dou fu pin yin

“Dou fu” de pin yin shi “dòu fu”，zai Han Yu pin yin xi tong zhong，“dòu” biao shi “dou” zhi sheng，er “fu” ze shi er zi diao。liang ge zi he zai yi qi，biao shi de shi yi zhong you da dou zhi cheng de mei shi。pin yin “dòu fu” bu jin jian dan yi ji，ye rang ren yi qi ta de kou gan he wen hua nei han。

dou fu de lai yuan

gen ju chu chuan shuo，dou fu de chu xian ke yi zhui su dao dong han shi qi，xue zhe ren wei niu shi jun（Liu An）zai yan jiu dan dao zhi shu de guo cheng zhong ou ran fa ming le dou fu。ta fa xian jiang da dou mo cheng jiang，zai jia ru mu cao hui re chu li，bian neng chi dao yi zhong ruan hua de shi wu。zhe yi zu he fang fa zai hou shi de chuan bo zhong bei bu duan wan shan，cheng wei Zhong guo yu shi zhong de zhong yao cheng fen。

dou fu de zhi zu yu jian kang yi yi

dou fu de zhu yao yuan liao shi da dou，han you feng fu de zhi bai zhi、dan bai zhi、wei sheng su he kuang wu zhi。ta de dan bai zhi han liang gao，shi yi zhong jiao liang de zhi wu xing dan bai zhi lai yuan，te bie shi he su shi zhe he xu yao di na de ren qun。ling wai，dou fu zhong de isoflavones deng cheng fen hai you zhu yu tiao jie nei fen mi he tian ran kang yang，dui yu jian kang you jie xian de yi chu。

dou fu de chi fa yu bian hua

dou fu de chi fa hen duo yang，ji ke yi qing zheng、hong shao，ye ke yi han zhi、jia jiang。cong nan dou fu dao jian dou fu，zai dao lu lao dou fu he hong you fan dou fu，mei yi zhong dou fu dou you qi te you de kou gan he zu zhi。bu tong de di qu huan you qi te you de chi fa，ru si chuan de ma po dou fu，bei jing de xiao chi dou fu，zhe xie dou fu de bian hua ye ti xian le Zhong guo mei shi de feng fu xing。

jie yu

dou fu bu jin shi yi zhong chang jian de mei shi，geng shi Zhong guo chi wen hua de yi ge zhong yao biao zhi。“dòu fu” zhe ge pin yin，jie shao le zhe yi mei shi de ben zhi，ye rang wo men kan dao le cong gu zhi jin de ci yuan liu cheng he ren lei dui mei shi de zhui qiu。bu lun shi zai jia ting can zhuo shang hai shi zi ran liu tong de xiao chi zhong，dou fu dou yi qi ta te you de mei gan he jian kang jia zhi，shen shou ren men de xi ai。

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