell and to lessen cooking tune. Blanch pickled bamboo shoots in hot water to lessen the salty and sour taste.*

*Heat some oil in a wok, saute Star aniseed until fragrant, add ginger slices and stir briefly, and then*

Delectable Slew

*add carrots and kelp. Stir well and add crystal-like sugar and soy sauce. Then, stir in gluten wheels and mushrooms. Add pepper; salt and natural MSG to the mixture, stir briefly and add 2 cups of water. Cover and simmer until cooked.*

Provided by: Tsen Shu Hei



生菜沙拉

125

Cabbage Salad

材料：

A生菜：

- 高麗菜160克 (切細絲)
- 紫高麗菜80克 (切細絲)
- 小黃瓜1條 (切圓片)
- 果干20克

B沙拉：

- ①純素煉乳1/3罐
- ②純素奶水1/2罐
- ③檸檬1粒
- ④西洋芹菜1長片 (切碎)
- ⑤蕃茄醬1湯匙
- ⑥沙拉油1杯 (240克)

沙拉作法：將①②③④⑤

一起放入果汁機內打成漿，香

味、酸、甜、香度適合後，再將沙拉油緩慢倒入正在打的果汁機內，直到成糊狀打不動時即成。倒出裝在容器內，冰過更可口。

作法提供：曾淑惠

Ingredients:

- 160 g (2 1/3 cups) cabbage, shredded
- 80 g (1 cup) purple cabbage, shredded
- 1 small cucumber, sliced
- 20 g (3/4 oz) dried fruit

Seasonings:

- 1/2 can condensed soy milk
- 1 lemon
- 1 stalk celery, chopped
- 1 Tbsp tomato sauce
- 1 cup vegan oil (240g)

Preparation:

*Liquefy all the salad dressing ingredients except oil in a blender. Prepare is to suit taste. Then, slowly blend vegetable oil in the mixture until the dressing thickens (the blender will slow down). Pour dressing in a container It tastes better chilled in refrigerator.*

Provided by: Tsen Shu Hei



香醇豆干

127

*Fragrant Tofu*

材 料：

- 純正大溪豆干 (一包四片)
- 薄荷或香菜
- 小蕃茄 (切片)
- 油

調味料：

- 天然味素1茶匙
- 黑胡椒粒1又1/2茶匙
- 美極8滴

- 作 法：(1)豆干切成約0.5cm薄片  
 (2)平底鍋燒熱，放入1大匙油，將豆干兩面煎至金黃，然後撒上黑胡椒粒和天然味素，先熄火，加美極拌炒均勻，即成一道香醇美味的下飯菜。  
 (3)餐盤兩端可分別綴以薄荷或香菜以及小蕃茄片。

作法提供：周美蘭

**Ingredients:**

- 4 pieces pressed tofu, sliced into 0.5 cm (1/5 inch) thick pieces
- some peppermint leaves or parsley
- tomato, sliced
- 1 Tbsp vegetable oil

**Seasonings:**

- 1 tsp natural MSG
- 1 1/2 tsp black pepper
- 8 drops Maggi soy sauce

**Preparation:**

*Heat a shallow frying pan, add 1 Tbsp oil, and fry pressed tofu until golden brown. Sprinkle black pepper and natural MSG onto the tofu. Turn off the heat and add drops of Maggi sauce and stir well. Decorate the side of the plate with peppermint leaves or Chinese parsley and slices of tomato, and serve.*

Provided by: Chou Mei Lan



鳳梨豆腐

129

*Pineapple Tofu*

材 料：

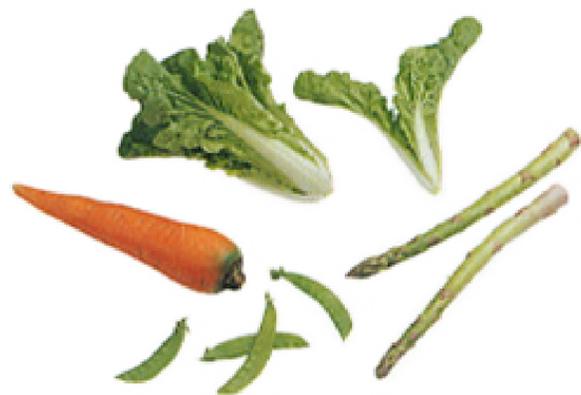
- 老豆腐 (約300克) 二塊 (切片煎過)
- 新鮮鳳梨3/4顆 (切片)

