

Vegetarian Style of Tofu

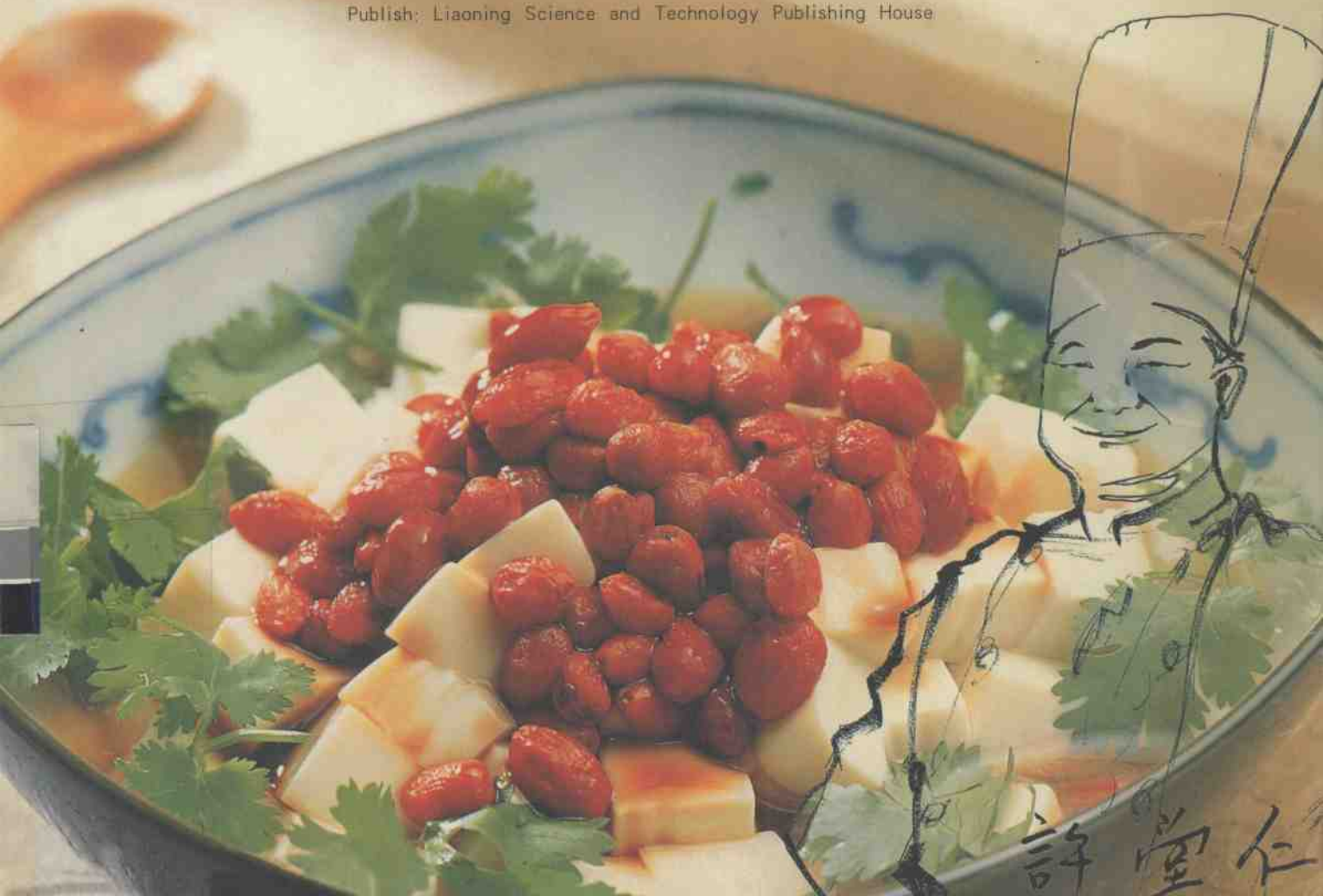
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素。豆腐

