

A whisk and a small bowl of dark seeds are visible on the left side of the image. The background is a light-colored fabric with a repeating pattern of small, dark, cross-like shapes. Scattered seeds are also visible on the fabric.

大家一起來烹飪

Let's cook together!

30.01.21

2pm

今日菜單 Today's menu

2:00pm **五彩繽紛舒余生**

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



2:20pm **佛跳牆**

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流

2:40pm **開陽白菜上素**

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



3.00pm **結束**

五彩缤纷舒余生
Abundant Bliss Vegan Yu Sheng



材料 Ingredients (8 至12人份, serves 8 to 12)

100g 白萝卜 (切丝)

100g 青萝卜 (切丝)

100g 胡萝卜 (切丝)

100g 紫甘蓝 (切丝)

100g 腌制甜菜根

100g 苹果 (切条)

100g 凤梨 (切条)

100g 新鲜椰肉 (切片)

100g 橘子 (去皮剥片)

100g 柚子 (去皮剥成粒状)

10g 香芝麻

10g 冬瓜糖丝

10g 甜橘子皮

100g 花生碎 和/或 干香鹰嘴豆碎

100g Fresh Radish (shredded)

100g Green Radish (shredded)

100g Carrots (shredded)

100g Purple cabbage (shredded)

100g Pickled beet

100g Apple (julienned)

100g Pineapple (julienned)

100g Coconut flesh (sliced)

100g Tangerine (peeled and sliced)

100g Pomelo (peeled and skinned into bulbs)

10g Sesame seeds (roasted)

10g Candied melon

10g Candied tangerine peel

100g Roasted Peanut and/or Roasted Grams
(coarse ground)

材料 Ingredients

50g 香脆莲藕片
100g 香炸芋头丝
100g 玉米片

1茶匙 胡椒粉
1茶匙 五香/肉桂粉

2汤匙 橄榄油
4汤匙 香麻油

1½茶匙 姜末
5汤匙 梅子酱
10汤匙 青柠檬汁
½个 青柠檬皮（细）

50g Fried Lotus Root Crisps
100g Fried Taro Strips
100g Cornflakes

1 teaspoon Pepper Powder
1 teaspoon Five Spice/Cinnamon powder

2 tablespoons EV Olive Oil
4 tablespoons Sesame oil

1½ teaspoon Fresh Ginger mince
5 tablespoons Plum sauce
10 tablespoons Green lemon juice
½ Green lemon zest

材料 Ingredients

备注:

腌制甜菜根

360g 甜菜根

10粒 酸甘

4汤匙 枫糖浆

2寸 肉桂皮

2-4颗 丁香

4颗 黑胡椒粒 (压碎)

准备方法:

清洗甜菜根和酸甘。将甜菜根去皮再切细条，放入烧开的蒸锅中，蒸约5至10分钟。

当而，把酸甘切半，并取汁置碗中。用叉子去籽，加入枫糖浆，拌均。

把蒸好的甜菜根从蒸锅取出，加入肉桂皮，丁香和胡椒粒，拌均。接着，倒入一个不沾色的碗中，再倒入酸甘枫糖浆，搅拌均匀。放置一旁腌制并待冷却。30分钟后即可食用，或放入冰箱可保存达3天。开胃菜或配菜皆宜。

Pickled Beet

360g Fresh Red Beet

10pcs Fresh Lime

4 tablespoons Maple Syrup

2 inch Cinnamon stick

2-4pcs Cloves

4pcs Black Peppercorn (crushed)

Preparation:

Rinse fresh beet and lime. Next, skin the beets with peeler and julienne into thin strips. Place in boiling steamer. Steam for 5 to 10 minutes.

Meanwhile, half the lime and extract juice into a bowl. Remove seeds with a fork. Add in maple syrup.

Remove beet from steamer, stir in cinnamon stick, cloves, crushed peppercorns. Transfer to a non-staining mixing bowl. Pour in lime and maple mixture. Mix well and set aside to steep and allow to cool. Pickled beet is ready for use after 30 minutes or can be refrigerated up to 3 days. Can be served as and appetiser or side.