調味料：

- 油1大匙
- 糖3/4大匙
- 醬油3大匙

作 法：熱鍋中加油，放入豆腐片、醬油、糖翻炒10分鐘，轉成小火，放入鳳梨片繼續煎5至10分鐘，汁液略乾即可。

作法提供：阮瓊英同修



**Ingredients:**

- 2 pieces of firm tofu (about 300 g ), cut into small pieces and fry
- 3/4 fresh pineapple, cut into small pieces

**Seasonings:**

- 1 Tbsp vegetable oil
- 3 Tbsp soy sauce
- 3/4 Tbsp sugar

**Preparation:**

*Put oil in a hot pan and add tofu, soy sauce and sugar: Stir-fry for 10 minutes over low heat. Add pineapple and continue to stir-fry for another 10 minutes or until most of the liquid has evaporated. Ready to serve.*

Provided by: Quynh-Anh Nguyen



萬品湯

131

Flexible Soup

材 料：

- 水6杯
- 高麗菜1/4顆
- 蘋果1個
- 紅蘿蔔1條
- 檸檬1大顆
- 薑1塊(切2公分長薄片)(或1大匙薑粉)
- 蔬菜油2大匙
- 洋菇15個
- 蔥1枝
- 大洋蔥1顆
- 麵條1包

調味料：

- A {
- 鹽3/4大匙
  - 天然味素1/2茶匙(或沙糖1/2茶匙)
  - 純素拷醬料3大匙
  - 純素高湯1大匙

高湯：

高麗菜、紅蘿蔔、大洋蔥、蘋果各切成四塊，薑切成薄片。把6杯水倒入鍋內煮滾，將以上切好的材料倒入，用慢火熬45分鐘，撈出煮膠，過濾高湯一旁備用，加水回復6杯水水位。

配 料：

- 純素哈姆1/8條(約60克)
- 純素豬肉1/4條(約60克)
- 蒟蒻8片(切薄片)
- 豆腐4片(煎過)

Ingredients:

- (A) 6 cups o water  
 1/4 cabbage, cut into 4 pieces  
 1 carrot, cut into quarters  
 1 apple, cut into quarters  
 1 onions, cut into quarters  
 1 inch piece of ginger, thinly slices or 1 Tbsp powdered ginger  
 1 green onions, thinly sliced  
 15 button mushrooms, thinly sliced  
 1 Tbsp vegan broth seasoning sugar (optional)  
 1 big lemon, cut into wedges  
 110 oz package of dried noodle (any preferred noodle will do)  
 2 Tbsp vegean oil

- (B) 1/8 vegan ham roll (about 1/4 lb.), frozen and thinly sliced  
 1/4 vegan pork loaf (about 1/4 lb.), frozen and thinly sliced  
 8 pieces of vegan squid, thinly sliced  
 4 pieces of fried tofu, thinly sliced

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麵 條：

煮法見悠樂河粉湯(135頁)

作 法：

- ①以鹽水洗淨蔥及洋菇，蔥切碎，洋菇切薄片。
- ②切純素哈姆、純素豬肉、蒟蒻切薄片，以開水燙過備用。
- ③1大匙油燒熱，煎豆腐成金黃色即可。
- ④1大匙油熱鍋後，放入碎蔥炒2-5分鐘，再放入洋菇炒2-5分鐘，倒入6杯高湯，加入調味料A料，濃縮素高湯1大匙，混合煮滾即可備用。
- ⑤用熱開水將麵條煮熟撈起備用。

