

International Vegan Cuisine

Supreme Kitchen

無上家廚



無上  
Supreme Kitchen  
家廚



國際美食珍饈

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*International Vegetarian Cuisine*

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國際素食珍饈



### *The Art of Vegan Cooking*

### 純素食烹調的藝術

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

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

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

~ *The Supreme Master Ching Hai*

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

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

~ 濟海無上師

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

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

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

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



## Conversion Table

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

### Weight

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

### Volume

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



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

## 換算表

### (一) 重量換算

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

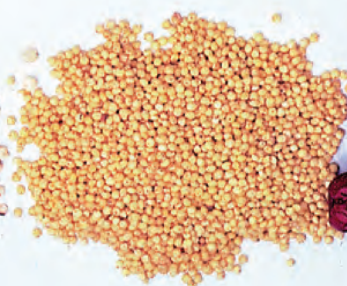
### (二) 液量(容積)換算

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

### 量杯(cup)

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

\* 本書大部分食譜以 4 人份計量。



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*Supreme Master Ching Hai's  
Specialities*

清海無上師的拿手菜



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

## Avocado Salad

### Ingredients:

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

### Dressing ingredients:

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

### Directions:

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

### Suggestion:

Serve cold as salad or appetizer.

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

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

\*Cilantro is also known as coriander or Chinese parsley.

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## 酪梨沙拉

### 材 料：

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

### 淋 汁：

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

以上材料調勻備用

### 作 法：

所有材料放入一個大碗中，將淋汁淋上去再搖拌均勻，即可上菜。

\* 可在主菜之前，當作開胃的冷盤菜。

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

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

# AVOCADO SALAD



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

## Bachelor's Grains

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### Ingredients:

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

### Seasonings:

2 Tbsp Maggi soy sauce (a must)  
 3 tsp tomato ketchup  
 1 tsp sugar  
 1 tsp vegan seasoning  
 1/2 tsp salt  
 1/2 tsp black pepper  
 1/2 tsp Five Spices powder (optional)  
 1/2 tsp chili sauce (optional)

Thoroughly mix above ingredients and set aside.

### Directions:

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

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

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

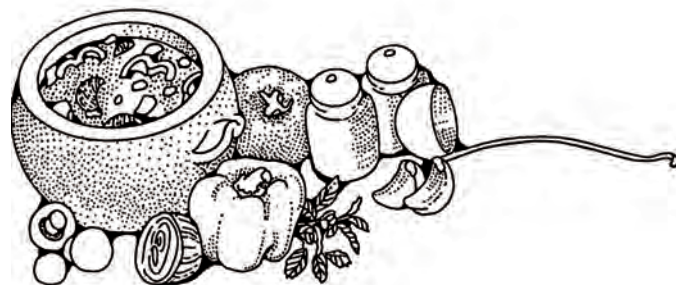
onion and cilantro, and stir evenly. Remove from heat and serve.

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

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

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

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





## 單身粒

### 材 料：

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

### 調味料：

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

### 作 法：

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

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

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

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

作法提供：清海無上師

Provided by: Supreme Master Ching Hai

## Bachelor's Burger Bits

### Ingredients:

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

### Seasonings:

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

### Directions:

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

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

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

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

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

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

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## 單身素碎

### 材 料：

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

### 調 味 料：

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

### 作 法：

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

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

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

\* 調味料可依個人口味加豆腐乳及豆豉。

\* 食用時，可配燙好的皇宮菜、高麗菜、白菜或泡菜、醃菜、酸菜。



BOILED VEGETABLES

SIMPLE SAUCE

BACHELOR'S BURGER BITS



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

## Simple Sauce

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## 簡易佐醬

**Ingredients:**

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

**Directions:**

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

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

**材 料：**

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

**作 法：**

將脆花生裝在塑膠袋中，用刀面拍碎，放入碗中，加入美極鮮味露即成。

\* 此花生或芝麻醬汁很香也很補，用來沾東西吃口感十足。可配燙高麗菜來吃。

## Boiled Vegetables

## 燙 菜

**Ingredients:**

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

**Seasonings:**

1 tsp salt for every 2 quarts of water

**Directions:**

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

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

**材 料：**

· 高麗菜(或皇宮菜、白菜、菠菜…等隨意皆可)切成方便入口的大小

**調味料：**

· 鹽1茶匙(配約2公升的水量)

**作 法：**

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



## Bachelor's Pot

10

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

### Ingredients:

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

### Seasonings:

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

### Directions:

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

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

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

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

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

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

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

## 單身鍋

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

### 材 料：

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

### 調味料：

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

### 作 法：

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

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

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

\* 任何大豆蛋白都可替代麵腸、素火腿和油豆腐。

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

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



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

## Good Wife Tofu

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## 好老婆豆腐

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

### Ingredients:

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

### Seasonings:

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

### Directions:

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

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

### 材 料:

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

### 調味料:

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

### 作 法:

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

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

GOOD WIFE TOFU



作法提供：清海無上師

Provided by: Supreme Master Ching Hai

## Modified Chapatis

14 or soup.

### Ingredients:

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

### Toppings:

Vegan butter  
Light brown sugar or  
fructose  
Lemon juice

### Directions:

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

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

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

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

## 改良式「迦帕蒂」

### 材 料:

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

### 作 法 :

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

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

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

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

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