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New Chinese Cuisine

Vegetarian Style of Tofu

素

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辽宁科学技术出版社 Liaoning Science and Technology Publishing House

豆腐





《素·豆腐》的问世与前一本《美味豆腐》相隔不远，短短时间内两本同以豆腐为主题的食谱出版，正反应了豆腐的变化莫测。上一本，我们以荤食为出发点，设计出了36道各具特色的菜肴，这一次我们则考虑到了愈来愈庞大的素食族群，转换另一个角度来重新塑造豆腐，赋予它更精彩、旺盛的生命。

近年来，吃素已不再完全是宗教的专利，有愈来愈多的民众以健康为目的，投入了素食的行列，反璞归真的粗茶淡饭，让人们免去了不少疾病的威胁；然而当我们自己在家制作素食料理时，不论再怎样的精心设计，在口味上却似乎还是要比一般菜肴略逊一筹，让人不禁疑惑，难道偶一为之甚或365天的吃素生活就不能多采多姿、变化多端吗？凭借着这个目标，加上自己多年的烹饪经验，我们设计出了这样的一本食谱，将豆腐捧为主角，搭配些简单的素材与创意，36道外形多变、口味丰富的素食豆腐料理便一一上桌了，让吃素的您享有健康，更吃得到美味。

豆腐的高营养价值已是毋庸置疑，素食者又杜绝了肉类、海鲜等高油脂、高胆固醇的吸收，因此豆腐素着吃，比加了各式荤料，更是高营养、低脂肪。若您曾有抗拒吃素的念头，品尝过这些豆腐滋味后，相信您会就此爱上吃素的感觉。

本书除了有36道素食佳肴，以详细的步骤示范外，更有着台大营养师清楚的分析，充分实践美食与健康维持平衡的理想，是现代新贵族的养生宝典。今年台北中华美食展，以“白玉珍馐”为主题，仅以《美味豆腐》与《素·豆腐》两书庆贺，亦希望豆腐能从此深入家庭，成为您家庭、宴客的最佳食材。

中华美食交流协会理事长
美食天下杂志社社长

許堂仁

'Vegetarian Style of Tofu' is not longer than previous 'Good Tasting of Tofu'. To publish two books with subject of Tofu in the short time, which affect Tofu are various changes. We designed 36 dishes with meat in previous book, this time, we consider the vegetarian people. Transmit another angle to mold the Tofu and give it more attractive and prosperous life.

From these few years, eat vegetables is not the monopoly of religion, there are more and more people to consider the health and start eating vegetables, which make them have less threat of diseases. However, when we cook vegetarian dishes at home, no matter how to design attentively, the taste is still slightly worse. According to this objective plus the cooking experience, we design this kind of cooking book. Let the Tofu be the leading role and select some simple ingredients and creation then 36 vegetarian Tofu dishes are finished. Let you not only have health but also taste delicious.

The high nutrition of Tofu is no double. Vegetarian people also stop to absorb the high fat and high cholesterol of meat and seafood so vegetarian taste of Tofu is higher nutrition and less obligation than cook with meat. If you ever resist eating vegetables, believing you will love it after tasting these tofu dishes.

Besides the clear cooking steps of 36 dishes, there still have the analysis of the dietetics from National Taiwan University Hospital, which practice the ideal of keeping the delicious food and health. This year, Taipei Chinese Food Festival use the subject of "Tofu", we only congregation with these two books and also hope Tofu can deeply enter the family to be the best ingredients.