吃 法：

將麵條、喜歡的配料、蔬菜放進碗中，加入熱高湯，淋上檸檬汁。

※吃時沾純素烤醬，也可用任何喜歡的佐醬替代。

※萬品湯適合做為所有素食湯頭。

※再加入多一些青菜在高湯裡：可放入炒過的大片高麗菜或是任何您想要的青菜，淋上高湯食用。

作法提供：阮瓊英同修

Seasoning:

- 3 Tbsp barbecue sauce  
 A { 1/2 tsp natural MSG, or 1/2 tsp brown suger  
 3/4 Tbsp salt

Preparation:

*Broth preparation: Bring 6 cups of water to a boil and put the cabbage, carrot, onion, apple and ginger into the pot. Let it cook over low heat for about 45 minutes. Then, strain the broth, discard the vegetables, and set aside. If the broth does not equal 6 cups, add more water*

*Put oil in a hot pot. When oil is at a shimmering level, put in chopped green onions. Stir-fry for 2-5 minutes. Add mushrooms and continue to stir-fry for another 2-5 minutes. Then pour in broth. Add in seasonings A and the vegan broth seasoning.*

*Toppings: (see Au Lac pho noodle soup p135)*

*To Serve: Place noodles in serving bowl. Pour in some hot broth, add the desired vegan meat ingredients, (B) and vegeabies(\*), and squeeze some lemon on top. Serve with barbecue sauce.*

## Flexible Soup

*\*\*Any other kind of sauce can be used instead of the barbecue sauce.*

*\*\*The broth can be used as base for all vegan soup.*

*\*\*To add more vegetables to broth: You can stir-fry thickly sliced cabbage or any other desired vegetables and add to broth.*

Provided by: Quynh-Anh Nguyen



# 無上家廚

## SUPREME KITCHEN

### 芝麻香酥片

134

### Sesame Vegan Chicken Slices

#### 材料：

- 純素雞240克（切片）
- 蔥3根（可以香菜或香椿代替）
- 黑芝麻1大匙
- 白芝麻1大匙
- 油1大匙

#### 調味料：

- 美極1大匙
- 黑胡椒粉1/2茶匙
- 天然味素1/4茶匙

**作法：**鍋內放油1大匙，熱鍋後，放下素雞片煎炒至金黃色，加入美極、天然味素、黑、白芝麻一起炒一會兒，即可加入蔥花（或香菜）、黑胡椒粉翻炒幾下即可起鍋。

作法提供：洪蘇



#### Ingredients:

- 240 g (8 oz) vegan chicken, sliced
- 3 stalks spring onions  
(Chinese parsley or cedrus leaves can be used instead)
- 1 Tbsp black sesame seeds
- 1 Tbsp white sesame seeds
- 1 Tbsp vegetable oil

#### Seasonings:

- 1 Tbsp Maggi soy sauce
- 1/2 tsp black pepper
- 1/4 tsp natural MSG

#### Preparation:

*Heat some oil in a pan and shallow pan-fry vegan chicken until golden brown. Stir in Maggi, natural MSG, black and white sesame seeds. Then, add chopped spring onions (or Chinese parsley) and pepper. Stir a few times and put on a serving dish.*

Provided by: Hong Su

悠樂河粉湯

135

材 料：

- 水6杯
- 高麗菜1/4顆
- 紅蘿蔔1條
- 蘋果1個
- 大洋葱1/2個
- 1/2把蔥 (切薄片)
- 洋菇15個 (切厚片)
- 純素火腿1/8條(120克)
- 素肉1/4條 (120克)
- 純素魷魚8片
- 油豆腐4片
- 新鮮的九層塔1束
- 檸檬1個
- 豆芽菜225克
- 河粉1包
- 薑一塊約4公分長 (切薄片) 或1大匙薑粉
- 河粉湯醬及紅辣椒醬一些

調味料：

- 丁香4顆
- 鹽3/4大匙
- 河粉湯調味料 1 包 (也可用 5 ? 6 顆丁香代替)
- 素湯味料 1 又 1 / 2 大匙 (可用 1 / 4 大匙鹽及 1 / 2 大匙黑糖代替)
- 天然味素 1 / 2 茶匙 (可不加)

