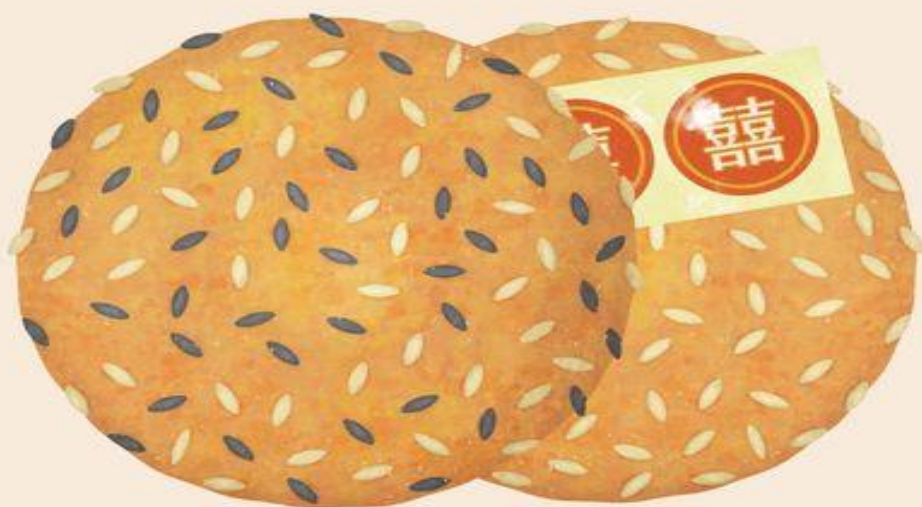


炸棗

001



100 × 100

以大一號的芝麻球偽裝術

包覆著澎湖人的喜事心願

黑芝麻裡 裹紅豆的綿

白芝麻裡 鑲花生粒的甜

黑白芝麻裡有米香的純粹

良辰 吉食 幸福歲歲年年

文字：白雲飛渡的「白雲飛渡」
攝影：蘇世雄攝影

001 炸棗

以大一號的芝麻球偽裝術

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良辰 吉時 幸福歲歲年年

001 Traditional Penghu deep-fried wedding cake

Camouflage itself as the bigger size sesame ball

Wrapped in Penghu people's wishes for happy events

The softness of the red bean wraps in black sesame

The sweetness of peanuts within white sesame

There is pure rice fragrance in black and white sesame

Good day, good time, forever lasting Felicity in marriage

望安酸瓜

002



100 × 100

漬了越瓜 縱慢時光讓風味延續
非蘋果西打瓶身莫屬
裝填陽光的禮讚
醞釀迷人的發酵
脆口而酸香入裡
開瓶請注意 媲美恐怖武器的攻擊

文字：在望安島的一百種風味
繪圖：蘇慧玲與黃哲

002 望安酸瓜

漬了越瓜 縱慢時光讓風味延續
非蘋果西打瓶身莫屬
裝填陽光的禮讚
醞釀迷人的發酵
脆口而酸香入裡
開瓶請注意 媲美恐怖武器的攻擊

002 Wangan oriental pickling melon

The longer the melon is soaked, the longer its flavor will last, allowing the fragrance to last
A plastic Apple Sidra bottle will be the best option
Praise for the Sunshine
Brewing a Fascinating Fermentation
Crispy and sour
Be careful when opening the bottle, an attack comparable to a terrorist weapon

冬瓜糕

003



100 × 100

不只是糖蜜的獨角戲

還加入了清香的冬瓜熬製

揉疊進餅皮裡

一來一回 如對家鄉的思念

捏製成一輪明月

懸掛心上的 澎湖風月餅

本冊介紹的月餅，均係由澎湖風月餅師傅精心製作，歡迎各界人士垂詢。

003 冬瓜糕

不只是糖蜜的獨角戲

還加入了清香的冬瓜熬製

揉疊進餅皮裡

一來一回 如對家鄉的思念

捏製成一輪明月

懸掛心上的 澎湖風月餅

003 Winter Melon Cake

Not just a molasses solo show but also baked by adding fragrant winter melon
knead into pie crust

