0:00:00.475,0:00:02.100  
嗨喽大家好 我是王刚

Hello everyone, I am Wang Gang.

0:00:02.100,0:00:05.700  
最近收到有私信的粉丝在问这个折耳根怎么吃

Recently I have received private message from fans about how to cook fish mint

0:00:05.700,0:00:08.350  
今天我跟大家分享一下这个折耳根的吃法

Today I am going to share the way to handle fish mint

0:00:08.350,0:00:10.800  
这个是折耳根的根

This is the root of fish mint

0:00:10.800,0:00:12.575  
它这个根上面有很多须

There are many deep roots on the tap root

0:00:12.575,0:00:14.450  
这个须已经被我们去掉了

We have taken off the deep root

0:00:14.450,0:00:17.450  
然后这个根的话可以用来炒

We can stir fry the tap root

0:00:17.450,0:00:21.500  
然后也可以凉拌 还可以用来炖汤炖猪肺

As well as making into cold dish(salad) or make soup with pig lung

0:00:21.500,0:00:24.300  
我们这个凉茶里面就有这个成分

Sometimes we make herbal tea with fish mint

0:00:24.300,0:00:27.525  
这个是润肺的这个折耳根

Fish mint helps with clearing our lungs

0:00:27.525,0:00:29.725  
可以用来炖鸡炖猪肺

We can stew fish mint with chicken or pig lung

0:00:30.050,0:00:32.025  
然后还有这个叶子

The leaf of fish mint

0:00:32.425,0:00:35.250  
这个叶子的话在我们四川就比较多

The leaf of fish mint is quite common in Sichuan

0:00:35.250,0:00:39.250  
因为我们随时在那个田埂上面都可以找得到这种折耳根

We can pretty much find fish mint on farmland any time

0:00:39.250,0:00:43.825  
如果是说运输到外面的话可能你们只能够吃到这个根

Outside of Sichuan, you might only be able to find the root of fish mint

0:00:43.825,0:00:46.400  
就没有叶子 或者是叶子比较少

There isn’t any leaf or very few leaves

0:00:46.425,0:00:49.867  
我们四川这个叶子喜欢用那个辣椒油

In Sichuan we like to use mix the fish mint with chili oil

0:00:49.867,0:00:54.525  
用来把它辣椒蒜辣椒油一起拌 拌来吃

Eat them together as spicy fish mint salad

0:00:54.525,0:00:59.650  
然后这个根的话我们本地有很多餐饮（店）他会用这个根切碎

We have many local restaurants will chop the fish mint

0:00:59.650,0:01:01.650  
切碎来做烤鱼

Mix the chopped fish mint with fish to make grilled fish

0:01:01.650,0:01:03.275  
味道也非常的突出

The taste stands out very much

0:01:03.275,0:01:07.050  
然后有的人吃不惯这个菜

Some people are not used to the taste

0:01:07.050,0:01:09.400  
它就跟香菜一样因为吃起来是臭的

Because it has unique unpleasant taste for some people, like cilantro

0:01:09.400,0:01:11.800  
如果你吃得惯的话这个就是香的

If you are used to the unique taste, you will love it

0:01:11.800,0:01:14.200  
好啦本期视频就跟你们分享到这里

Okay, this is what I’d like to share with you today

0:01:14.200,0:01:15.150  
拜拜

Bye bye