BODHI SWEET DEW

2007 CALENDAR

Dharma Realm Buddhist Association
THE 3034TH YEAR OF THE BUDDHA

With Chinese vegan recipes from cookbooks published by BTTS.
If we wish for there to be peace in the world, we must refuse the slaughter of living creatures and abstain from eating meat. Only then can there be true peace.

— Venerable Master Hsuan Hua
Fragrant Noodle Soup

Ingredients: 4 bundles dry noodles; 20 dried lily flowers; 4 fried tofu pouches; 300 gm bamboo shoots; 3 cakes 5-spice marinated tofu; 300 gm bok choy.

Steps:
1. Place bamboo shoots in a pot of water and bring to a boil; lower heat and simmer for 10 minutes. Add lily flowers, tofu pouches, marinated tofu, and seasonings. Bring to a boil, then lower the heat to simmer.
2. Place bamboo shoots in a pot of water and bring to a boil; lower heat and simmer for 10 minutes. Add lily flowers, tofu pouches, marinated tofu, and seasonings. Bring to a boil, then lower the heat to simmer.
3. Meanwhile, in another pot of boiling water, cook noodles until they rise to the surface; blanch bok choy. Remove noodles and bok choy and add to the soup base from Step 2. Add flavored oil to taste and serve.

Ingredients:
- 28 dried lily flowers
- 4 fried tofu pouches
- 300 gm bamboo shoots
- 3 cakes 5-spice marinated tofu
- 300 gm bok choy
- 4 bundles dry noodles
- 1 tsp soy sauce
- ½ tsp sea salt
- ½ tsp sugar

Steps:
1. Place bamboo shoots in a pot of water and bring to a boil; lower heat and simmer for 10 minutes. Add lily flowers, tofu pouches, marinated tofu, and seasonings. Bring to a boil, then lower the heat to simmer.
2. Place bamboo shoots in a pot of water and bring to a boil; lower heat and simmer for 10 minutes. Add lily flowers, tofu pouches, marinated tofu, and seasonings. Bring to a boil, then lower the heat to simmer.
3. Meanwhile, in another pot of boiling water, cook noodles until they rise to the surface; blanch bok choy. Remove noodles and bok choy and add to the soup base from Step 2. Add flavored oil to taste and serve.
I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals.

—Henry David Thoreau
Mixed Vegetables with Thick Spongy Tofu (約5人份; approximately 5 servings)

Ingredients:
- 4 dried Shiitake mushrooms (soaked in warm water until soft)
- ½ cup straw mushrooms
- 1 bunch golden-needle (Enokitaki) mushrooms
- ½ cup black “wood ears”, 1 head Napa cabbage
- ¼ cup carrot slices
- ¼ cup chopped celery

Seasoning:
- 1 tsp. sea salt
- 1 tbsp. shredded fresh ginger
- ½ tsp. sesame oil
- 1 tbsp. light soy sauce
- 1 tsp. cornstarch (dissolved in ¼ cup water)

Steps:
1. Wash all ingredients. Chop Napa cabbage into 2-cm sections. Julienne the softened Shiitake mushrooms. Cut the black “wood ears” into pieces. Trim the stems of the golden-needle mushrooms. Dice the celery. Cut the spongy tofu into 2cm x 4cm pieces, pan or deep fry until golden brown, add light soy sauce and water, and simmer for about 5 minutes. Set all these prepared ingredients aside.
2. Heat one tsp. oil in a wok. When the oil becomes very hot, add the Shiitake mushrooms and ginger and stir fry 15-20 seconds. Add carrots and continue to stir fry. Then add cabbage, straw mushrooms, black “wood ears” and golden-needle mushrooms. Reduce heat to low, and simmer for 6 minutes. Add sea salt and diced celery. While stirring, gradually pour in corn starch water until it congeals to a light sauce. Finally, add the spongy tofu from step 1, and serve.
The eating of meat extinguishes the seed of great compassion.
—Shakyamuni Buddha
Ingredients: ½ lb. (600 gm) cabbage hearts; 3 dried Shiitaki mushrooms (soaked in warm water until soft); ½ cup sliced carrot.

Seasoning: ½ tsp. sea salt; ½ tsp. sugar.

Steps: 1. Wash and quarter cabbage hearts. Wash the softened Shiitaki mushroom, drain and slice into sections.
2. Heat a small amount of oil in a wok, add sliced mushrooms to hot oil, and briefly stir-fry. Then add cabbage hearts, sliced carrots, sea salt, sugar and ½ cup of water (about 125 cc.). Cover with a lid, and continue cooking over medium-low heat for 6 minutes. Serve immediately.
By not killing living beings [by being vegetarian] we are cultivating our minds of kindness and compassion.