Kneading and folding back and forth, it's like missing my hometown

Knead into a bright moon

Penghu Style Mooncakes are on your heart's mind

菜炸

004

100 × 100

夢裡的砵砵牆

庇護著菜宅裡的作物

採擷豐饒的高麗菜 紅蘿蔔

剝切的細碎 包裹溫柔麵衣

在油鍋華麗變身

貧困年代裡 金黃色的美味奇蹟

內頁：台灣經濟史博物館 攝影：張一山 攝影：張一山

004 菜炸

夢裡的砵砵牆

庇護著菜宅裡的作物

採擷豐饒的高麗菜 紅蘿蔔

剝切的細碎 包裹溫柔的麵衣

在油鍋裡華麗變身

貧困的年代裡 金黃色的美味奇蹟

004 Deep-fried vegetables pastry dough

The coral wall in the dream

Shelter the crops in the vegetable field

Picking bountiful cabbages and carrots

Chopped finely wrapped in a gentle coat

Gorgeous transformation in the frying pan

In the age of poverty, a miracle of a gourmet dish with golden color

花生酥

005



100 × 100

花落成果碾為燥燥金磚

沒有華麗繁複的包裝

只有花生與糖的激盪

咀嚼簡單卻濃郁的酥香

佐海風 佐杯茶

佐一段 六月的土豆時光

花生酥 100g/包 100g/包 100g/包 100g/包 100g/包 100g/包 100g/包 100g/包 100g/包 100g/包

005 花生酥

花落成果碾爍爍金磚
沒有華麗繁複的包裝
只有花生與糖的激盪
咀嚼簡單卻濃郁的酥香
佐海風 佐杯茶
佐一段 六月的土豆時光

005 Peanut brittle

Low-baking grains of peanut with sugar, shaping into brick-like
No fancy packaging
Only grains of peanut and sugar mixed in harmony
Nibbling the peanut brittles with their spreading aroma
A sip of tea and being caressed by the gentle ocean breeze
Enjoying having peanuts time in June

炸粿

006



100 × 100

豪邁的放上整隻狗蝦
獨鍾那厚殼仔獨特的香氣
脆甜高麗菜襯底
與麵糊一陣翻雲覆雨
飽嘴燙口的咬下
海味十足的午間限定點心

烹調：在廚房裏的一百種滋味
攝影：陳冠廷攝製

006 炸粿

豪邁的放上整隻狗蝦
獨鍾那厚殼仔獨特的香氣
脆甜高麗菜襯底
與麵糊一陣翻雲覆雨
飽嘴燙口的咬下
海味十足的午間限定點心

006 Deep-fried vegetable batter with two-shrimp garnish

Garnish the batter with two shrimps.
I've taken a fancy to its unique thick shell aroma.
Mix crisp-sweet cabbage and the batter for the filling.
Toss with the batter.
Have a quick bite with a full mouth.
Authentic ocean flavor for afternoon tea snacks.

涼拌珠螺

007



100 × 100

針尖挑起無數個圈

挑起拾螺人不捨的晝夜

漸層的淡黃淺綠

汆燙 如寫意的輕描淡寫

簡單的豆油拌蒜

交織出 苦澀又甜美的潮間記憶

文字：在在的滋味 一頁一頁的記憶
攝影：陳冠廷攝

007 涼拌珠螺

針尖挑起無數個圈

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簡單的豆油拌蒜

交織出 苦澀又甜美潮間記憶

007 Cold and blanched periwinkle dressed with garlic and spices

Being extracted from its shell with a needle.

Evoke the unforgettable experiences of the periwinkle picker.

The periwinkle meat in the gradation of pale yellow and light green.

Blanch them into boiling water for a few minutes.

Stirred periwinkles simply with soybean oil and garlic.

Interweaving bitter and sweet memories at the intertidal zone.

炸紅新娘

008



100 × 100

藏匿在珊瑚海域

輾轉翻騰一場沙地的尋覓

斑斕的身影

不負花嫁之名

瓷白盛裝著幾抹胭脂紅

只為嚐一身

細嫩溫柔的消息

炸紅新娘 (炸紅新娘) | 炸紅新娘 | 炸紅新娘 | 炸紅新娘 | 炸紅新娘

008 炸紅新娘

藏匿在珊瑚海域

輾轉翻騰一場沙地的尋覓

斑斕的身影

不負花嫁之名

瓷白盛裝著幾抹胭脂紅

只為嚐一身

細嫩溫柔的消息

008 Deep-fried Redwedged razorfish

Live in the waters of coral reefs.