**高湯：**高麗菜、紅蘿蔔、洋葱、蘋果各切成 4 塊，薑切成薄片。把 6 杯水倒入鍋裡煮滾，將以上切好的材料倒入，用慢火熬 30 分鐘。把一包河粉湯調味

*Flexible Soup*

**Ingredients:**

- 6 cups of water
- 1/4 cabbage
- 1 carrot, cut into quarters
- 1 apple, cut into quarters
- 1/2 big onion, cut into four pieces
- 2 inches ginger, cut into thin slices; or 1 Tbsp ginger power
- 15 button mushrooms, cut into thick slices
- 1/2 bundle of green onion, salt-water washed, thinly sliced
- 1/8 vegan ham roll (about 120 g / 4 oz), thinly sliced
- 1/4 vegan pork roll (about 120 g/4 oz), thinly sliced
- 8 pieces of vegan squid, thinly sliced
- 4 pieces of fried tofu, thinly sliced
- 1 bundle of sweet basil leaves, salt-water washed
- 1 big lemon, washed and cut to desired size
- 225 g (1/2 lb) bean sprouts, wash in salt water
- 1(450 g/ 16 oz) package of dried pho noodle (if bought fresh also 450 g / 16oz)

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料和 4 顆丁香放進濾網 (也可放在薄紗布上，綁緊)，放進湯裡，繼續以慢火煮 45 分鐘。用鹽水洗淨洋菇及蔥，先略炒，與鹽、素湯味料一起放進湯內，撈掉河粉湯調味料和丁香，再加水，回復原 6 杯水位。

**配料：**把已結凍的素火腿和素肉、油豆腐切成非常薄的片狀，素魷魚切厚片。以上材料盛在盤子上備用 (口味也可用其它純素食材作配料)。

**菜：**豆芽菜和九層塔以鹽水洗淨，檸檬切成喜歡的大小，放在盤內備用。

**河粉：**(如果沒有現成的河粉，可以如下方法烹調乾河粉) 水滾後，加一大匙鹽及3大匙油，把河粉條煮至5至10分鐘，熄火。讓河粉泡在熱水中約15分鐘，撈起以冷開水冷卻。

**吃法：**將河粉，喜歡的配料各放一些進碗中，加入熱的高湯和菜，淋上檸檬汁。如喜歡，可放一些河粉湯調味醬和紅辣椒醬。

※河粉湯的所有材料可在悠樂及中國超市買到。  
※一匙鹽加入水中即成鹽水，鹽水洗過的蔬菜，要再用清水沖洗。

作法提供: 阮瓊英同修

Add to taste:  
some hoison sauce  
some hot chili pepper  
sauce

**Seasoning:**

- 4 cloves
- 1 package of Pho seasoning (if not available, can substitute with 5-6 more cloves)
- 1 1/2 Tbsp vegan broth seasoning (if not available, can substitute with 1/4 Tbsp salt & 1/2 Tbsp brown sugar)
- 3/4 Tbsp salt
- 1/2 tsp natural MSG (optional)

**Broth:**

*Bring water to boil and put the vegetables (cabbage, carrot, onion, apple) and ginger into pot. Cook on low heat for about 30 minutes, After 30 minutes, put Pho seasoning & cloves in filter.*

*(If filter is not available, can use a piece of vegan cheese cloth to wrap seasonings.) Put the filter into the broth and continue to cook for another 45 minutes.*

*After 45 minutes, strain the broth, discard the*

## Flexible Soup

vegetables and remove filter. Then add more water to equal original 6 cups. In another pan, Stir-fry the mushrooms, green onion and put them into broth along with the salt and vegetable broth seasoning.

### Preparation:

When frozen, cut vegan ham and pork into very thin slice. Cut the fried tofu into thin slices and squid into thick slices. Place all these toppings on a plate and set aside to be put into soup. (If desired, other vegan

meat products can be used).

Placed the bean sprouts, sweet basil and lemon slices on another plate and set aside.