President of Chinese Gourmet Association
President of Gourmet World Magazine

Tony Hsu



“豆腐”是中国人智慧的结晶，它是素食者的至宝，更是米食国家营养的最佳搭档。

我国安南王刘安约在1500年前发明了豆腐，后传至日本发扬光大，制成了各式各样的豆腐食品，成为日本人奠定长寿的基础；由于豆腐好吃又营养，且不含胆固醇，因此也已成为北美健康追求者的新宠。日本的豆制品非常丰富，兼具有古代传统与现代食品科技的特色；美国的现代豆制品工厂，从制作豆腐到豆腐冰淇淋，也已大量地占有市场。眼见豆腐食品如此蓬勃发展，我们一则以喜，喜的是中国传统优良的豆腐文化正深入世界各个角落；另一则以忧，忧的是本土目前西方高油脂、高糖风尚逐渐取代了传统的青菜豆腐文明，正一步步啃噬中国下一代的健康。因此我们惟有不断创新制作高品质的豆腐，加速开拓行销渠道，并不断教育民众，才能使“米食、青菜和豆腐”重新登上21世纪的健康饮食舞台。

同为中餐烹调技术士术科考试评审，得与现任中华美食交流协会理事长许堂仁先生取得“美食兼顾健康”的共识，而适逢今年“台北中华美食展”将以“豆腐宴”为主题，乃接受许理事长之邀，仅为其之食谱作营养分析及建议。期盼不同专业领域的结合，能提供民众在“怎样做豆腐才好吃”的同时，了解“怎样吃豆腐更营养”！

此外，合理的素食可降低癌症和心脏病、高血压、糖尿病等慢性退化性疾病的罹患率，而这些慢性病正是台湾地区近年来十大死亡原因的主要因素，因此绝不容轻视。从事医院营养工作二十年，一直有未能将营养落实于民众日常饮食生活以达到预防疾病的遗憾，因此若能确切将“饮食设计与营养”融入美味的食谱之中，民众便不难掌握均衡饮食的要领。但愿民众能因本食谱获得美食与健康，更希望大家不吝指教，给予本人更多服务民众的机会。期望这将是本人梦想实现的第一步。

吕莹珍

1999年5月26日

“Tofu” is the representative of Chinese wisdom. It is also a treasure for vegetarians. In countries where rice is the main course, Tofu is the best partner for rice.

The King of Annan, Liu An, invented Tofu 1500 years ago. It was brought to Japan afterwards and was developed into various kinds of dishes and has assisted the Japanese to pursuit longevity. Because it is delicious, nutritious, and with no cholesterol, it is the new favorite for people seeking health in America. There are lots of Tofu products in Japan combining the characteristics of ancient and modern techniques. In the modern Tofu factories in America, the products vary from traditional Tofu, Tofu yogurt, to Tofu icecream, and these products are available in most of the markets. I am glad to see that the Chinese Tofu culture has pervaded wide into the world. However, I feel disappointed to see that the western style of high-oil and high-sugar food is replacing our traditional healthy cuisine and ruining the health of our next generation. We can only continue the study of Tofu cuisine and stimulate the market to educate our own people the right conception of dinning. Only in this way can we input the healthy idea of “Rice, Vegetable, and Tofu” into people’s mind in the 21st century.

The Chair of Chinese Cuisine Commission, Mr. Tony Hsu, and I are both judges of Chinese cuisine examination. We have consensus on “Eating good and healthy”. The theme of “Taipei Chinese Food Festival” this year is “Tofu Feast”. It is my pleasure to make analysis and suggestions to Mr. Hsu’s recipes. We wish that while teaching people how to make a delicious Tofu dish, we might also let people understand how to eat Tofu in a more healthy way.

Also, reasonable vegetarian cuisine can reduce the odds of getting cancer heart disease, high blood pressure, and diabetes. These chronicle diseases are the main causes of death in Taiwan in the recent 10 years, therefore the importance of right dinning is quite important.

Working in the hospital as a health consultant for 20 years, I always regret that I do not have the opportunity to help people exactly utilizing the right conception in daily dinning. I wish people may be benefited from this cookbook. Any suggestion is welcomed. It will be my first step to fulfill my dream of providing service to more people.

