

珍惜食物
Cherish food

减少浪费
Reduce waste



豆渣和西瓜皮的妙用
Use of bean dregs and watermelon skin

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一、豆渣的妙用 (Ingenious Use of Bean Dregs)

磨豆浆后剩下的豆渣多数时候会被当作垃圾处理掉，这种现象在食堂、饭店、早餐店等普遍存在。豆渣是个宝，用处多多，可以用作浇花肥料，也可用来美容养颜，但是这样做还是有些浪费。在粮食依然短缺的这个世界上，豆渣最好的处置方法，还是把它再利用起来，加工成食物，它是富含高蛋白、高纤维、营养成份极高的食物。如果餐馆、饭店都能将它利用起来，既可以节约粮食、减少浪费，又可以用作食物，而且对人们的身体起保健作用，何乐而不为呢？

(After making soya-bean milk, most of residue from beans will be treated as garbage. This phenomenon is common in canteens, restaurants and breakfast shops. Bean dregs are treasures. They are very useful. They can be used for the fertilizer watering flowers, and can also be used for maintaining beauty and keeping young, but this is still a waste of doing so. In the world where food is still short, the best way to treat bean dregs is to reuse them and process them into food. They are nutritious food which contains high protein and high fiber. If the restaurants, hotels could make full use of them, not only can save the food and reduce the waste, but also can be used as food, and healthy effects on the human body, Why not?)

下面介绍几种用豆渣做的几种美味可口的食物

(Here are a few kinds of delicious food made from bean dregs.)

(一) 炒豆渣 (Fried bean dregs)

磨好豆浆后，用过滤网筛出豆渣（或者用干净的沙布挤出多余的水分），倒入不粘锅中干炒(After making soybean milk, screen out the bean dregs with filter (or squeeze out excess water with clean gauze), poured them into the pan to fry without water.)



待水分收干后，依次放入适量色拉油

(After the bean dregs are dried, put in the right amount of salad oil)



放入葱末(Add scallion)



再放入少许盐炒制(Stir to fry with a little salt)



豆渣炒至金黄色即可(Fry soybean dregs until golden brown)



香喷喷的小菜一碟，就着它喝粥，清淡味美，营养可口。快来尝尝吧！
(Delicious dish, drink porridge with it, light delicious, delicious nutrition. Come to taste it!)



(二) 豆渣饼 (Bean Dregs Cake)

磨好豆浆后，用过滤网筛出豆渣，加入适量面粉(After making the soybean milk, screen out the bean dregs with the filter screen and add proper flour)



在不粘锅里放入少量食油，开中火加热(Put a small amount of cooking oil into the non-stick pot, open the gas burner for heating)



用汤勺把豆渣均匀倒入锅内，摊平

(Evenly put the bean dregs into the pot with a spoon, flattening)



将两面煎炸至金黄即可(Fry both sides until golden brown)



(三) 豆渣馒头(Steamed bun with bean dregs)

用豆渣掺入面粉做馒头是最实惠的。营养丰富不说，口感又松又软，远
比白面馒头口感要好的多。吃不完的话，放冰箱冷冻还易保存，值得向大家
推荐。(It is the most economical to mix flour with bean dregs to make steamed
bread. It is not only rich in nutrition, but also loose and soft, it is far better than
steamed buns flour. If cannot eat it out one times, put it in a fridge freezer for save.
It is worth to recommend.)

取4至5克活性干酵母，用少许凉水将其化开(Take 4 to 5 grams of active dry
yeast, and cool it down with a little cold water)



加入面粉和豆渣，二者比例约3：1

(Add flour and bean dregs, the ratio of both of them is about 3:1)



根据需要加水或面粉，不要太软，把面揉匀，放2至3小时(Add water or flour as needed. Don't make it too soft, knead the dough evenly, and lay aside for 2 to 3 hours)



2小时后，面团发起来了，拍上去很有弹性
(2 hours later, the dough come up and it was very elastic)



加少量面粉使劲揉后，再醒面10分钟，然后将其分割成若干等分揉圆，放入蒸锅
(Add in a little flour and rub it with effort, and lay up for 10 minutes, and then divided
into several parts rubbing round, place them into the steamer)



锅内加凉水，大火蒸，水开后，蒸15至20分钟。(Add cold water in the pot, steam over the strong fire, and steam them continually for 15 to 20 minutes after water is boiled.)



将西瓜切成若干块(cut the watermelon into several pieces)



将瓜瓤与瓜皮分离，留下瓜皮部分，再把瓜表皮刨去(Make the melon pulp separated from its peel, leaving the peel part, and scraping its skin off the peel)



用清水将去过表皮的瓜皮洗净，切成约一寸长细条(Wash the peel with clean water, cut it into strips with about an inch long)



洒入适量盐腌制 (Sprinkle them in appropriate salt)



腌制约15分钟，挤去水分

(Marinate for about 15 minutes, squeeze the water out of them)



在不粘锅内倒入适量色拉油(Pour the salad oil in the non-stick pot)



倒入西瓜皮爆炒，洒入少许芝麻翻炒，炒均即可
(Pour the pieces of watermelon peel and stir, sprinkle sesame, stir and fry evenly)



青脆营养，颇具特色的清炒西瓜皮好了(Fried pieces of watermelon peel are successful, they are green, crisp, and they are nutrient-rich, characteristic)



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