(If fresh Pho noodles are not available, follow the following steps for dried Pho noodles.) Bring water to a boil, add 1 Tbsp of salt and 3 Tbsp oil. Then, add the noodles and cook for about 5-10 minutes. Turn off the heat and let the noodles sit in the water for about 5 minutes. Drain water off and rinse the noodles with cold water

### Serving:

Place noodles in your serving bowl, pour hot broth, select the desired vegan meat ingredients, add the vegetables, and squeeze some lemon on top. If desired, hoison sauce and hot chili pepper sauce may be added to the soup or used for dipping the vegan meat ingredients.

\* Pho seasoning is available at Au Lac or Chinese supermarkets.

\* Salt water is prepared by adding a few Tbsp of salt into water After the salt water has been drained off rinse the vegetables with plain water.

Provided by: Quynh-Anh Nguyen



## 無上家廚

## SUPREME KITCHEN

### 鹹芋湯

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### Salty Taro Soup

#### 材料:

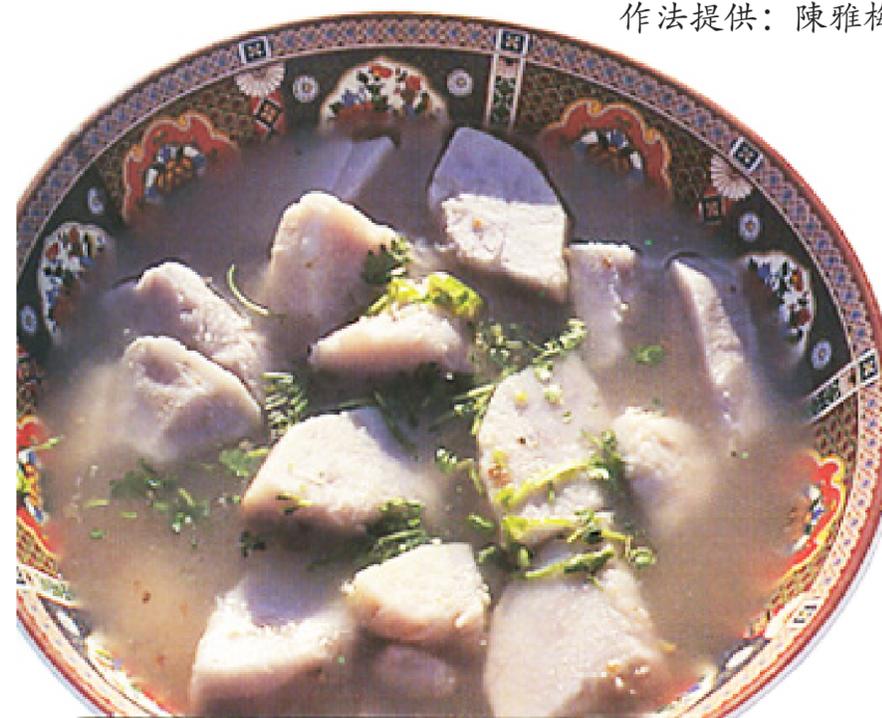
- 中型芋頭2顆
- 油蔥酥1小匙
- 水5杯
- 4根香菜

#### 調味料:

- 鹽少許

作法: 芋頭切塊入鍋, 水淹過芋頭, 以大火煮滾後轉中火至芋頭全軟, 加入油蔥酥及鹽巴, 續以大火煮1、2分鐘, 灑上香菜即可。

作法提供: 陳雅梅



#### Ingredients:

- 2 taro, med size, diced
- 1 tsp dry onion
- 5 cups of water
- 4 stalks of Chinese parsley

#### Seasonings:

- pinch of salt

#### Preparation:

Cut the taro into pieces and place in a pan with the 5 cups of water. Bring water to boil, then reduce to medium heat, and cook until taro is soft. Add dry onion and salt to the soup and cook for another 1-2 minutes over high heat, then Serve with Chinese parsley.