Lu Ying Jen, May 26, 1999

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如何吃这本书

健康新世纪 素食新口味

继《美味豆腐》之后，本书为“新中国料理”系列中第二本以豆腐为主题的食谱书，有别于前，在此书中我们特别锁定素食族群，设计出更多元、更创新的素食料理，以满足现今愈来愈多的素食人口，让吃素不单只是健康的象征，更将成为新新美味的代名词！

The new century of health, the new taste of vegetables

After "Good Tasting of Tofu", this book is the second cooking book with the subject of tofu. In order to different from the previous, we design more various and creative vegetarian dishes to satisfy the more and more vegetarian people. Let to eat vegetables is not only the symbol of health but also the pronoun of new delicious.



I. 大厨日记：烹调人人都会，但想要做出与餐厅、饭店同等级的风味似乎却不这么简单了，事实上大厨做菜也没啥秘诀，从“大厨日记”中您就可以光明正大的一窥大师级的烹饪秘密了。

II. 豆腐介绍：豆腐是本书36道菜肴的主角，但并不是每一种豆腐都是适合每一种烹调方式，有了这一小方块，您就不需担心有用错豆腐的困扰了。

III. 营养师的叮咛：每天吃这么多东西，我到底会营养过剩？还是会因吃素而营养不良呢？现今的流行病变会不会随着每天吃入的食物而不知不觉缠上了身？一切的担忧与疑虑都将随着台大营养师的解析得到理清。

I. The diary of chef (Tips): Everyone can cook but want to make the same taste as restaurants and hotels are not easy. Actually, the chefs have no knack; you can find the cooking secrets clearly from "The Diary of Chef".

II. Introduce of Tofu: The Tofu is the leading role of these 36 dishes but it is not every Tofu suitable for every cooking method. You will not need to worry about using the wrong Tofu if have this guide.

III. Dietitian's Exhort: If I will be over nourishment due to eat so many food everyday, or be under nourishment due to eat vegetables? If the popular diseases will be held up with myself according to daily food? All worries and confusions will be clear by the nutrition's analysis.



在“营养师的叮咛”中，我们希望能带给读者最具体且详实的资讯，让每一位现代人都能在美味与健康中取得平衡。这是本书中您不可错失的重点之一，因此在阅读前，先让营养师引领您入门，让每个人都能以最少的时间，得到最大的收获。

1. 热量及营养素：在每道食谱中，均详细列出了原六人份食谱的热量、营养素，与一人份（该食谱食物总量的六分之一）的营养分析。并一一解析各种食物种类的份数，让读者能清楚地掌握自己到底吃进了些什么？以达到均衡营养、控制饮食的目的。

EX:

	热量 calories	蛋白质 protein	脂肪 fat	糖类 carbohydrate	膳食纤维 fiber	钠 sodium	钾 potassium	钙 calcium
六人份 6helpings	378	27.6	20.5	21.9	3.9	1863	1512	474
一人份 1 helping	63	4.6	3.4	3.7	0.7	311	252	79
相当于 五谷根茎类 0.2 份加豆（蛋）类 0.6 份（中脂） About: cereal 0.2 helping, And bean(egg) 0.6 helping (medium fat)					约占每日建议或安全摄取量的百分比 Percentage of daily recommended nutrition in the dish			
					2% ~ 3%	9% ~ 28%	4% ~ 13%	10% ~ 11%

2. 食谱特色：在此部分，我们介绍了该食谱中所使用的食材特性，希望帮助读者了解，在吃下这些食材之后，对自己可能产生的影响。

3. 建议：在以健康为前提的考虑下，营养师针对每道食谱的内容与烹调方法，提供了一些较适当的处理与饮食搭配方法以供读者参考。并且也贴心的针对不同体质的族群，提出应特别注意的事项，让您能在美食与健康之中取得绝佳的平衡点。

民以食为天，“营养不良”不再只是吃得不够，亦包括吃得不当。在国人经济水平提高的同时，我们也必须学习在美食当前时，如何挑选食物的种类与分量，并搭配哪些食物来吃最为恰当的观念。一个人的一辈子能吃多少，其实是既定的，若只重视当下的美食与口感，不做任何筛选，待日后生病时，想吃却也口难开了。因此，若在平时能将健康纳入考虑，适当地节制饮食，吃得适量、吃得均衡，便将可为您带来最大的活力、最小的遗憾！

In the book of “Dietitian’s Exhort”, hope can bring the most concrete and accurate information to readers. Let modern people can get balance between delicious food and health. This is the point you can not lose in this book so let dietitian lead you to get ready for study. Make you take the less time but get the most harvest.