Wander at ease along the intertidal zone and coast, and drill into the sand at night.

With its colorful and varied posture, it's just like the bride-to-be.

There is some carmine fish on the white china plates.

Only for having a bite of tender flesh fish.

雞母狗

009



100 × 100

準備冬至的祭祀裡

用米粹捏出雞鴨

綴上紅花米 冒著大火蒸騰

白呼呼的雞母狗

捏的是童年

捏出六畜興旺 豐收的好年冬

文字：徐國治 插圖：王明賢

009 雞母狗

準備冬至的祭祀裡

用米粹捏出雞鴨

綴上紅花米 冒著大火蒸騰

白呼呼的雞母狗

捏得是童年

捏出六畜興旺 豐收的好年冬

009 Jimugou (the steamed glutinous rice)

Prepare sacrificial offerings to worship ancestors on the winter solstice.

Knead the glutinous rice dough into the shape of a chicken or duckling.

Garnish it (with roseate decoration, and color it with some red spots), then steam it on the stove.

Steam the Jimugou, the glutinous rice, till it's tender and blanched.

What we knead is our nostalgic childhood.

Knead and pray for the prosperity of the six animals. And the abundance of grains.

黑糖割包

010



100 × 100

漁港旁的深夜食堂

夜半的神秘飄香

酸菜為三層肉解了任務

與煎蛋厚實軟綿的等待

被黑糖饅頭溫柔包覆

只為 赴一場夜街外坡的浪漫

漁港旁的深夜食堂
夜半的神秘飄香
酸菜為三層肉解了任務
與煎蛋厚實軟綿的等待
被黑糖饅頭溫柔包覆
只為 赴一場夜街外坡的浪漫

010 黑糖割包

漁港旁的深夜食堂

夜半的神秘飄香

酸菜為三層肉解了任務與煎蛋厚實軟綿的等待

被黑糖饅頭溫柔包覆

只為 赴一場夜街外坡的浪漫

010 Brown sugar bun layered with pork belly and sauerkraut

Midnight dining hall close to the fishing harbor.

The mysterious fragrance of the nighttime.

The sauerkraut and pork belly perfectly match.

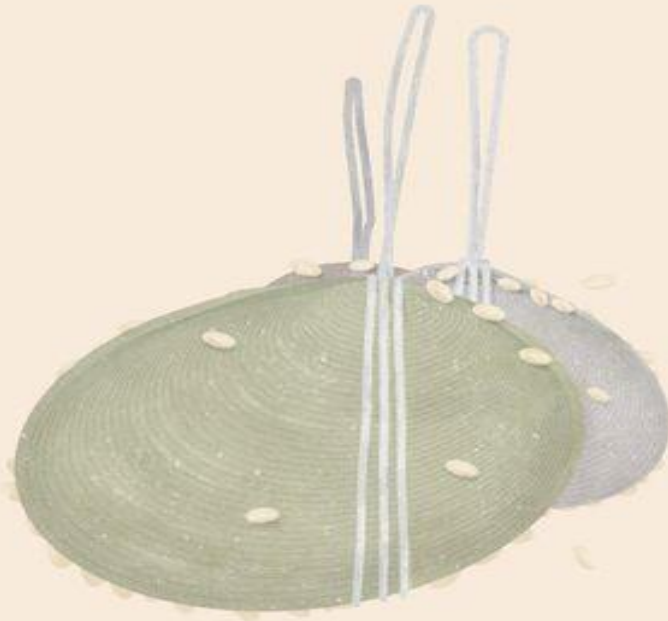
And add a fried egg to the layer.

Wrap gently in brown sugar buns.

Rush to Waian village for a satisfying-hearty and romantic ravenous appetite.