— Venerable Master Hsuan Hua
Ingredients: 1 large cake firm tofu; 2 tomatoes; 150 gm jumbo lima beans; 1 cup vegetarian soup stock (or plain water); 1 tsp. cornstarch (dissolved in ¼ cup water).

Seasonings: 1 tsp. sea salt; 1 tsp. sugar.

Steps: 1. Boil jumbo lima beans until cooked, remove from water, and allow to drain. Cut tofu and tomatoes into cubes.

2. Heat 1 tbsp. oil in a wok. Add tomatoes and stir fry until fragrant (1-2 minutes).

Add the rest of the ingredients, seasonings, and soup stock (or water).

Cover and simmer for 5 minutes, stirring occasionally. Uncover and gradually pour in corn starch water until it forms a light sauce. Serve hot.
As long as there are slaughterhouses, there will be battlefields.

—Tolstoy
**Double Mushroom Stir Fried with Chinese Broccoli**

**Ingredients:**
- 1½ lbs. (600 gm) Chinese broccoli
- 1 box brown sword-belt (Liu Song) mushrooms
- 1 box mini-mushrooms
- ½ red bell pepper

**Seasoning:**
- 1 tbsp. shredded fresh ginger
- 1 tbsp. sesame oil
- ½ tsp. light-colored soy sauce
- ½ tsp. sea salt

**Steps:**
1. Wash all ingredients. Cut Chinese broccoli into 2-inch pieces; cook 1-2 minutes in rapidly boiling water, remove, rinse with cold water, and drain. Trim the stems of the Song-Liu mushrooms.
2. Heat the sesame oil in a wok, add the ginger, and stir fry until fragrant. Then add the Liu-Song mushrooms, mini-mushrooms and red bell pepper. Stir fry until soft (about 3 minutes).
3. Add light-colored soy sauce, Chinese broccoli, and sea salt.
4. Continue stir frying briefly to thoroughly mix all ingredients. Serve immediately.
Every kind of disaster proceeds from the force of resentment that invisibly fills the Universe as a result of killing. Only if people refrain from slaughtering animals, liberate them, and abstain from eating their flesh, will people's thoughts of violent aggression end.

—Venerable Master Hsuan Hua
### Ingredients:
- 2 bunches wide green-bean thread (soaked in water)
- ¼ cup shredded carrot
- ½ cup shredded cucumber

### Seasonings:
- ¼ cup shredded fresh ginger
- 1 tbsp. soy paste
- 1 tsp. sugar
- 1 tsp. balsamic vinegar
- Dash sesame oil

### Steps:
1. Soak and rinse the green-bean thread, and then cook briefly in rapidly boiling water. Drain.
2. Place threads in a large bowl, add seasonings, and mix well.
3. Finally, add shredded carrot, shredded cucumber, and toss well.
(Note: may be slightly chilled before serving.)
Until he extends his circle of compassion to all living things, man himself will not find peace.

—Albert Schweitzer

人类对一切众生都能慈悲相待，人类才能真正得到和平。

—史怀哲医生

2007 JULY

DRBU: Dharma Realm Buddhist University • SLTP: Sangha & Laity Training Programs
IGDVS: Instilling Goodness Elementary & Developing Virtue Secondary Schools • DRBY: Dharma Realm Buddhist Youth Association
### Lotus Sea Assembly (approximately 5 servings)

**Ingredients:**
- One large chunk (1½ lb./600 gm) winter melon
- 1½ cups lotus seeds
- 6 strips bamboo fungus
- ½ cup straw mushrooms
- 1 bunch golden-needle (Enokitaki) mushrooms
- ½ cup fresh (or dried, soaked) Shiitaki mushrooms

**Seasonings:**
- 1 tbsp. shredded fresh ginger
- ½ tsp. sea salt

**Steps:**
1. Wash all ingredients. Julienne Shiitaki mushrooms. Wash lotus seeds, place in a pot of boiling water, and cook until tender; drain and set aside. Peal the skin and remove seeds from the winter melon, cut into large chunks, and set aside. Wash the bamboo shoots and cut into short, thin strips; boil briefly (1-2 min.), drain and set aside.
2. Add the winter squash to rapidly boiling water, then lower heat to medium, and cook for 15 minutes. Add lotus seeds, bamboo shoots, straw mushrooms, golden mushrooms, Shiitaki mushrooms, ginger, and sea salt. Cook for 5 more minutes, and serve.
If all people would abstain from meat, embrace a vegetarian diet, hold the precept against killing, and release animals intended for slaughter, then disasters would imperceptibly be eliminated and impending doom averted.

