

SICHUAN MUNG BEAN SAD JELLY SALAD WITH FRIED PEANUTS
SHANGXIN LIANGFEN 伤心凉粉



Ingredients

- 1 cup of Mung bean Starch, around 135 gr.
- 5 cups of water

For the Sauce:

- 3 teaspoons of Sichuan chili powder
- 2 teaspoons of ground Sichuan peppercorns
- 1 teaspoon of fermented black soybeans
- 1-2 Capsicum frutescens, finely chopped.
- 2 teaspoons of grated fresh ginger
- 3 teaspoons of grated fresh garlic
- 3 teaspoons of Chinese black vinegar
- 1 teaspoon of sugar
- 1 teaspoon of soy sauce
- 1 teaspoon of sesame oil
- 1 tablespoon of fried peanuts
- 1 tablespoon of sunflower oil
- 1 tablespoon of finely chopped green onion
- 1 tablespoon of chopped coriander

It is one of the Han Chinese Hakka specialty dishes in Sichuan. There are two meanings for this name. The first one means "The jelly salad was made by the Guangdong Hakka people from Sichuan who lived in Luodai downtown". They missed their hometown in Guangdong, so they made this jelly salad. They feel sad because they miss their families, hence the name sad jelly salad.

The second meaning refers to the spiciness of the jelly salad, which would make people cry when they eat it. Other people think they cry because they encountered something sad.

Instructions:

1. Mix the Mung bean starch with 1 cup of water and stir it till well mixed. Then set aside.
2. Inside a small bowl, add the ginger and garlic with 2 teaspoon of water.
3. Add the Sichuan chili powder and ground Sichuan peppercorns inside a bowl. Heat the pan with oil on medium-high heat, around 2 mins, and add the fermented black soybeans. Stir-fry for 1 min, then pour the oil with the black soybeans into the bowl. Then add the sugar, Chinese black vinegar, soy sauce and sesame oil.
4. In a pot, boil the remaining water on medium-high heat, until you see some small bubbles come up. Then stir the Mung bean starch a bit to make sure it is well combined before you pour it into the pot.
5. With medium-low heat, slowly add the Mung bean mixture and keep stirring it whilst pouring. Keep stirring till the mixture turns appears to be translucent and solid.
6. Then pour out into a big bowl and let it cool down completely. Store in the fridge until it forms a solid jelly (this takes around 2 hours).
7. Take it out of the bowl, and simply cut it with a knife into any shapes of your choice.
8. Add the shapes into the sauce bowl from step 3, then add the garlic and ginger mixture, fried peanuts, green onion, coriander, capsicum frutescens.

NOW ENJOY YOUR MEAL WITH "SAD MOMENT", 慢慢吃.