大蛤包飯

011



100 × 100

大蛤填進了米
也填滿了那份想念
蒸熟的米飯裡
分不清是鹹鹹海味
抑或是想念你的淚水
撒向土丘的銀白
掛嚙著交付的盤纏
還有那 年年無盡的相思

大蛤包飯 (Mactra grandis) 100 × 100

011 大蛤包飯

大蛤填進了米
也填滿了那份想念
蒸熟的米飯裡分不清是鹹鹹海味
抑或是想念妳的淚水
撒向土丘的銀白
掛嚙著交付的盤纏
還有那 年年無盡的相思

011 Steam rice as filling in a large-size clam (*Mactra grandis*)

The large-size clam is filled with steamed glutinous rice
And filled in the nostalgic thoughts
In the steamed glutinous rice
I have no idea whether it is the salty ocean taste or the nostalgic tears
Sprinkle the silver clam shells on the tomb
Being enjoined and concerned by parents of the getting traveling expenses
Furthermore, paying homage to the ancestors and lingering nostalgia forever

牛雜湯

012



100 × 100

趕一場清晨五點半的牛雜湯約會
分食一碗肉湯的軟口鹹香
半筋半肉慢熬出陳韻白湯
薑絲幾縷 細碎蔥末如戀人絮語
專屬你我的 早餐街時光

文字：在港城生活的一百種理由
插畫：關於港城鮮島

012 牛雜湯

趕一場清晨五點半的牛雜湯約會
分食一碗肉湯的軟口鹹香
半筋半肉慢熬出陳韻白湯
薑絲幾縷 細碎蔥末如戀人絮語
專屬妳我的 早餐街時光

012 Clear soup with beef offal

On the early-morning beef offal soup rendezvous
Share the savory and tender beef soup with you
Slow-fire braises half beef tendon and half meat, the broth with an aroma.
Sprinkle some shredded gingers and minced scallion.
That's just like lovers' murmured romantic talk.
Love our private time dining at the Breakfast Street.

狗母魚丸海菜湯

013



100 × 100

狗母魚丸是愛情的形狀

藕斷絲連的海菜

擁抱了直爽脆口的狗母魚丸

一切都不一樣了

就像互補的愛情

那是一碗 狗母魚丸海菜湯

文字：徐國治、林敏驄、陳冠中小說：陳冠中、陳冠中小說：陳冠中

013 狗母魚丸海菜湯

狗母魚丸是愛情的形狀

藕斷絲連的海菜

擁抱了直爽脆口的狗母魚丸

一切都不一樣了

就像互補的愛情

那是一碗 狗母魚丸海菜湯

013 Seaweed fish ball soup

The shape of the fish ball looks like a heart

The fibers of the thread-like seaweed surround fish balls

And hug the crunchy fish balls

It's become a soup of unique and gourmet

The seaweeds and fish balls complement each other perfectly

That's the bowl of seaweed fish ball soup

藥膳蛋

014



100 × 100

融合藥材的香韻

顆顆入味滋補辛香

裂痕成就裡蘊的琥珀色澤

在唇齒與喉間Q彈回甘

在街角燒一鍋人生百味

老中藥房的 澎湖人情味

老中藥房的一鍋人生百味 澎湖人情味

014 藥膳蛋

融合藥材的香韻

顆顆入味滋補辛香

裂痕成就裡蘊的琥珀色

在唇間與喉間Q彈回甘

在街角燒一鍋人生百味

老中藥房的 澎湖人情味

014 Medicinal diet herbal eggs

Being soaked and assimilating the aroma of medicinal herbal

The herbal eggs` become nourishing and spicy

Cracks in the eggshell create amber-darkened lines

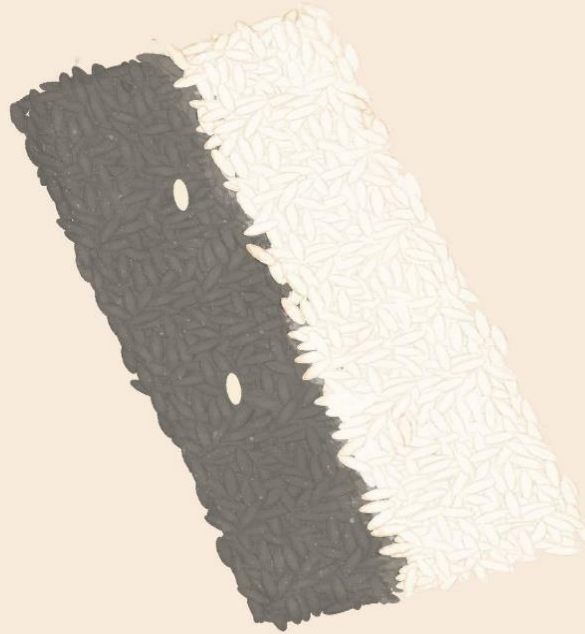
A fragrant and flavorful smell wanders in the throat and mouth with a sweet after-taste