— Venerable Master Hsuan Hua
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/05 - 8/08</td>
<td>8/06 - 8/13</td>
<td>8/07 - 8/14</td>
<td>8/08 - 8/15</td>
<td>8/09 - 8/16</td>
<td>8/10 - 8/17</td>
<td>8/11 - 8/18</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**
- Baby bok choy (approximately 5 servings)
- 600 gm (1 Chinese lb.)
- 3 dried Shiitaki mushrooms (soaked in water until soft)
- 1 bunch golden-needle (Enokitaki) mushrooms
- 1/5 large carrot stick (top section)

**Seasoning:**
- 1 tbsp. shredded fresh ginger
- ½ tsp. sea salt
- Dash sesame oil

**Steps:**
1. Wash baby bok choy, drain, and set aside. Squeeze the water from the Shiitaki mushrooms, and julienne.
2. Trim the stems of the golden-needle mushrooms and cut mushrooms crosswise in half. Peel and julienne the carrot.
3. Heat 1 tbsp. oil in a wok. Add mushrooms, ginger, and carrot and begin to stir fry. Add baby bok choy, and continue stir frying for about 2 minutes. Flavor with sea salt. Finally, toss in golden-needle mushrooms, sprinkle with sesame oil, and serve immediately.

**Monday:**
- Civic Holiday (Canada)
- Great Strength Bodhisattva’s Birthday

**Tuesday:**
- DRBU Summer Finals week begins

**Wednesday:**
- Completion of Chan Meditation

**Thursday:**
- Monthly Memorial of Venerable Master Hua’s Entering Nirvana

**Friday:**
- DRBU Summer Session Ends

**Saturday:**
- Celebration of Ullambana

**Ingredients:**
- 600 gm (1 Chinese lb.)
- 3 dried Shiitaki mushrooms
- 1 bunch golden-needle mushrooms
- 1/5 large carrot stick

**Steps:**
1. Wash baby bok choy, drain, and set aside. Squeeze the water from the Shiitaki mushrooms, and julienne.
2. Trim the stems of the golden-needle mushrooms and cut mushrooms crosswise in half. Peel and julienne the carrot.
3. Heat 1 tbsp. oil in a wok. Add mushrooms, ginger, and carrot and begin to stir fry. Add baby bok choy, and continue stir frying for about 2 minutes. Flavor with sea salt. Finally, toss in golden-needle mushrooms, sprinkle with sesame oil, and serve immediately.

**Monday:**
- Civic Holiday (Canada)
- Great Strength Bodhisattva’s Birthday

**Tuesday:**
- DRBU Summer Finals week begins

**Wednesday:**
- Completion of Chan Meditation

**Thursday:**
- Monthly Memorial of Venerable Master Hua’s Entering Nirvana

**Friday:**
- DRBU Summer Session Ends

**Saturday:**
- Celebration of Ullambana

**Ingredients:**
- 600 gm (1 Chinese lb.)
- 3 dried Shiitaki mushrooms
- 1 bunch golden-needle mushrooms
- 1/5 large carrot stick

**Steps:**
1. Wash baby bok choy, drain, and set aside. Squeeze the water from the Shiitaki mushrooms, and julienne.
2. Trim the stems of the golden-needle mushrooms and cut mushrooms crosswise in half. Peel and julienne the carrot.
3. Heat 1 tbsp. oil in a wok. Add mushrooms, ginger, and carrot and begin to stir fry. Add baby bok choy, and continue stir frying for about 2 minutes. Flavor with sea salt. Finally, toss in golden-needle mushrooms, sprinkle with sesame oil, and serve immediately.

**Monday:**
- Civic Holiday (Canada)
- Great Strength Bodhisattva’s Birthday

**Tuesday:**
- DRBU Summer Finals week begins

**Wednesday:**
- Completion of Chan Meditation

**Thursday:**
- Monthly Memorial of Venerable Master Hua’s Entering Nirvana

**Friday:**
- DRBU Summer Session Ends

**Saturday:**
- Celebration of Ullambana

**Ingredients:**
- 600 gm (1 Chinese lb.)
- 3 dried Shiitaki mushrooms
- 1 bunch golden-needle mushrooms
- 1/5 large carrot stick

**Steps:**
1. Wash baby bok choy, drain, and set aside. Squeeze the water from the Shiitaki mushrooms, and julienne.
2. Trim the stems of the golden-needle mushrooms and cut mushrooms crosswise in half. Peel and julienne the carrot.
3. Heat 1 tbsp. oil in a wok. Add mushrooms, ginger, and carrot and begin to stir fry. Add baby bok choy, and continue stir frying for about 2 minutes. Flavor with sea salt. Finally, toss in golden-needle mushrooms, sprinkle with sesame oil, and serve immediately.

