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Good Tasting of Tofu

美味豆腐

许堂仁 / 著
菜肴疗效分析 / 李家雄

出版：辽宁科学技术出版社
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2.123



許堂仁

中英对照 Chinese/English edition

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图书在版编目 (CIP) 数据

美味豆腐 / 许堂仁著. — 沈阳: 辽宁科学技术出版社,
2000.1

ISBN 7-5381-3124-8

I. 美… II. 许… III. 豆腐 - 菜谱 IV. TS972.1

中国版本图书馆 CIP 数据核字 (1999) 第 50911 号

辽宁科学技术出版社出版

(沈阳市和平区北一马路 108 号 邮政编码 110001)

辽宁美术印刷厂印刷

各地新华书店经销

开本: 889 × 1194 毫米 1/16 字数: 50 千字 印张: 5 1/2

印数: 1 — 4,000 册

2000 年 1 月第 1 版

2000 年 1 月第 1 次印刷

责任编辑: 陈慈良

版式设计: 原 舒

封面设计: 原 舒

责任校对: 徐 跃

定价: 32.00 元

邮购咨询电话: (024) 23253845

多年前，曾经出版一本食谱“家常豆腐”深受读者好评，虽然那时的印刷不够精美、设计也较陈旧，但简单多变化的作法，至今仍吸引不少读者指明购买，探究原因，除了它是一本实用的食谱之外，我想目前市面上和豆腐相关的食谱亦不多，尤其现今豆腐种类日新月异，木棉豆腐、蛋豆腐、嫩豆腐、有机豆腐等……不计其数，该如何善用它们烹调出美味，着实令人伤脑筋。因此我特别以各类食谱设计菜色，尝试带给您不一样的“吃·豆腐”方式，一新您的耳目，且另一本专为素食者设计的《素·豆腐》食谱亦将出版。

此外，豆腐陪伴着中国人度过长远的年岁，豆腐的营养价值毋庸置疑，但关于豆腐的源起、制作与流传的温馨故事，您可能就不知道啦！“臭头和尚”朱元璋就和豆腐谱出一段千古佳话，“酿豆腐”名菜于焉产生；更不论说“麻婆豆腐”的原始故事，豆腐的传奇三天也说不完。这本书很体贴的加入这些小篇章，让您品尝之余，顺道怀古思幽一番。

本书共有 36 道家常菜式，配以详细步骤解说、材料明细，易学易做，值得您收藏，更希望读者们能透过本书，获得烹饪上与保健上的莫大助益。

自序 Preface

I have published a cookbook
“The Common Tofu” several
years ago. It received good
comments from the readers.
Though the printing was not fine
enough, and the design was not
fashionable, the easy and various
cooking methods still attract
readers to buy the book till now.

I think the main reason is not only it is a useful book, but because there are not many other cookbooks about tofu in bookstores. Especially there are now many new kinds of tofu, such as board tofu, egg tofu, soft tofu, and organic tofu, etc. It really makes people puzzled how to take advantage of so many kinds of tofu to make delicious meals. In this book, we introduce you recipes using each kind of tofu. It will surely renew your experience of eating tofu. Another cookbook “Vegetarian Tofu” designed for vegetarian will publish recently.

Tofu has been with Chinese for such a long time that its value is indubitable. However, you may not know the origin and stories about tofu. The Emperor Chu Yuan Chang had a legend about tofu and it is how stuffed tofu is created. Other tofu stories cannot be totally told in three days. The book also includes these stories which may let you enjoy reading while eating tofu.

There are 36 tofu recipes with illustrations in the book. The instructions are easy to follow, and the book is worth keeping. I also wish that it may help the readers to have better health and enjoy cooking.