Provided by: Chen Ya Mei

烤洋芋片

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材料：

- 中型馬鈴薯6或8個  
(2公斤或4.5磅)  
(去皮切薄片)  
(大約1/4-1/2公分厚)
- 中型洋蔥1個 (切片剝開成圓環狀)
- 純素奶油250克 (1/4磅)
- 純素起司8-10片或純素起司絲
- 麵粉1/4杯
- 純素植物奶1公升

調味料：

- 鹽
- 胡椒
- 義大利香料  
(可不加)

作法：(1)在圓型或方型的大烤盤內放一層生的馬鈴薯薄片，灑上一些麵粉、鹽、胡椒及義大利香料，再放上洋蔥環，純素奶油分放幾處，再加幾片純素起司。

- (2)開始第二層，重複同樣作法直到所有材料用完或烤盤已滿。(最上面一層必須是起司)
- (3)將純素植物奶倒入烤盤內，大約蓋住一半馬鈴薯的高度。
- (4)蓋上蓋子，以攝氏250度(華氏400度)烤約一小時，或直到馬鈴薯熟為止。
- (5)為使表面呈金黃色，可在最後幾分鐘打開蓋子，讓最上一層的純素起司呈金黃。

作法提供：Vicky

Scalloped Potatoes

Ingredients:

- 6-8 (about 2kg or 4 5/6) medium sized potatoes; peeled and sliced thinly (about 1/4-1/2 thick)
- 1 medium sized Spanish onion. Sliced and separated into rings
- 1/4 pound or about 250 g butter
- 8-10 vegan cheese slices or equivalent of vegan grated cheddar cheese
- 1/4 cup flour
- 1/2 liter (17 oz.) soy milk

Seasonings:

- salt
- pepper
- Italian seasonings (optional)

Preparation:

*In a large round or rectangular oven bakeware, place one layer of raw thinly sliced potatoes. Sprinkle some flour salt, pepper (and Italian seasonings) on the potatoes; then top with onion rings, some hunks of butter here and there, and the vegan cheese.*

*Begin a second layer and repeat until all ingredients are used or the pan is full. (Last, ingredient*

Scalloped Potatoes

*should be the vegan cheese.)*

*are done.*

*Pour the soy milk into the pan until it about covers 1/2 the level of the potatoes.*

*To have a golden colored top, remove lid for the last minute or so; the heat will brown the top layer of vegan cheese.*

*Cover with lid and bake in a 250 degree C or 400 degree F over for about 1 hour or until potatoes*

Provided by: Vicky



家常素寶

141 Home-made Vegan Delight

材料：

- 西洋芹240克 (8枝)
- 純素肉片40克
- 油1大匙

調味料：

- 美極1大匙
- 胡椒紛1/2茶匙
- 天然味素1小匙
- 鹽1/2茶匙

作法：(1)素肉片泡軟，擠乾，以美極和胡椒粉醃泡20分鐘。

(2)油一大匙熱鍋後，先將素肉片下鍋炒香，再放芹菜炒幾下，放入鹽、天然味素，翻炒幾下即可食用。

作法提供：洪蘇

Ingredients:

- 240 g (8 stalks) celery, diagonally sliced
- 40 g (1 oz) vegan protein slices
- 1 Tbsp vegan oil

Seasonings:

- 1 Tbsp Maggi soy sauce
- 1/2 tsp pepper
- 1 tsp natural MSG
- 1/2 tsp salt

Preparation:

*Soak vegan protein slices in water until soft, squeeze out excess water, and place in Maggi soy sauce and pepper. Marinate for 20 minutes.*

*Saute protein slices with one Tbsp oil until fragrant. Stir in celery, then add salt and natural MSG and mix well, Ready to serve.*

Provided by: Hong Su



## What To Eat Today?

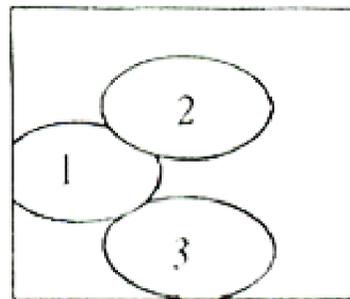
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Supreme Master Ching Hai is teaching us how to co-ordinate the various types of foods.  
Co-ordinating the types of foods is, in fact, not difficult. It does not need to be complicated.  
Knowing a few simple and easy culinary techniques, plus having a little bit of imagination for creativity and variety, one can easily be a supreme cook.