做法/Method

1. 把腌制甜菜根准备好 (备注附食谱)。清洗, 去皮再把芋头和莲藕切好备用。以中火煎炸芋头丝和莲藕片至金黄酥脆。滤油备用。
2. 清洗, 去皮并把各种蔬果适当切成条状。将切好的苹果条浸泡一下盐水, 以避免氧化。切开新鲜椰子, 将里头的椰水倒出 (及可享用)。用汤匙将椰肉取出, 再切片。把准备好的蔬果放进冰箱里备用。
3. 将青柠檬切半, 取半颗细柠檬皮置碗中, 才取汁。若有必要, 去籽。用汤匙将鲜姜去皮, 然后切末。加入碗中, 再加梅子酱和柠檬汁, 最后搅拌均匀。
4. 另一个碗中, 把橄榄油和芝麻油拌均。把花生和/或鹰嘴豆捣碎。

1. Prepare pickled beet (refer to notes for recipe). Wash, peel and cut taro and lotus root. Fry taro strips and lotus root slices in hot oil over medium heat till crisp and golden. Drain and set aside.
2. Wash, peel and prepare vegetables and fruits as necessary. Dip cut apple in salt water to prevent oxidation. Cut open fresh young coconut and pour out the coconut juice (enjoy the refreshing juice). Scoop coconut flesh using a spoon. Slice coconut flesh. Set aside or refrigerate.
3. Cut green lemon in halves. Zest half a lemon into a mixing bowl before juicing. Remove seeds if any. Scrape skin off ginger with a spoon. Mince ginger. Transfer to mixing bowl. Add in plum sauce and lemon juice. Stir and mix well.
4. In another mixing bowl, mix EV olive oil and sesame oil together. Roughly pound or crush roasted peanut and/or grams with a pestle or rolling pin. A food processor may also be used.

做法/Method

5. 备一个大盘，将准备好的蔬菜（白萝卜，青萝卜，胡萝卜，紫甘蓝和腌制甜菜根）摆在中央。接着将各种水果（苹果，凤梨，椰肉片，橘子片和柚子果粒）绕着摆好。
6. 享用前，将胡椒粉和五香/肉桂粉撒上，同时念念祝福语。接着加上芋头丝，莲藕脆片，玉米片和花生和/或鹰嘴豆翠。最后，淋上香油和柠檬梅子酱。

准备好筷子，一同捞起，捞得风生水起，平安吉祥！！

5. On a big plate, arrange shredded vegetables (radish, green radish, carrot, purple cabbage) and pickled beet in the middle. Then, place prepared fruits (apple, pineapple, coconut, tangerine and pomelo) around.
6. Just before serving, sprinkle pepper and five spice/cinnamon powder. Articulate positive words and blessings while adding each ingredient. Top with taro strips, lotus root crisp, cornflakes and ground peanut/grams. Drizzle oil and lemon-plum sauce over.

Chopsticks ready, and Lo Hei to Abundant Blessings!!

吉利话：

- 紫甘蓝 - 紫气东来
- 白萝卜 - 万象更新
- 青萝卜 - 青春永驻
- 胡萝卜 - 步步高升
- 腌制甜菜根 - 鸿运当头
- 苹果 - 平安、健康，吉祥
- 凤梨 - 福旺运旺
- 新鲜椰肉 - 学业进步
- 橘子 - 大吉大利
- 柚子 - 国泰民安，风调雨顺
- 香芝麻 - 生意兴隆，蒸蒸日上
- 干果 - 福慧双修
- 花生/干香鹰嘴豆碎 - 金银满屋
- 香脆莲藕片 - 好运连年
- 香炸芋头丝 - 年年有余
- 玉米片 - 遍地黄金
- 胡椒粉 - 招财进宝
- 五香/肉桂粉 - 五福临门
- 香油 - 财源滚滚
- 柠檬梅子酱 - 甜甜蜜蜜

佛跳牆

BUDDHA JUMPS OVER
THE WALL



材料 Ingredients

A.