美食天下杂志社社长 许堂仁

President of Gourmet World Magazine

Tony Hsu

豆腐的源起 与发展

豆

腐的历史从古串今，多年来一直扮演着平民化价格、贵族级享受的盘中餐角色，是穷人、是帝王、更是所有中国人熟悉的食物。人人都品味过豆腐，因此其之出生年代，绝对值得让我们一探究竟。

豆腐的起源众说纷纭，但最多人认为这是从西汉高祖刘邦之孙——刘安所开始。人称淮南王的刘安，母亲喜好食用黄豆，一日母亲卧病在床，淮南王便命人将黄豆磨成粉，加水熬成汤以便让母亲饮用，但又怕食之无味，因此加了点盐来调味，没想到居然凝结成块，而这也正是豆腐最初雏形的形成。由于刘安是位炼丹家，因此当豆腐雏形产生后，他便与方士们共同试验，经过多次研究之后，终于发现石膏或盐类可使豆乳凝固成豆腐，用以烹调十分可口，从此豆腐也就在民间开始流传。

而一些文献也都出现过刘安的名衔，为豆腐的起源提供了些许有力的背书。南宋朱熹云“种豆苗稀，力竭心已腐。早知淮王术，安坐获泉布。”并自注说“世传豆腐本淮南王术。”明代医药学家李时珍在《本草纲目·谷部·豆腐》里记载“豆腐之法，始于汉淮南王刘安。”明叶子奇《草木子·杂制篇》说：“豆腐，淮南王刘安所作。”明苏雪溪平豆腐诗：“传得淮南术最佳，皮肤褪尽见精华。一轮磨上流琼液，百沸汤中滚雪花。瓦缶浸来蟾有影，金刀剖破玉无暇。个中滋味谁知得，多在僧家与道家。”王三聘《古今事物考》中道：“豆腐始于淮南王刘安方士之术也。”清初高士奇在《天禄识馀》中也有“豆腐，淮南王刘安造，又名黎祁”的记载。

而或许有人会认为在唐代以前的书籍中都未出现过“豆腐”一词，但在1960年河南密县发掘的打虎亭一号汉墓中所发现的大面积画像就有豆腐作坊图的石刻，而墓的主人正是在东汉末期，为汉代已有豆腐的生产提供了充分的证据。

随着时代的不同，豆腐之名亦有多次的更换。古语称大豆为菽，因此在“尔雅”中称豆腐为戎菽

陆游的《建南诗稿》称豆腐为“黎祁”，在《邻曲》中自注云：“黎祁，蜀人以名豆腐。”而由于“腐”字本有“腐烂、腐朽或腐败”的意思，因此古人多尽可能的将“腐”字避免，而有了“来其”、“甘旨”、“无骨肉”等许多别名。据明人王志坚《表异录》、清人《坚瓠集·豆腐》褚人获所载，相传元司业孙大雅嫌豆腐之名不雅，遂改名“菽乳”。而《清异录》中有“邑人呼豆腐为小宰羊”的记载，而这或许与豆腐在过去是肉品的廉价代替品有很大的关系。

另外也有一个关于豆腐起源的故事是这么说的。有一家三口，住着一对夫妻与母亲，可惜婆婆待媳妇并不好，连普通的豆浆都不愿让她饮用，一天婆婆要出远门两三日，当婆婆前脚一走，媳妇后脚便开始磨豆子、煮豆浆，但当豆浆正开锅，她满心喜悦的要舀装时，院子里竟传来了脚步声，媳妇害怕是婆婆回来了，见着会挨骂，便赶忙端起整锅刚烧好的豆浆往灶边的坛子倒，出门迎接一看才知是丈夫回来了，于是又喜孜孜的拉着丈夫要进屋喝豆浆，哪知打开坛盖一看，豆浆竟成了雪白的凝固剂，原来坛子以前泡过酸菜，里面还有些酸汤底，因此豆浆倒进去便凝固了，小夫妻俩勉强一尝居然发现这凝固的豆浆味道不错、质嫩味美，于是为他取名为“逗夫”，而豆腐由此而来。估不论豆腐是由这儿开始，或由刘安所创，我们都仍应感谢祖先过往的智慧造就了今日此种富含营养的食品。

豆腐制作技术的外传始于唐朝。在唐朝时，中国与日本在政治、经济、文化、饮食、宗教、服装等各方面都有交流，而豆腐和酿造食品的制作技术，也随唐代赴日高僧——鉴真之随行人员流传到日本，日本的文献中，“豆腐”文字的出现比起中国约晚了五百年。在1963年中国佛教代表团赴日本奈良参加纪念鉴真和尚逝世1200周年时，有许多日本豆腐的制品行业参加这个盛会，原因是他们认定中国的鉴真和尚正是日本豆腐业的祖师。现代，豆腐类在日本的料理领域中，其功力之深、运用之广、吃食之众，几乎要与象征大和民族饮食文化的刺身——生鱼片和寿司是等量齐观了。