### 今天吃什麼好?

Supreme Master Ching Hai教大家如何配菜，  
開菜單不再令你頭痛。  
菜色搭配其實不難，  
菜色毋需太複雜，  
熟悉幾道簡單易做的家常菜後，  
再加點巧思，  
自由變化發揮，  
當個輕輕鬆鬆的無上家廚。

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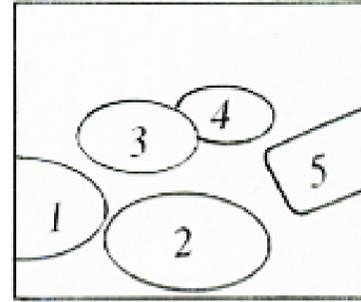


- 1 Pineapple Tofu (P129) 鳳梨豆腐
- 2 Pho Noodle Soup (P135) 悠樂河粉湯
- 3 Black Pearl Sticky Rice (P7) 黑珍珠糯米飯



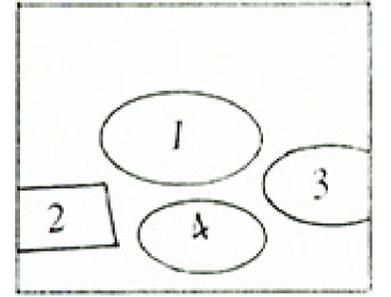
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- 1 Stir-Fried Broccoli With Vegan Squid (P55) 青花小卷
- 2 Golden Pearl Stew (P95) 金玉滷香
- 3 Salty Taro Soup (P138) 鹹芋湯
- 4 Mashed Potatoes (P119) 薯泥傳香
- 5 Nutritious Noodles (P97) 營養麵



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- 1 Cauliflower Sauted With Chili Bean Sauce (P23) 豆醬花菜
- 2 Yellow Mustard Leaf With Vegan Shreds (P21) 鹹菜素絲
- 3 Layered Seaweed Roll (P19) 層香紫菜捲
- 4 Turnip Tofu Soup (P105) 甜湯頭



## *You Can Also Become An Expert In Adding Seasonings*

By the chef at the Supreme Master Ching Hai  
Vegan House, San Jose, U.S.A.

Usually the ratio for seasonings is one teaspoon of salt and half a teaspoon for both MSG and sugar. If you are frying a vegetable that is relatively sweet, such as yams or onions, there is no need to add any sugar.

Salted vegetables such as salted cabbage, mustard leaves or turnip need to be soaked in water to remove some of the saltiness before cooking. However, soaking them for too long is not necessarily better. It only makes the vegetables too salt and soggy, and they will not taste good. Do not fry salty vegetables and fresh green vegetables together. Wait till the fresh vegetables are cooked and seasonings added, then stir in the salty vegetables, seasoning if necessary, and serve. (You can also fry the salty vegetable first and put it aside. When the fresh vegetables are cooked, simply add the salty vegetable, seasonings if necessary, mix well and serve.)

When soy sauce, hot black bean sauce or chili sauce are required for certain dishes, less salt should be used. You can put in the sauce and try for taste first, and then add salt as needed. Normally, about half a teaspoonful of salt should be enough, but this is only a general guideline. The most important thing is to taste the food first.

If you are not very familiar with cooking, it is best not to put too much seasonings, as the taste cannot be rectified easily.

If you want to avoid food sticking to the wok when shallow frying, try the following method. Heat the wok over medium heat and then switch to low heat. Add the appropriate amount of oil by pouring it evenly around the rim of the wok so that it runs down covering the entire wok. Then, in the same manner, sprinkle half a teaspoon of salt on the surface of the wok. Now turn the heat up to medium or high, and put in the food to be shallow fried. In this way the food will not stick to the wok.

Before shallow frying any kind of protein food, you should dry it with kitchen paper towel or a clean cloth, so that you will not be burned by spattering hot oil.