1. Calories and nutrition: In each dish, list the nutrition analysis for the calories and nutrients of six serves and one serve (1/6 of the total quantity for this dish). Let readers control their eat and drink clearly.

2. Special features of cooking book: Introduce the special features of ingredients. Help readers to understand what effect for health of this dish.

3. Advice: Use the primary consideration of health to focus on the contents of the book and supply better handle or selection methods to readers. Also, list the things need to pay attention for different readers to keep the health.

“To the people foodstuff is all important” so always eat ‘too much is as bad as not enough’. ‘Malnutrition’ is not only eat not enough but also include not properly. According to the economic standard is raising; we have to learn how to select the food and match which ingredients are the most suitable. How much food a person can eat in a life is fixed. If only attach much importance to the delicious food and taste but not selection. eat the wrong food makes sick then can not eat anymore. If you can consider the health in normal time, restrict the drink, and eat properly then the health will follow you forever.

豆腐家族

豆类有个庞大的家族,除了纯净、洁白的豆腐外,亦有许多外形、口感皆不相同的伙伴。事实上它们的原料及制作过程与豆腐是大同小异的,因此,让我们先来了解一下这个家族的成员特性,为充实自己的饮食饕宴而准备。

臭豆腐 Fermented Tofu

提到臭豆腐,很少人会没品味过臭中带香的特殊气味,让人又爱又恨。制作时,首先将经过压榨的坚实豆腐块,放入发酵厚液中浸渍一两天后,取出洗净,再置于热油锅里煎煮,待当中发空、全块豆腐涨大时,臭豆腐即已制成。其中的发酵液,是一种带有臭气的盐水,依使用材料的不同,大致可分为两种:一为咸菜卤液,另一种则是以烂咸菜卤加虾头、咸鸭蛋、盐、酒、茶叶等,经过3个小时的发酵过程而形成,其因发酵液材料的不同而有了荤、素两种不同口味。不论是蒸、煮或炸均是风味独特、广受欢迎。

冻豆腐 Frozen Tofu

冻豆腐的作法相当简单,除了市面上购买外,自己平常在家中也可以少少的时间动手制作。只要将板豆腐置于冷冻库中2~3小时,豆腐组织便会自然产生许多的空洞,不过由于自家的冷冻温度无法达到专业工厂的标准,因此内部的冰晶组织并不如市售的细腻,但自制自吃的滋味,却也别有一番乐趣。

油豆腐 Bean curd puff in oil

不论是吃米粉汤时长方形或是关东煮的三角形油豆腐,它的制作过程基本上是一致的。只要将豆腐依需求切块,置入油锅中先以60℃的油温让豆腐发胀,再置入更高温(约140~150℃)的油锅中油炸,日常食用的油豆腐便形成了。它虽只比豆腐的制作多出了一个油炸步骤,但却比豆腐的油脂含量高出了许多,因此当我们在烹调时,应尽量避免二次油炸,改以水煮等方式烹调,以减少多余油脂的吸收。



豆干 Dried bean curd

豆干与豆腐制作方法大同小异,最大差别在于豆干的水分要比豆腐少。豆腐干依口味的不同作法亦各异,最基本的一种是先将豆腐中多余的水分压干,再放入浓茶或焦糖液中熬煮,待豆腐颜色变褐后即可捞出;另一种则是以烟熏的方法,将压干水分的豆腐放在燃烧中的木屑上熏至黑褐色;而还有一种是将豆腐与一些辛香调味料如花椒、茴香、丁香等一起放入滚水中熬煮约20~30分钟后,再加入酱油、糖等调味料浸渍数天,取出后以小火烘干水分,而此种即为市面上常见的五香豆干。豆干在烹调上的使用性极高,不论烧、煮、炒、炸均各具特色,一般家庭主妇可多善加利用。