细嫩柔软、洁白如玉、营养丰富、风味清淡、物美价廉的豆腐早在世界各地逐步奠定了根基，在亚洲人民的家庭菜单上，也已占据一席重要地位，只要有中国人的地方更是少不了豆腐；二千年前的智慧造就了今日这享有大自然充足养分，极富蛋白质的东方食品，其之清淡滋味纵不如其他的浓烈风味香浓，但直至今日又还有谁能完全抗拒这吸取众长、集聚美味的人间珍品？

食谱不该只是食谱，还应有更多的内涵，因此本书期望借此带给您更多、更多……

Cooking book should not be only a book; it should have more contents. So, this book is expected to bring you more and more....

新食谱世纪，新阅读时代

New century of cooking book, new time of reading.

家常篇

Tofu with Miso Soup

豆腐味噌湯

做法 Method

1. 嫩豆腐切丁，焯水备用。
Shred bean curd into small cubes and blanch them.
2. 豆腐切小丁。
Dice the tofu.
3. 加入味噌，搅拌均匀。
Add the miso, and stir well.
4. 加入葱花，搅拌均匀。
Add the green onions, and stir well.

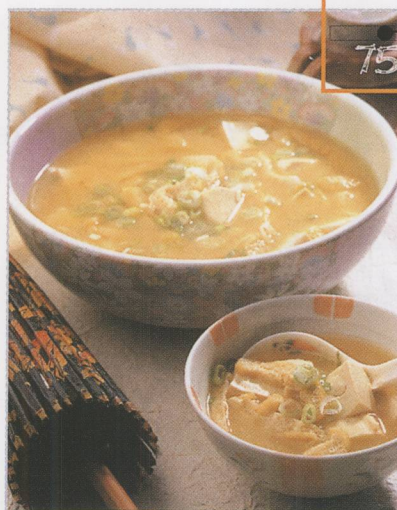
健康小语

豆腐含有丰富的蛋白质，是低脂肪、低胆固醇、低糖、低盐、低热量、低卡路里、低热量、低卡路里、低热量、低卡路里的食品。豆腐含有丰富的蛋白质，是低脂肪、低胆固醇、低糖、低盐、低热量、低卡路里、低热量、低卡路里的食品。

应用：

1. Chest and tender attitudes are hindings, full stomach.
2. Dependancy, deeply worried and anxious.
3. Want to keep fat and white skins.

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嫩豆腐 Soft Tofu

Ⅰ.豆腐介绍 本书的主角人物是豆腐，因此我们在每篇食谱的上方，均加强介绍此道菜着适合使用的豆腐，以加深读者的印象。

Introduce the tofu: The leading player of this book is tofu, so we emphasize the introduction of the suitable tofu for each dish on the top of every chapter to deepen reader's impression.

Ⅱ.自我检视 本书特别邀请了李医师参与撰写“适宜食用者”与“健康小语”两部分，教读者在享用美食之余，亦能自行判断个别的生理机能，使您吃得健康，并减少负担。

Inspect by yourselves: We invite Dr. Lee to write two parts "applications" and "healthy comments" for this book, which will teach readers to judge individually physiological function by themselves except enjoying the good food. It can make you keep health and reduce the negative effect.

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豆腐挑选 与保存

豆腐的挑选

好

的手艺让人联想到一桌秀色可餐的菜色，但若缺乏好的材料往往就会让人有“巧妇难为无米之炊”的遗憾，因此在入庖厨前，聪明的使用者若能多加留心，将可为后续的步骤省却许多的麻烦与烦恼。白嫩、简单的一块豆腐，如同蔬果牲畜般有着优劣品质的分别，因此在选用时仍须多加留意，以保障自身的权利与健康。