If you accidentally put in too much salt, try adding a little sugar. It can lessen the salty taste. Alternatively, a little water can be added. It depends on personal preference.

If you seldom go into the kitchen or you are not very good at cooking, then you have to be very careful when adding seasonings. If you are cooking according to a recipe, it is best to add half of the suggested quantity of seasonings. If you feel that it is not enough after tasting the food, then add the other half. You have a better chance of cooking a delicious dish by doing this.

You also need to pay attention when sauteing. Use low heat at first, and gradually switch to medium heat. Wait till you want to fry the fresh green vegetables before you turn on the high heat. Vegetables shallow-fried are delicious only when done this way. Ingredients such as onions, mushrooms, garlics, spring onions, ginger (threads) or lemon grass should be sauteed to golden brown, or slightly burned. Only then their fragrance can be brought out.

If vegan protein products such as vegan pork slices, vegan pork or vegan threads are shallow-fried with green vegetables, they should be marinated first. If you want the texture of the vegan pork to taste more smooth, you can add a little corn flour to it or deep-fried it first. Green vegetables and vegan pork should be shallow-fried separately. When the green vegetables are cooked, add the treated vegan pork, stir briefly and a delicious dish is prepared.

## 您也可以是 調「味」聖手

Supreme Master Ching Hai 美國聖荷西素食屋主廚

通常放調味料的比例鹽是一茶匙，味素及糖各半茶匙。若是菜本身含有較多甜分，如炒甜薯、炒洋蔥就不用再放糖。

有些菜已經醃過，例如鹹菜、榨菜、菜脯等等，烹飪之前便要先泡水逼出鹽分，但並不是泡愈久愈好，泡太久會變爛，那就不好吃了。這種具有鹽分的菜，不要跟青菜一起下鍋炒，等其他菜調味好後，再入鍋拌一下即可起鍋。（也可先將鹹的菜事先炒好備用，等其他菜炒好後，再放在鍋內拌勻即能食用。）

某些菜需加醬油、辣豆瓣醬取辣椒醬時，鹽巴分量便要（斟酌）減少了。你可以先放調醬試味道，再酌量放鹽巴，通常大約半茶匙即可，但這也僅是個大概而已，最重要的是應先試味道。如果對烹飪不熟，調味時下手最好不要太重，以免沒法補救。

如果煮菜時想要食物不會沾鍋，便可以試用以下方法：鍋先以中火燒熱後轉入小火，加入適量的油，油應均勻地從鍋沿淋下，讓整個鍋面上都沾到油。然後再以同樣的方法撒半茶匙的鹽巴在鍋面上。此時再把火轉入中火或大火，並逐一放入要煎的食物。如此便不會沾鍋。

煎任何蛋白類的食品之前，皆應先用廚房紙巾或乾淨的布吸乾水分，以免熱油濺起而燙傷。

如果不小心放了太多鹽巴，不妨試著加入少許的糖補救，如此便可降低鹹度，或加少許水，看個人喜好而定。

如果您是位很少下廚房或不太會煮菜的人，調味時就要小心了。如果是看食譜來烹飪的話，您調味時最好是先加一半的調味料，等試其味道，覺得不夠再下另一半，這樣會較有把握煮好一道菜。

爆香方面也要注意，先用小火去爆香，然後再慢慢的轉入中火，等到要炒青菜時，再轉入大火，這樣炒出來的菜才會好吃。爆香時，所放入的香料如洋蔥、香菇、大蒜、青蔥、薑絲、香茅等，要爆香至金黃色，或有些焦黃，香味才出來。

炒青菜時，如果要加入蛋白類的素料，比如素肉絲、素肉塊或素肉片，皆要事先醃過。如果想要讓素肉吃起來滑口，則可加點太白粉炒或炸，然後起鍋備用。青菜與素肉要分開炒，炒好青菜時，將處理好的素肉加入拌一拌，即成一道美味可口的菜。

# 無上家廚

## SUPREME KITCHEN

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## 家珍味