豆皮 Tofu skin

豆皮依干燥程度可分生、干两种。在煮豆浆时,加入少许的凝固剂或食盐静置后,以小火慢煮,待表面水分自然蒸发,便会有一层淡黄色的薄膜形成,这层薄膜即为生豆皮;若再以竹签挑起,折叠成方块,置于空气中自然风干,所谓的干豆皮便产生了。不过需注意日晒的时间不可过长,否则制作出来的成品会因过于干燥,而造成脆裂。豆皮一般都当作外皮来使用,内包食材,或蒸或炸,或咸或甜都很适合。



千丝 Dry shredded bean curd

细长的干丝同样是由豆腐所变化出来的,只要将豆腐以切面机切成长条丝状后,晾干至颜色变黄,再置入木桶内进行发酵,最后入油锅炸至色泽金黄便算完成。不论热炒或凉拌都很下饭。



百页 Bean curd sheets

百页的制作与豆皮类似,主要是将加了凝固剂的豆浆,倒入木框内加压而成,属于半干性产品。市面上有整片,亦有发好、打好结的成品在販售,由于其处理方式简单,因此若担忧市售的安全性,也可自己在家中处理。先将整片的百页切段、打结,再加入碱粉与水同煮,待水的颜色变黄时,即换水,反复数次直至百页颜色变白即可。百页除可当作一般食材炒、卤、煮外,也可制作出素肉、素鸡等各种半成品。



豆花 Soybean

在制作好的豆浆中,加入石膏静置约20分钟后,细白滑嫩的豆腐脑—豆花,即制作完成;除了一般市售的传统豆花与盒装豆花外,一般人在家庭中也可以少少的时间与花费,制作出一锅既美味又卫生的消暑圣品。不过自己动手制作时需注意浸泡黄豆的时间不可过长,以免黄豆中所含有的蛋白质流失,造成成品的难于凝固;而加入凝固剂静置后,即不可再加拌搅,否则会有气泡产生,使风味流失。因此,平时自己制作时只要在这些步骤上多加用心,每个人也都可成为自己的甜点小厨师!

豆腐乳 Soybean cheese

豆腐洗净,放于空气中,待自然风干后,切为大小一致的小方块,将盐与辛香料充分与豆腐块混合后,装于瓶中,进行第一次发酵,再开封加入高粱酒、豆豉、甘草粉等调味料,完全密封放置至少1个月以上,清粥宵夜的最佳开胃小菜——豆腐乳便制作完成了。而依地域的不同,口味也有所差异,像四川的腐乳是以辣闻名,江西则是以豆豉为主要调味料,福建以红糟调味,均各富地方色彩,个人可依喜好选择。

素肉

素肉种类多元,有猪肉丝、肉片、猪肚、鸭肉丝等多种产品,但事实上它们的制作过程却是大同小异。一般人造肉的主原料为黄豆粉,经加工而制成,使用前先以1.5倍的水量浸泡后即可烹调,可用性广泛,是素食者的最佳良伴。

卤味中常见的素鸡,无论是肉食主义或素食者均常

食用。其主要原料为豆皮,先浸泡于调味料中,再依序叠于上卷为筒状,以纱布包裹、扎紧,蒸约半小时左右,取出晾凉,除去纱布,一个个的素鸡便制作完成了。

面筋

面筋虽非豆制产品,但却也是素食者不可或缺的日常食材。面筋的主原料为面粉,依不同的处理过程,可制作出不同的种类。将面粉揉成面团后,置于水中,不断将粉浆洗出至水清时,便为光滑细软的生面筋;若再置入蒸笼内蒸熟,即成熟面筋;而以水烫煮,则为水面筋;以油炸则又称为油面筋的面筋泡。烹煮方法可烧、煨、炸、炒相当多变,除此之外,也有些素肉是以面筋为基础来制作,为素食者日常的基本食材。