**Monday:**
- Civic Holiday (Canada)
- Great Strength Bodhisattva’s Birthday

**Tuesday:**
- DRBU Summer Finals week begins

**Wednesday:**
- Completion of Chan Meditation

**Thursday:**
- Monthly Memorial of Venerable Master Hua’s Entering Nirvana

**Friday:**
- DRBU Summer Session Ends

**Saturday:**
- Celebration of Ullambana

**Ingredients:**
- 600 gm (1 Chinese lb.)
- 3 dried Shiitaki mushrooms
- 1 bunch golden-needle mushrooms
- 1/5 large carrot stick

**Steps:**
1. Wash baby bok choy, drain, and set aside. Squeeze the water from the Shiitaki mushrooms, and julienne.
2. Trim the stems of the golden-needle mushrooms and cut mushrooms crosswise in half. Peel and julienne the carrot.
3. Heat 1 tbsp. oil in a wok. Add mushrooms, ginger, and carrot and begin to stir fry. Add baby bok choy, and continue stir frying for about 2 minutes. Flavor with sea salt. Finally, toss in golden-needle mushrooms, sprinkle with sesame oil, and serve immediately.

**Monday:**
- Civic Holiday (Canada)
- Great Strength Bodhisattva’s Birthday

**Tuesday:**
- DRBU Summer Finals week begins

**Wednesday:**
- Completion of Chan Meditation

**Thursday:**
- Monthly Memorial of Venerable Master Hua’s Entering Nirvana

**Friday:**
- DRBU Summer Session Ends

**Saturday:**
- Celebration of Ullambana

**Ingredients:**
- 600 gm (1 Chinese lb.)
- 3 dried Shiitaki mushrooms
- 1 bunch golden-needle mushrooms
- 1/5 large carrot stick

**Steps:**
1. Wash baby bok choy, drain, and set aside. Squeeze the water from the Shiitaki mushrooms, and julienne.
2. Trim the stems of the golden-needle mushrooms and cut mushrooms crosswise in half. Peel and julienne the carrot.
3. Heat 1 tbsp. oil in a wok. Add mushrooms, ginger, and carrot and begin to stir fry. Add baby bok choy, and continue stir frying for about 2 minutes. Flavor with sea salt. Finally, toss in golden-needle mushrooms, sprinkle with sesame oil, and serve immediately.
The greatness of a nation and its moral progress can be judged by the way its animals are treated.

— Mahatma Gandhi
## Sweet and Salty Peanuts

### Ingredients:
- 2/3 lb (300 gm) raw peanuts
- Three pieces star anise
- 1 tbsp lemon juice
- 2 tbsp soy sauce

### Steps:
1. Thoroughly wash peanuts and place in a cooking pot. Cover with cool water to twice the volume of the peanuts.
2. Bring to a boil, then remove from the stove, and drain the peanuts (discarding the skins). Cover the peanuts with twice the volume of fresh, cool water. Add star anise, lemon juice, and soy sauce. Again bring the water to a boil; then, turn the temperature to low and simmer until the peanuts are soft (about 1 hour). Season with sea salt to taste. May be served hot or allowed to cool.
The time will come when men such as I will look upon the murder of animals as they now look on the murder of men.

—— Leonardo da Vinci
Ingredients: One pouch “Four Herbs” plus Jujube (Chuanxiong rhizome, rehmannia root, root of paeonia lactiflora, fruit of wolfberry, jujube dates); 3 globs of homemade gluten, cut in large cubes and deep-fried.

Seasoning: Sea salt to taste.

Steps: 1. Place the pouch of Four Herbs plus Jujube into a crock pot, along with the prepared gluten. (In place of a crock pot, one may use a large porcelain bowl set inside a rice cooker or steamer.) Cover ingredients with hot water, place the lid on top, and stew or steam for 50-60 minutes. Serve hot.
You are, in effect, saving the species of whatever kind of living being you choose to refrain from eating.

