

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。

A Brief Biography of Supreme Master Ching Hai

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

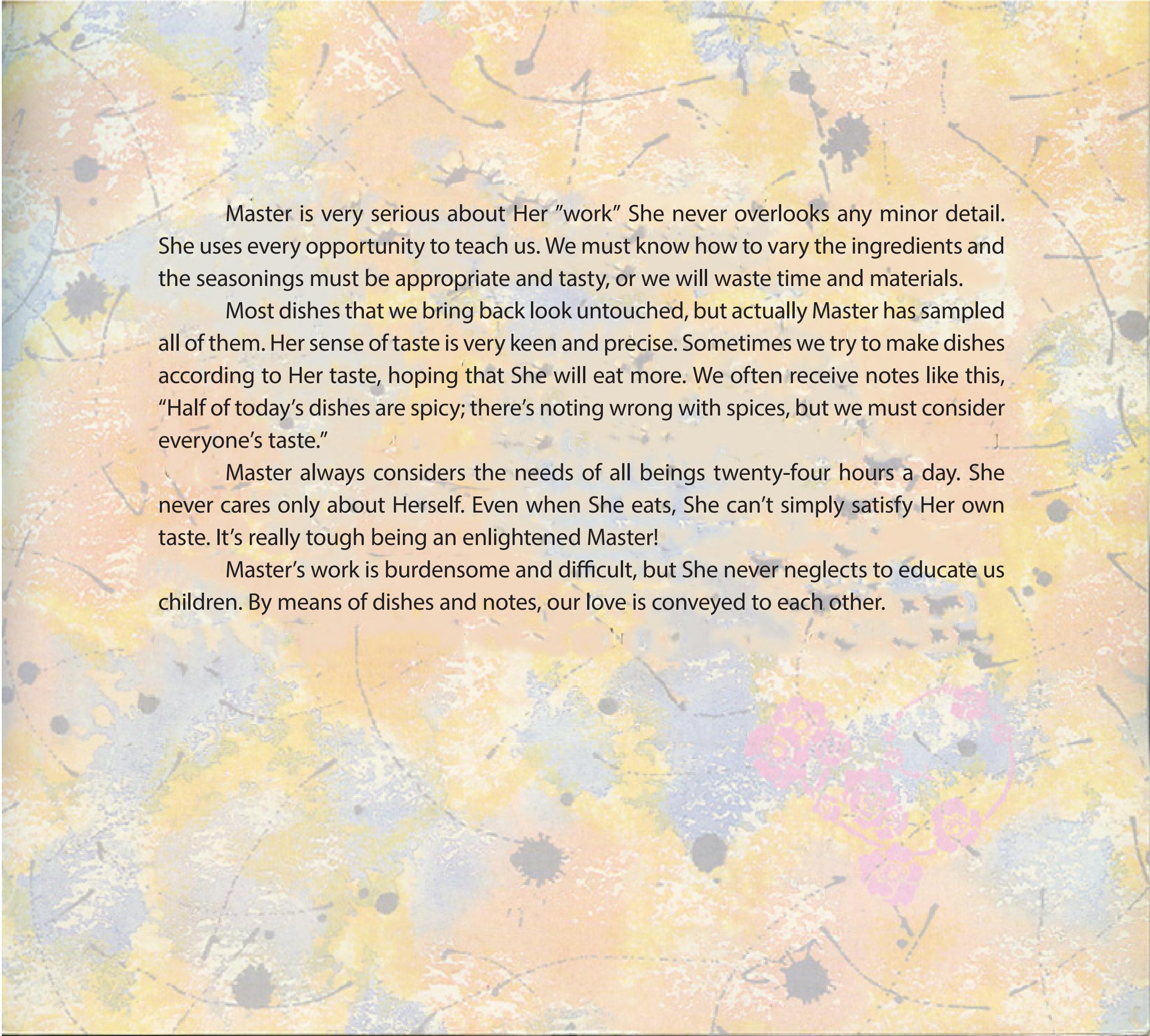
By Resident Disciple Tsu Gong, Hsihu Center, Formosa