小小的一粒黄豆,经过智慧的累积,得以幻化出一种又一种各具特色的产品,让豆腐家族的扩充从未间断,更让我们味蕾的舞动未曾停歇。单单一种豆腐就有百种以上的吃法,可想而知这整个家族能为我们摆下多少桌的美宴。生活只要多点创新,加些新意,不论你食肉还是吃素,都一样可以有着吃不完的天上圣品,人间美味。





Allusion
典故篇



块块石墩，显示天地之浩大，
层层痕迹，诉说岁月之悠悠；
大地的瞬息万变，不曾为我们而停留，
代代的新旧交替，空留名声丝丝回荡。
当青春不再、风华消逝的那一刻，
过往的先人留下些什么？
他们的功成名就、意气风发，随着时光的流转消失湮灭，
此刻，唯有萧萧道道佳肴拼凑他们的形影，
品味过往的万种风情。



Pieces of stone pier show the great of universe.
Layers of trace speak the vast of time.
Many changes within a short time of the world never stay for us.
The transition from the old generation to the new one
only leaves the fame round.
When the youth is off, what leave by previous generation.
Their successful and famous are disappeared
by the transition of time.
At this time,
we can only cannibalize by these delicious dishes.

三美豆腐

作法 / Method



- 1 木棉豆腐切厚片。
Cut Tofu into thick slices.



- 2 白菜洗净切条；冬菇切细丝。

Wash the Chinese leaves, and cut into thin strips; Cut the mushrooms into thin strips as well.



- 3 炒锅入油 2 茶匙，以中火烧至七分热后，先入姜片、冬菇丝爆香。

Heat 2 t. oil in a wok. Stir fry the ginger, and mushroom strips.



- 4 续入豆腐、白菜与调味料，以中火烧约 7 分钟即可。

Add Tofu, Chinese leaves, and seasonings. Cook for another 7 minutes on a medium heat.

材料 Ingredients



木棉豆腐 1 盒
1 box of cotton
Tofu



白菜 100 克
100g Chinese
leaves



冬菇 3 朵
3 Chinese
mushrooms



姜片 10 克
10g ginger
slices

调味料 Seasonings



素高汤 2 杯
2 cups broth



盐 1 茶匙
1t. salt



冬菇精 1/2 茶匙
1/2t. mushroom
powder

大厨日记 / Tips:

三美豆腐的材料简单，但香味十足，其烹调秘诀便在于姜片与香菇丝要先充分爆香，以增添鲜味。

The ginger and mushrooms should be fried thoroughly to bring the best flavor to this dish.

营养师的叮咛 / Dietitian's Exhort.

(1) 热量及营养素: Calories and Nutrition

	热量 calories	蛋白质 protein	脂肪 fat	糖类 carbohydrate	膳食纤维 fiber	钠 sodium	钾 potassium	钙 calcium
六人份 6 helpings	378	27.6	20.5	21.9	3.9	1863	1512	474
一人份 1 helping	63	4.6	3.4	3.7	0.7	311	252	79
相当于：五谷根茎类 0.2 份 加豆（蛋）类 0.6 份（中脂） About: cereal 0.2 helping. And bean(egg) 0.6 helping (medium fat).						约占每日建议或安全摄取量的百分比 Percentage of daily recommended nutrition in the dish		
					2%~3%	9%~28%	4%~13%	10%~11%

(2) 白菜含丰富的维生素C和钙质，是中国人最常利用的蔬菜之一，在食谱中的用途也最广。中国北方有一句口头禅，叫做“百菜不如白菜”，白菜的耐吃，由此可见，具有通利胃肠、利大小便的功用。

(3) 建议：若是体虚多尿、长期下痢者切勿食用此道菜肴。

(2) Chinese cabbage contains lots of Vitamin C and calcium. It is the most used vegetable of Chinese, and it also can be cooked in the most ways. There is a saying in northern China, "no vegetable is better than Chinese cabbage". Chinese cabbage is also good for digestion and can improve bowels and assist diuresis and defaecate.

