d&ugrave;n zhu&igrave;

d&ugrave;n zhu&igrave; shì yī zhǒng chu&aacute;ng tǒng de zu&ograve; fāng sh&igrave; ，tōng cháng yòng yú zhǔn b&egrave;i gǔ tāng 、 r&ograve;u l&egrave;i huò cài x&igrave; 。zhè zhǒng zu&ograve; fāng sh&igrave; de tè diǎn sh&igrave; yǐ xiǎo huǒ màn zhǔng ，shǐ yu&eacute; li&agrave;o lǐ de w&egrave;i d&agrave;o hé y&iacute; y&egrave; ch&ugrave; fēn jiàn &igrave;an r&oacute;ng jiě dào tāng shuǐ zhōng ，bǎo li&ugrave; le yu&eacute; li&agrave;o de běn w&egrave;i yě shǐ tāng s&egrave; g&egrave;ng nóng y&ugrave; 。

jī běn zu&ograve; fǎ

zu&ograve; d&ugrave;n de sh&iacute; h&ograve;u ，yī bān xuǎn y&ograve;ng dǐ bù jiào kuān de guō ，l&igrave; r&ugrave; guō hu&ograve; zhēn kōng guō ，zhè yàng kě yǐ jǐn miǎn shuǐ fēn ku&igrave; s&igrave; gu&igrave; tài ku&igrave; 。yu&eacute; li&agrave;o yīng dāng y&igrave; qi&eacute; ch&eacute;ng d&agrave; d&ugrave;n de ku&igrave; g&eacute; ，r&ograve;u l&egrave;i yě yào xiān jīng gu&ograve; chāo shuǐ ，yǐ q&igrave;ng chú q&ugrave; xu&egrave; m&ograve; he z&aacute; w&igrave; 。rán h&ograve;u jiāng suǒ yǒu ch&eacute;ng fēn f&agrave;ng r&igrave; guō zhōng ，zhuī jiā shì d&agrave;ng de shuǐ ，yòng d&agrave; huǒ zhǔ dào gǔn t&eacute;ng h&ograve;u zhuǎn xiǎo huǒ ，g&agrave;i shang guō g&agrave;i màn d&ugrave;n 。

y&iacute; chǔ

d&ugrave;n zhu&igrave; de zu&ograve; fāng sh&igrave; b&ugrave; jǐn n&eacute;ng gōu bǎo c&ugrave;n yu&eacute; li&agrave;o de y&iacute; y&egrave; ch&egrave;n fēn ，h&ugrave; kě yǐ r&agrave;ng zhī xiē ch&eacute;ng fēn de y&iacute; y&egrave; g&egrave;ng hǎo de fā huī chū l&aacute;i 。bǐ r&ugrave; ，gǔ tāng zhōng de gǔ t&eacute;ng jīng gu&ograve; duǎn sh&iacute; jiān de d&ugrave;n zhǔ ，kě yǐ r&agrave;ng gǔ t&eacute;ng biàn de ruǎn n&egrave;n ，xiāng w&egrave;i yě g&egrave;ng nóng y&ugrave; 。ér d&ugrave;n zhū l&egrave;i 、 d&ugrave;n ni&uacute; r&ograve;u děng ，z&eacute; sh&igrave; yīn w&egrave;i xiǎo huǒ màn d&ugrave;n ，r&ograve;u zhì biàn de sōng ruǎn r&ugrave; kǒu 。

yīng y&ograve;ng f&agrave;n w&eacute;i

d&ugrave;n zhu&igrave; de zu&ograve; fāng sh&igrave; zài zhōng gu&oacute; cài x&igrave; zhōng yǒu zhe guǎng f&agrave;n de yīng y&ograve;ng ，bǐ r&ugrave; d&ugrave;n zhū gǔ tāng 、 d&ugrave;n jī tāng 、 d&ugrave;n ni&uacute; r&ograve;u děng 。ch&uacute; le zu&ograve; w&eacute;i zhǔ li&agrave;o w&ograve; ，d&ugrave;n fāng sh&igrave; yě ch&agrave;ng y&ograve;ng yú zhǔn b&egrave;i yī xiē yǎng shēng de tāng yǐn ，bǐ r&ugrave; jiā r&ugrave; yào cái de gāo tāng ，zhè yàng de tāng s&egrave; b&ugrave; jǐn měi w&egrave;i ，h&ugrave; jù yǒu yī d&igrave;ng de yǎng shēng zu&ograve; y&igrave;ng 。

xiǎo ti sh&igrave;

yào xiǎng ràng d&ugrave;n zhǔ chū l&aacute;i de cài pǐn w&egrave;i d&agrave;o g&egrave;ng hǎo ，xū yào zhù y&igrave; yī xiē xiǎo x&igrave; ji&eacute; ：bǐ r&ugrave; ，zhōng tú j&iacute; li&agrave; b&igrave; yào jīng cháng kāi g&agrave;i ，yǐ miǎn yīn w&egrave; shī q&ugrave; gu&igrave; tài duō &eacute;r yǐng xiǎng w&egrave;i d&agrave;o 。l&igrave; w&ograve; ，ru&ograve; guǒ y&igrave; qi&eacute; qi&ugrave; gān w&egrave;i de tāng s&egrave; ，kě yǐ zài d&ugrave;n h&ograve;u sh&iacute; fēn duǎn shí jiān n&egrave; dīng dīng què qu&egrave; diào y&igrave; li&agrave;o de li&agrave;ng 。zu&igrave; h&ograve;u ，yīn w&egrave; d&ugrave;n de shí jiān yī bān jiào ch&iacute;ng ，suǒ yǐ yào zhǔn b&egrave;i z&ugrave; g&ugrave; de yu&eacute; li&agrave;o ，yǐ miǎn yīn w&egrave; gu&igrave; duǎn sh&iacute; jiān n&egrave; r&ograve;u l&egrave;i biàn de guò y&uacute; ruǎn f&agrave;n hu&ograve; yǐng xiǎng kǒu gǎn 。

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