—Venerable Master Hsuan Hua
## Pickled Mustard Greens with Bean Curd (約5人份 approximately 5 servings)

### Ingredients:
- 5 cakes five-spice marinated tofu; 1½ lbs/600 gm pickled mustard greens; ½ cup shelled broad beans; fresh red chili pepper (to taste)

### Seasonings:
- ¼ tsp. sea salt; ¼ tsp. sugar; 1 tsp. finely diced fresh ginger.

### Steps:
1. Rinse tofu, drain, and cut into small cubes. Wash pickled mustard greens, and dice into tiny chunks.
2. Blanch shelled broad beans in a pot of rapidly boiling water, drain, and set aside.
3. Heat 1 tbsp. oil in a wok. Add chopped ginger, red chili pepper, and briefly stir fry. Then add tofu cubes and continue to stir fry until fragrant (1-2 minutes). Finally, add mustard greens, broad beans, sea salt, and sugar.

Cook well for another two minutes, and serve.
眾生肉是好吃的，但我們為什麼不吃呢？就因為我們要有慈悲心，要有愛護眾生的心。

--- 宗公上人

If the flesh of living beings is so delicious, why do we refuse to eat it? It is because we wish to be compassionate and to cherish living beings.

--- Venerable Master Hsuan Hua
### Chinese Mustard Greens with Cashews

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 bunches Chinese mustard green stems; 1 cup fried cashews*; ½ cup straw mushrooms; ½ cup fresh white button mushrooms; ½ cup jumbo lima beans; ½ tsp. sea salt; dash sesame oil; 1 tsp. corn starch (dissolved in 2 tbsp. cool water)</td>
<td>1. Wash all ingredients. Cut mustard green stems into large pieces. 2. Blanch mustard greens and lima beans separately in rapidly boiling water, remove from water, rinse with cold water, and set aside to drain. Wash straw mushrooms and button mushrooms, trim their stems, and set aside. 3. Heat 1 tbsp. oil in a wok, add straw and fresh mushrooms, and briefly stir fry; add 2 cups of water, and bring to a boil. Then, add mustard greens, lima beans, and sea salt, continuing to stir fry. Gradually add cornstarch-water until the vegetables are coated with a light sauce. Place the mixture in a dish, sprinkle with fried cashews and sesame oil, and serve.</td>
</tr>
</tbody>
</table>

*Fried cashews: place cold oil and cashew into wok. Fry cashews over low heat until their color turns golden brown. Remove from oil & let drain.*
At all times, Buddha light universally shines;  
Day in and day out “as you will” and auspicious;  
Each month, both blessings and wisdom increase;  
Every year, long life and good fortune never ending

— Venerable Master Hsuan Hua
Ingredients: 1½ lb (1 Chinese lb) sweet rice; ¾ cup dried, pitted longyan fruit; 2 sugar-preserved kumquat.

Seasoning: 1 cup dark brown sugar.

Steps:
1. Cut open the preserved kumquats, remove the seeds, and finely dice. Wash the sweet rice well, then cover with cool water and soak for 30 minutes; drain, place in a pot, and cover with 2 cups of cool water. Pour 1 cup water into an electric rice cooker, then place the pot of rice inside the cooker, and follow the normal procedure for cooking rice. When done, check the rice, and if too dry, sprinkle with water. Then replace the lid and turn the rice cooker on again and continue cooking until the rice cooker turns itself off once more.
2. Add longyan, diced kumquat, and dark brown sugar to the rice, and mix well. Turn the rice cooker on one more time (no need to add more water). When done, allow the rice to set in the pot for 30 minutes before turning onto a plate. Flatten the rice cake, let set, and cut into pieces to serve.

桂圆糯米糕  Sweet Rice Cake with Longyan (“Dragon Eyes) Fruit (5 servings)

Ingredients: 1½ lb (1 Chinese lb) sweet rice; ¾ cup dried, pitted longyan fruit; 2 sugar-preserved kumquat.

Seasoning: 1 cup dark brown sugar.

Steps:
1. Cut open the preserved kumquats, remove the seeds, and finely dice. Wash the sweet rice well, then cover with cool water and soak for 30 minutes; drain, place in a pot, and cover with 2 cups of cool water. Pour 1 cup water into an electric rice cooker, then place the pot of rice inside the cooker, and follow the normal procedure for cooking rice. When done, check the rice, and if too dry, sprinkle with water. Then replace the lid and turn the rice cooker on again and continue cooking until the rice cooker turns itself off once more.
2. Add longyan, diced kumquat, and dark brown sugar to the rice, and mix well. Turn the rice cooker on one more time (no need to add more water). When done, allow the rice to set in the pot for 30 minutes before turning onto a plate. Flatten the rice cake, let set, and cut into pieces to serve.