1. 首先我们要了解，豆腐本身的颜色是略带点微黄色，因此若成品色泽过于死白时有添加漂白剂之嫌，即不应选择。
2. 豆腐本身是种高蛋白质的产品，容易腐败，因此传统市场所贩售的老豆腐会比一般盒装的充填豆腐更容易遭到污染以致败坏，消费者应多加留意。
3. 充填豆腐本身需要冷藏，因此在购买时宜于如超级市场等有良好冷藏设备之场所选购。
4. 当盒装豆腐的包装有凸起，内部产品混浊、水泡多又大，封磨有破裂以致失水或缩水等现象时，便属不良产品，绝对不可再购买。
5. 冷藏豆腐有一定的保存期限，因此在选购时应注意制造与保存时间，并于购买后尽快食用，以免风味流失。

selection of tofu

Good skill makes people association of the delicious dishes. But if lack good ingredients then it will make people have the regrettable. Nobody can accomplish anything without the necessary means. Therefore, before entering the kitchen, if the smart users can be more careful of the ingredients, it can avoid many troubles and worries in the continuous steps. The tofu also has the difference of the good and the bad quality as vegetables and livestock, so you must pay attention to selection to safeguard your rights and health.

1. Firstly, we should understand the color of tofu itself is a little yellow. So, if the color of products is too white, it may cause the suspicion of adding decolorant and can not be selected.
2. Tofu itself is the product with high protein so it is easily decayed, and the old tofu sold in traditional market is more easily decayed than fill-in tofu in the box, so consumer should pay more attention of selection.
3. Fill-in tofu itself need to be preserved by refrigeration, so it should be bought in the place where has good refrigeration equipment, just like supermarket.
4. When the packing of fill-in tofu has convex, the inside product is turbid with many bubbles or the sealing is broken off causing dehydration or shrinking, which is defective product and can not be bought.
5. Refrigerated tofu has certain expiry date so you should pay attention to the producing and safekeeping time when selecting, and need to cook it as early as possible in order not to lose the taste.

豆腐的保存

食材的新鲜与成品的品质有着绝对相辅相成的关系，因此所有的食物最好能以“用多少即买多少”的理念来对待，但有时也难免会有无法充分准确拿捏的缺憾，因此保存的观念与方法若能多加留心，将可为您带来小小的麻烦与大大的健康。

1. 传统的板豆腐买回后，应立即浸泡于清凉水中，并置于冰箱中冷藏，待烹调前再取出，但也最好不要超过4小时，以充分保持新鲜。

2. 盒装豆腐较易保存，但仍须置于冰箱中冷藏，以确保在保存期限内不会腐败。

3. 从冰箱中取出的豆腐最好一次食用完毕，以免因品质败坏而影响健康。

4. 冻豆腐等须置于冷冻库中保存的豆腐，若无法一次食用完毕，可依所需的份量切割使用，剩余的部分可再置回冷冻库，方便下次再使用。

Safekeeping of Tofu

09

The freshness of ingredients and quality of products have absolutely relationship of complement each other, so it is the best to treat all food with the rational concept of using how many then buying how many, but sometimes you can not exactly measure. Therefore, if can pay more attention to the safekeeping concept and methods then can bring you less troubles but more health.

1. After buying the traditional tofu, soak it in the water and preserve it by refrigeration. Take it out while cooking, but it is better not to preserve


it over 4 hours to keep fresh.

2. The tofu in box is easy to safekeeping but still need to preserve by refrigeration to make sure the product can not be decayed in the expiry period.

3. It is the best to finish cooking the tofu from the refrigerator once and for all in order to avoid affecting health by the decayed quality.

4. The tofu need to safekeeping in the refrigerator, if can not finish at one time, it can be cut according to the necessary quantity and put the surplus parts back to the refrigerator for eating next time.