(3) Suggestion: Weak people with lots of urina, or people who have frequent diarrhea should not eat this dish.



博山豆腐箱子



作法 / Method

- 1 木棉豆腐切块。
Cut the Tofu into squares.



- 2 冬菇去蒂，与冬笋、冬菜同切碎末。
Chop the mushrooms, bamboo shoots and pickled cabbage.



- 3 锅入油1杯以中火烧至六分热。将豆腐置入，炸至两面金黄。
Heat 1 C. oil on a medium heat. Deep fry the Tofu until golden brown.



- 4 锅中留油1茶匙，入作法2与调味料(1)，拌炒均匀。
Leave 1 t. oil in the wok, stir fry the Tofu with seasonings.



- 5 将炸好的豆腐于表面画刀，挖空。

Scoop some Tofu out of the middle of each Tofu square.



- 6 取适量之作法4塞于作法5内，并以调匀之面糊封口。
Stuff with method 4 and seal with flour paste.



- 7 将作法6平放于炒锅内加入调味料(2)以小火慢烧约6分钟至入味，最后再以淀粉水勾芡即可。
Place the stuffed Tofu in a wok, add seasoning (2) cook on a low heat for 6 minutes. Thicken with corn flour water.

材料 Ingredients



木棉豆腐1盒
1 box of cotton Tofu



冬菜30克
30g pickled cabbage



冬菇2朵
2 Chinese mushrooms



冬笋30克
30g bamboo shoots

调味料 Seasonings

1



酱油2茶匙
2 t. soy sauce



盐1/2茶匙
1/2 t. salt

2



素高汤1杯
1 C. broth



素蚝油2大匙
2 T. oyster sauce

3



面粉2茶匙
2 t. flour



淀粉1茶匙
1 t. corn flour

(1) 热量及营养素: Calories and Nutrition

	热量 calories	蛋白质 protein	脂肪 fat	糖类 carbohydrate	膳食纤维 fiber	钠 sodium	钾 potassium	钙 calcium
六人份 6 helpings	555	32	27.1	21.9	3.9	1863	1512	474
一人份 1 helping	93	5.3	4.5	3.7	0.7	311	252	79
相当于: 五谷根茎类 0.5 份加豆(蛋)类 0.6 份(中助) 加油脂类 0.5 份 About: cereal 0.5 helping, And bean/egg 0.6 helping (medium fat), And oil 0.5 helping						约占每日建议或安全摄取量的百分比 Percentage of daily recommended nutrition in the dish		
						2%~3%	24%~72%	4%~12%
							10%~11%	

(2) 冬菇(香菇)为低热量高纤维食物,可增加饱足感,对预防便秘很有效,且又具有降低血胆固醇的作用;又菇类含高钾和微量元素,能增强免疫系统功能,并含抗癌物质。冬笋含较多的粗纤维,能促进肠蠕动,利于排便,其味鲜美,可能与所含的氨基酸有关,自古即被视为“山珍”;再结合冬菜,即是“三冬联手,疾病远走”。

(3) 建议: 如果要希望食物低热量,烹调时豆腐可不要油炸。

(2) Chinese mushroom is of low calorie and high fiber. it can increase the sense of satiety and prevent constipation and cancer. it can also lower blood cholesterol. Chinese mushroom also contains high potassium and microelements, so it can improve immune system. Bamboo shoot has lots of fibers and can improve bowel function and assist defaecate. With spiced cabbage, this dish is effective to prevent disease.

(3) Suggestion: Tofu can be just boiled to prevent too much oil.

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