

中国云南小吃——豆花米线

作者：列治文 Justin Liao

Traditional China's Yunnan Cuisine --- Tofu Pudding Rice Noodles
by Justin Liao, resident of Richmond

豆花米线是中国云南的一道著名小吃。在中国云南，本地人会使用特色的酱以及现制的豆花来作为配料。在温哥华，根据本地销售的原材料，我对该小吃的制作方法进行了改良。风味基本还原，大家可结合自己口味进行调节，享受这道老少皆宜的传统小吃。

Tofu Pudding Rice Noodles is a very popular cuisine in Yunnan Province of South China. The local people there would apply special sauces and freshly made Tofu pudding as ingredients. In Vancouver, I have modified the recipe for this cuisine based on the materials available here. And one could make adjustment in line with their own preferences.



豆花米线制作方法

How to make Tofu Pudding Rice Noodles

配料：

米线，猪肉末（肥瘦），内酯豆腐，老坛酸菜，韭菜，豆芽，香菜

调料：

芥花籽油，盐，生抽，老抽，料酒，醋，鸡精，郫县豆瓣，黄豆酱，甜面酱，油辣椒

Ingredients: rice noodles, minced pork (fat and lean mix), lactone tofu, pickled Chinese sauerkraut, chives, bean sprouts, coriander

Seasoning: Canola oil, salt, light soy sauce, dark soy sauce, cooking wine, vinegar, chicken essence, Pixian bean paste, soybean paste, sweet noodle sauce, oil chili



Dried rice noodles



Sweet noodle sauce, Pixian bean paste, and soybean paste

制作方法：1. 干米线冷水下锅，水烧开关火，加盖焖 30 分钟左右。米线体积明显增大，用手指可掐断为宜。发好的米线过凉水冷却后沥干备用。

Step 1. Put the dried rice noodles in a pot with cold water, turn off the heat when the water boils, and cover the lid for the noodles to soak for about 30 minutes.

Then the rice noodles become bigger and can be cut off with fingers. Cool the soaked rice noodles with cold water and let them drained for later use.



干米线下锅

Dry rice noodles in the pot



米线泡发 30 分钟后

Rice noodles soaked for 30 minutes

2. 热锅凉油，放入猪肉末下锅煸炒，喷入料酒去腥。待肉末炒出的油逐渐转至透明时，依次加入郫县豆瓣，黄豆酱，甜面酱（比例大约为 1:1:0.5）。炒出酱香后烹入生抽，再加入适量水烧制入味，再老抽调色，起锅前加适量水淀粉勾芡，使肉酱浓稠。

Step 2. Heat the pan and then add cold oil, wait a bit and add minced pork to fry, and spray cooking wine to remove fishy smell. When the oil generated from the minced meat gradually turns transparent, add Pixian bean paste, soybean paste, and sweet noodle sauce in sequence (roughly with proportions 1:1:0.5).

When the sauce fragrance is generated, add light soy sauce, and then add several tea spoons of water to boil. Finally, add a tea spoon of old soy sauce to make the color nicer, and add a couple spoons of water and starch.



炒制肉酱

Fry minced meat sauce

3. 锅中烧水，水开后放入米线，待水再次烧开即可捞出。

Step 3. Put the previously prepared rice noodles in a pot of boiled water. When the water boils again, get the noodles out in a big bowl.

4. 碗底放适量盐，香醋，鸡精底味，放入煮过的米线，再依次放上韭菜末，老坛酸菜，内酯豆腐，肉酱，烫熟的豆芽，熟花生碎，香菜末。喜欢吃辣的可以再放上油辣椒。

Step 4. Put a little salt, balsamic vinegar, chicken essence in the bowl, followed the rice noodles, and then add the minced chives, pickled Chinese sauerkraut, lactone tofu, meat sauce, boiled bean sprouts, chopped cooked peanuts, and parsley ends on the top. For those who like spicy food, they can add oil chili.



码盘出菜

Tofu Pudding Rice Noodles ready to serve

5. 搅拌均匀即可食用。

5. Stir it well and enjoy!



我们一家来到列治文刚刚 3 年，但已经在列治文结识了很多可爱的小伙伴。我很骄傲的是，我做的米线在朋友圈里很受喜爱。我们家用米线接待过很多朋友和邻居，他们有着不同的年龄、肤色和文化背景，但美食和真诚交往的心让我们相聚一堂，共同度过一段又一段的美好时光。

Our family moved to Richmond 3 years ago and has made a number of lovely friends already. I am proud that my rice noodles are very popular here. We have hosted many friends and neighbors at home with rice noodles. Despite the differences in ages, ethnic groups and cultural backgrounds, delicious food and an open heart bring us closer and enable us to enjoy our life even more.