典故篇

从前、从前、从前……

传说中……，故事就这样开始了。

不论是臭头和尚朱元璋、风流倜傥乾隆皇，

或是默默无闻的市井小民，

那些他们曾吃过、曾深深爱过、曾刻骨铭心、

魂牵梦萦的道道菜肴，

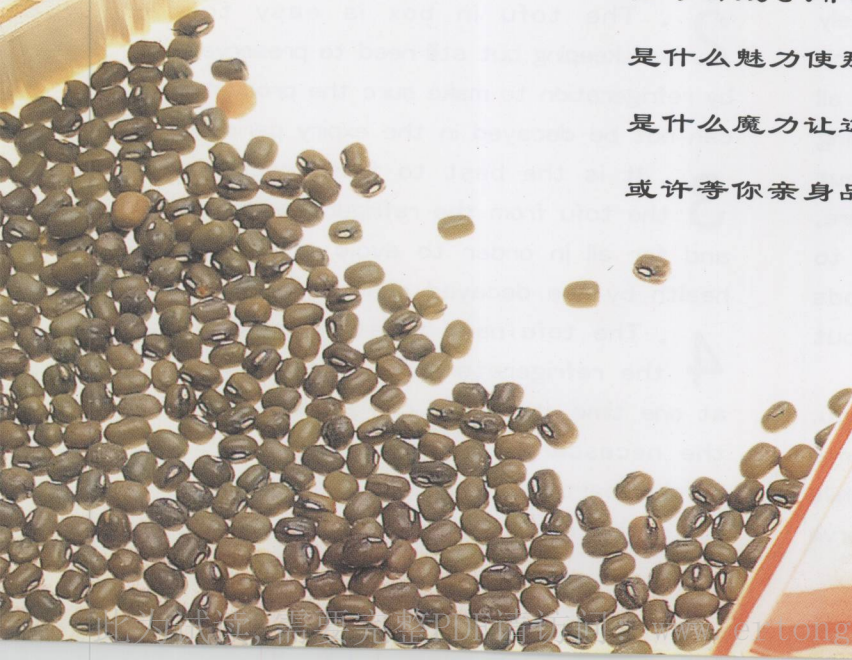
随着时光的更替、随着代代的流传，

如今都成了闻名于世的创世料理。

是什么魅力使那些吃过的人津津乐道，

是什么魔力让这些佳肴得以流传人间，

或许等你亲身品味过后，一切就自有答案了！



The background of the page is a collage of food-related images. At the top left, there is a pile of red adzuki beans. In the top center, a wooden cutting board holds several blocks of yellow tofu. To the right of the tofu, there are more red and black soybeans. On the right side, a wooden board is shown with a piece of white, textured food (possibly tofu or a vegetable) being sliced. At the bottom right, there is a large pile of black soybeans. In the bottom left corner, a small portion of a yellow and orange package is visible, featuring the Chinese character '腐' (fermented bean curd) and the text '建議售價 12元' (Suggested retail price 12 yuan).

Allusion

Long times ago....

Hearsay, the story is beginning by this way.
No matter is stinking Buddhist monk-Chu Yuan-
chang , charming Emperor Kao Tsung or trades
people, those dishes they ever ate, loved and
permanently imprinted on the mind are followed
the changes of time and spread from generation to
generation to become the famous dishes in the
world. What glamour makes those people to talk
with great relish and what magic power makes
these dishes to spread the world of mortals?
Maybe you taste it by yourself then everything is
answered.

一品豆腐

作法
Method

1. 豆腐压干水分，切去四周硬皮，加入调匀之调味料(1)搅拌均匀备用。
Press and dry tofu, add in the seasonings (1) and mix.



2. 将作法1.过筛。
Sieve the ingredients of method 1.



3. 冬菇置于温水中泡发，去老根、杂质，洗净后与笋同切小丁，加姜末拌匀；入炒锅炒香后，加调味料(2)拌炒出香味即可。
Soak the dry mushroom and take out the stem. Then dice the mushroom and the bamboo shoot, and mix with minced ginger. Heat the wok, add in the above ingredients and seasoning (2), stirfry till the flavor come out.



4. 保鲜膜置于模型上，均匀涂上麻油备用。
Place the cling film on the mold, and spread sesame oil.



5. 将作法2.之1/2豆腐铺于模型上。
Take the half amount of the ingredients of method 2. in the mold.



6. 续将作法3.铺放于豆腐上，再将作法2.剩余之1/2豆腐平铺于上。
Take the method 3 on the top of method 5., add another half of method 2. on the top.



7. 蛋清切细丁，于豆腐饼上摆“一品”二字。
Mince the egg sheet then spread on the top of tofu as the word "first class".



8. 再将胡萝卜切末，撒于豆腐边。
Mince the carrot, then spread on the circle of tofu.