素高汤
北京包菜
西芹
红萝卜
姜
芫荽头
当归片
红枣

A.

Vegetable soup stock
Beijing cabbage
Celery
Carrot
Ginger
Coriander root
Angelica senensis (chinese herb)
Red dates

材料 Ingredients

B-1

芋头 300g
杏鲍菇 1包200g
香素鸡 150g

B-2

香菇 10朵
鲍鱼菇 1包150g

B-3

大白菜 300g
栗子 250g
白木耳 15g
腐竹 250g
莲子 60g
当归
枸杞子
姜
白玉菇 1包150g

B-1

Yam 300g
King oyster mushroom 1 packet 200g
Vegetarian mock chicken 150g

B-2

Mushroom 10 pieces
Oyster mushroom 1 packet 150g

B-3

Napa cabbage 300g
Chestnut 250g
White fungus 15g
Soy sticks 250g
Lotus seeds 60g
Angelica Sinensis
Goji berries
Ginger
Shimeiii mushroom 1

做法/Method

1. 把所有的材料煮滚，熬至少1小时
2. B-1 的食材需要炸过
3. B-2 香菇用油、酱青炒过。鲍鱼菇用一点油 炒到收水了就可以
4. B-3 的食材需要用素高汤来烫过一次
5. 食材准备好了就可以一层层的入炖盅。放入全部的食材后再倒入素高汤，才拿去炖

1. Place all the ingredients (A) in a pot of water and boil for at least 1 hour.
2. Deep fry ingredients in B-1
3. For B-2, saute the mushrooms with some oil and light soy sauce. Saute the oyster mushroom separately with some oil until some water content has evaporated.
4. Blanch the Ingredients in B-3 with the vegetable stock
5. Layer all the ingredients in the double boiler. After that, pour in the vegetable stock and double boil.

開陽白菜上素



材料 Ingredients (五人份 5 pax portion)

材料(一)：

紅蘿蔔	半條	(1) Carrot	Half piece
小玉米	五條	Corn	5 pieces
大青椒	半條	Green Capsium	Half piece
紅辣椒	一條	Red Chilli	1 piece
扁豆		Snow peas	
新鮮香菇	五粒	Shitake Mushroom	5 pieces
素蝦		Vegetarian Prawns	
素三層肉		Mock meat	
栗子	八粒	Chestnuts	8 pieces

材料(二)：

大白菜	五片	(2) Napa Cabbage	5 stalks
當歸	一片	Angelica Sinensis	1
干山藥	一片	piece	
枸杞	八粒	Dried Chinese Yam	1 piece
		Goji berries	8 pieces

材料 Ingredients (五人份 5 pax portion)

調味料：

醬清

素蠔油

胡椒粉

香菇精

麻油

鹽

食用油

香菇肉醬

Seasoning:

Soy Sauce

Vegetarian Oyster Sauce

Pepper

Mushroom seasoning

Seesame oil

Salt

Oil

Mushroom minced meat

做法/Method

1. 先把大白菜的白莖削薄，然後煮熟待用
2. 開火待鍋燒熱後放入少許的油，放入香菇肉醬炒香。然後將材料(一)食材全部下鍋翻炒，加入少許醬清、素蠔油香菇精、胡椒粉、鹽及少許麻油調味待用。
3. 把煮好的大白菜擺放在瓷碗中，接著放當歸、干山藥、枸杞。之後把炒好的材料(一)的食材放入白菜葉中，用白菜葉把食材包好下鍋蒸15分鐘之後關火，反扣在瓷盤上即可享用

1. Slice each cabbage leaf stem thin and blanch the cabbage
2. Add oil into wok and add mushroom minced meat fry till fragrant. Add ingredients (1) into wok and stir fry it. Add seasoning into wok and mix evenly
3. Place blanched napa cabbage into bowl. Place angelica sinensis, 干山藥, goji berries. Add stir fried ingredients (1) into napa cabbage. Wrap all the ingredients with cabbage and steam for 15 minutes and off fire. Place a plate onto the bowl and flip the bowl over, ready to enjoy.