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 coffee spoon = 1 teaspoon

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

換算表

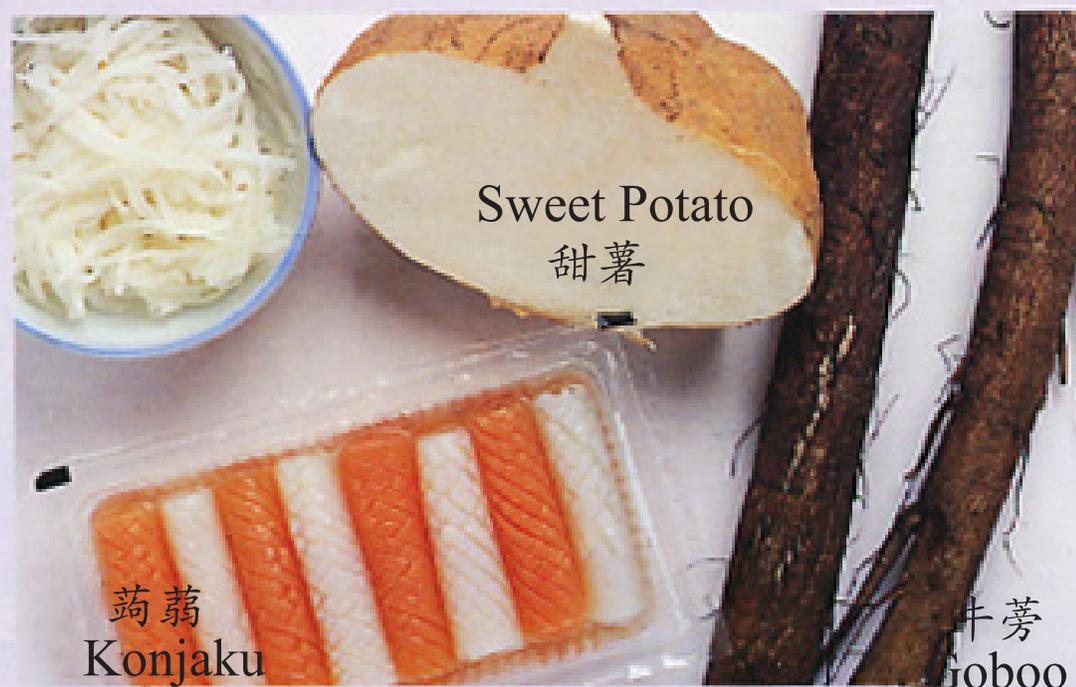
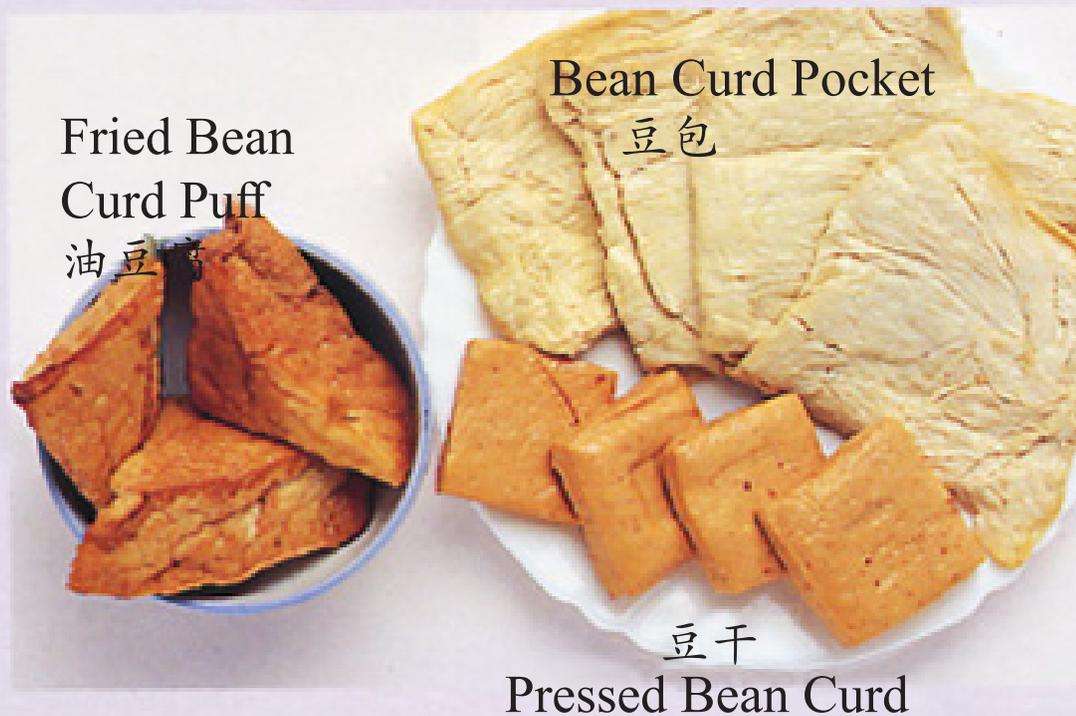
1大匙(Tbsp)	量杯(cup)	茶匙(tsp)	英兩(盎司)(oz)
○1大匙=15克		○16大匙=1杯(8英兩)液體	
○1茶匙=5克		○1杯=236克	
○1/2茶匙=2.5克		○1英兩=28.35克	
○1大匙=3茶匙(1/2英兩)液體		○1磅=16英兩	
○2大匙=1/8杯(1英兩)液體		○1磅=453.6克	
○4大匙=1/4杯(2英兩)液體		○1公斤=2.2磅	
○8大匙=1/2杯(4英兩)液體		○1咖啡匙=1茶匙	

* 本書大部份食譜以4人份計量



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



be compiled into the book. The vegan ingredients used in Home teste 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」國際素食珍籍，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。



哈姆
Vegan Ham

Dry Wheat
Gluten
Wheels
麵輪

素羊肉
Rice Noodle

素肉片
Vegan
Protein Slices

紅棗
Red Dates



Miso
味噌

筍絲
Dry
Bamboo
Shoot

素肉塊
Vegan
Protein Meat
Chunk



鹹菜
Yellow Mustard Leaf



家

珍

Supreme Kitchen™

味

Vegetables

- 雪菜香干 1 Salted Mustard Greens With Pressed Bean Curd
青椒素肉 3 Green Pepper With Vegan Protein Slices
木耳炒鮮芹 5 Fried Celery With Agaric
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 Sauted With Chili Bean Sauce
糖醋素肉 25 Sweet Sour and Vegan Meat
金針素蝦 27 Golden Noodle Vegan Shrimp
紫菜湯 29 Seaweed Soup
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
牛蒡湯 35 Goboo Soup
三絲銀芽 37 Shredded Vegetables With Silvery Sprouts
油腐洋芹 39 Fried Bean Curd Puff With Celery
樹薯甜湯 41 Cassava Dessert
輪轉生輝 43 Congregation Of Dharma Wheels
翠綠生菜 45 Green Salad
三色錦 47 Tri-Colored Delight
蔥花油豆腐 49 Fried Tofu With Spring Onions