9. 入蒸笼中以中火蒸15分钟取出，以烫熟之青江菜围盘，并淋上调匀之调味料(3)即可。
Steam over medium heat 15 minute, and garnish with cooked green vegetable, then add in seasoning(3).

材料
Ingredients

1. 家常豆腐2盒、冬菇70克、笋片50克、姜末1/4茶匙
2 boxes of home-style tofu, 70g. dry mushroom, 50g. bamboo shoot slice, 1/4t. minced ginger

2. 青江菜6棵、蛋皮1张、胡萝卜40克
6 green vegetable, 1 slice of egg sheet, 40g. carrot

调味料
Seasonings

1. 蛋清1个、盐1茶匙、香油1茶匙、太白粉2大匙
1 egg white, 1t. salt, 1t. sesame oil, 2T. cornstarch

2. 蚝油1大匙、香油1大匙、胡椒粉少许
1T. oyster sauce, 1T. sesame oil, pinch of pepper

3. 高汤1杯、盐1/2茶匙、太白粉水1茶匙、香油1/3茶匙、味霖1茶匙
1C. stock, 1/2t. salt, 1t. cornstarch water, 1/3t. sesame oil, 1t. milin

适宜食用者

1. 课业、升学压力大，工作繁重者。
2. 肥胖，有高血压、心脏病、糖尿病，患有慢性鼻窦炎、支气管炎者。
3. 长期抽烟、喝酒，消化功能虚弱、健忘、脑智昏沉者，以及中老年族群。

Applications:

1. High pressure of schoolwork and heavy work.
2. Fat, high blood pressure, ailment and diabetes patients. Get the sick of inertia sinusitis and ronchitis.
3. Smoking and drinking with a long time. Weak digestive function, forgetful, slumberous, middle and old age.

健康小语:

一品豆腐源自山东孔府，以蒸法烹调，可保持豆腐的原始风味，最能发挥清肺热和胃气，并有延年益寿之效用，不论男女老少皆宜食用。

家常豆腐 Home-style Tofu

13

Healthy comments:

First Class Tofu source from Shantung which cook by steam and can keep the original taste of tofu. This dish can eliminate the lung heat and stomach flatulence, also have the function of prolong life. No matter males and females of all ages are suitable to eat.



朱洪武酿豆腐

作法

Method

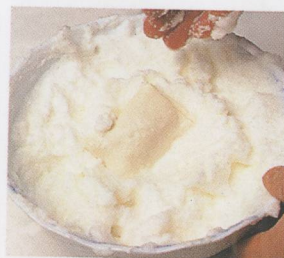
1. 里肌肉、虾仁与葱、姜同切碎末。
Mince pork, shrimp, spring onion, and ginger.

2. 将作法1. 沥干水分, 加调味料 (1) 拌均匀备用。
Dry the ingredients of method 1., then add seasoning (1).

3. 豆腐去皮, 先切为4 × 2厘米块状, 再片成0.1厘米薄片、将作法2. 之馅料取适量放于豆腐上。
Cut the tofu to 4x 2 cm cube, then slice to 0.1 cm thin. Place the ingredients of method 2. on the top of tofu piece.

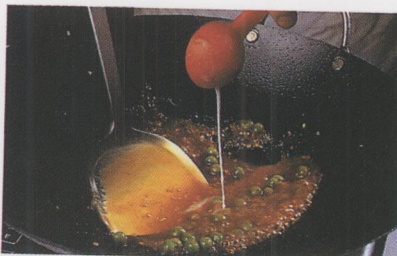
4. 将豆腐小心合起。

Cover with the other half of the tofu slice, handle carefully.



5. 豆腐均匀沾裹以调味料 (2) 打发之蛋清。
Wrap the tofu with the whipped egg white.

6. 入油锅中以中火炸至金黄色。
Deep fry till the color become golden color.



7. 炒锅烧热入油1大匙, 先入番茄酱与材料 (2) 炒至出色后, 加入调味料 (3) 烧开, 并以太白粉水勾芡, 淋于作法6. 上即可。
Heat 1T. oil, then fry the ketchup and ingredients (2) over medium heat till color change, add in seasoning (3) and the cornstarch water to make the sauce. Pour the sauce on the top of method 6.

材料 Ingredients

1



火锅豆腐 2 盒
2 boxes firepot tofu



里肌肉 100 克
100g. lean pork



虾仁 25 克
25g. shrimp



葱末 10 克
10g. minced spring onion



青豆 20 克
25g. peas



姜末 10 克
10g. minced ginger

调味料 Seasonings

1



蛋清 1/2 个
1/2 egg white



盐少许
pinch of salt



太白粉水 1 大匙
1T. cornstarch water



胡椒粉少许
some of pepper

2



蛋清 2 个
2 egg white



地瓜粉 3 大匙
3T. sweet potato flour

3



高汤 2 大匙
2T. stock



糖 1 1/2 大匙
1 1/2 T. sugar



白醋 1 大匙
1T. vinegar



太白粉水 1 茶匙
1t. cornstarch water



番茄酱 2 大匙
2T. ketchup

1. 腰膝酸软疼痛、性趣缺缺，持续力、斗志薄弱者。
2. 脑力心思长期透支，动辄倦怠、体力不济者。
3. 心思缜密但猜忌心重，经常头晕目眩者，可食之宽心、养志、解心忧。

Applications:

1. Waist and knees are lumbago, no sexual and weak fighting spirit.
2. Exert brains is too strenuously, tired easily and physical exhausted.
3. Cautious careful but too suspicious, usually have dizzy head and dim of sight. Eat this dish can feel at rest, ennoble aspirations and careridden.

烹调上先炸后煮的朱洪武酿豆腐，始于明朝朱元璋皇帝，有益中气，强肾气之效用；由于肾气攸关志气，亦与性趣相关，因此此道菜肴能调节性功能，改善腰软，不喜步行的现象。

Healthy comments:

Chu-hung-wu Stuffed Tofu source from Chu Yuan-chang of the Ming Dynasty. It is good for healthy and strong the kidneys. Kidneys concerns about the ambition and sex, so this dish can regulate sexual function, improve the lumbago and not like walking.



Ba-Pao Tofu

八宝豆腐

作法

Method

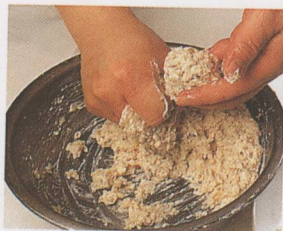


1 嫩豆腐去表皮，以净布压干水分。
Trim off the skin from the tofu, absorb the water.



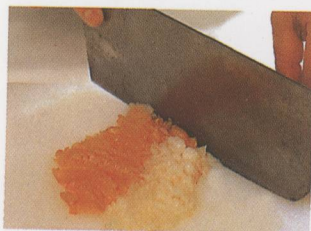
3 将豆腐、作法2.与调味料(1)置于碗中，以手充分拌搅均匀。

Mix the tofu, the ingredients of method 2., and seasoning (1).



4 将拌匀之作法3.做成丸子，入蒸笼中以中火蒸7分钟。

Shape the ingredients of method 3. to the tofu ball, steam over medium heat for 7 minutes.



2 材料(2)依序切碎备用

Mince the ingredients(2) according to the order.



5 锅入高汤、豆腐丸子与菠菜同煮至熟后，再打入蛋白即可。

Cook the stock, tofu ball and spinach till well-done, add in the egg white.

材料 Ingredients



嫩豆腐 1 盒
1 box soft tofu



菠菜 50 克
50g. spinach



鸡胸肉 50 克
50g. chicken breast



火腿 10 克
10g. ham



虾仁 10 克
10g. shrimp



熟干贝 10 克
10g. cooked scallop



冬菇 10 克
10g. mushroom



核桃仁 10 克
10g. walnuts



松子仁 10 克
10g. pine seeds



瓜子仁 10 克
10g. dry water melon seeds

调味料 Seasonings



鸡蛋清 1 个
1 egg white



盐 1/2 茶匙
1/2 t. salt



太白粉水 3 大匙
3T. cornstarch water



胡椒粉少许
pinch of pepper



高汤 2 杯
2C. stock



柴鱼粉 1/2 茶匙
1/2 t. bonito powder



蛋清 1 个
1 egg white



盐 1/2 茶匙
1/2 t. salt



太白粉 1 大匙
1T. cornstarch