Simmered a pot of herbal eggs on the street corner with its varied life smell

The traditional Chinese pharmacy store, the Penghu`s human touch

二信飯團

015



100 × 100

紫米與白米混搭

餡料毫不手軟的撒

熱燙的在掌心緊握

米粒在舌尖蹦發著優雅的動詞

一定要夾上一段酥香的油條

那表示對你的愛絕不油條

文字 在離開生活的一百種理由
插圖 關於生活的一百種理由

015 二信飯糰

紫米與白米混搭

餡料毫不手軟的撒

熱燙的在掌心緊握

米粒在舌間蹦發著優雅的動詞

一定要夾上一段酥香的油條

那表示對你的愛絕不油條

015 Er-xin ball-shape steamed rice

Mix and match the steamed rice and the purple steamed rice into a ball

Sprinkle the stuffing with their hand as if it were raining

Palm the steamed rice with its heat tightly in your hand

The grains of steamed rice scamper gracefully on your tongue

Be sure to stuff crispy deep-fried bread stick into the ball

That's my favorite breakfast which I have always chosen

枕頭餅

016



100 X 100

傳統的麵香裡

沉睡的酵母織成一片夢田

夢裡思念無以名狀

在竹仔街奔繞

記憶裡最好吃的那塊

永遠是媽媽遞給我的

鬆軟綿甜 一如童年

枕頭餅-傳統麵香裡，沉睡的酵母，織成一片夢田，夢裡思念無以名狀，在竹仔街奔繞，記憶裡最好吃的那塊，永遠是媽媽遞給我的，鬆軟綿甜，一如童年。

016 枕頭餅

傳統的麵香裡

沉睡的酵母織成一片夢田

夢裡思念無以名狀

在竹仔街奔繞

記憶裡最好吃的那塊

永遠是媽媽遞給我的

鬆軟綿密 一如童年

016 Pillow-shaped pastry

Freshly baked pastry with a traditional aroma

Back to the dreamland of childhood; that has been woven from dormant yeast

The nostalgic fantasyland has been indescribable

Scampered around back and forth at Zhu Zi Street for fun

The sweetest is always the pillow-shaped pastry Mom handed me

Tender and soft texture, and also with childhood nostalgia

仙人掌冰

017



100 × 100

蟄伏於冬季的冷冽北風
黃花燦然迎接陽光雨露的恩澤
盛夏的果實
多刺而酸楚迷離的甜韻
暑氣轉瞬消融在
火紅晶瑩的結晶

仙人掌冰
100 × 100
017

017 仙人掌冰

蟄伏於冬季的冷冽北風
黃花燦然迎接陽光雨露的恩澤
盛夏的果實
多刺而酸楚迷離的甜韻
暑氣轉瞬消融在
火紅晶瑩的結晶

017 Cactus ice cream

Dormant in the cold and furious winter monsoon
The yellow flowers
Brilliantly greet the grace of sunshine and rain.
Midsummer's fructifications
Sweet rhyme with spines and the slight sourness
The summer heat's been melting in a flash
Roseate translucent ice crystals

金瓜米粉

018



100 × 100

金瓜啜飲了海風

吸飽了澎湖烈日的顏色

炒一鍋料足的澎湖金瓜米粉

大口享受鮮甜軟綿

然而金瓜米粉此生已不能沒有小管

像是你存在我生命般的

理所當然

文字 在澎湖生活的一百種理由
插畫 關於澎湖群島

018 金瓜米粉

金瓜啜飲了海風

吸飽了澎湖烈日的顏色

炒一鍋料足的澎湖金瓜米粉

大口享受鮮甜軟綿

然而金瓜米粉此生已不能沒有小管

像是妳存在我生命般的

理所當然

018 Stir-fried pumpkin rice vermicelli

The weather-beaten pumpkin, especially the exposure to the sunshine in Penghu, has shown its flesh of the gold-color

Stir-fry a pot of extra enough ingredients quantity for pumpkin rice vermicelli

Happily chomp the way through this fresh and sweet-dish

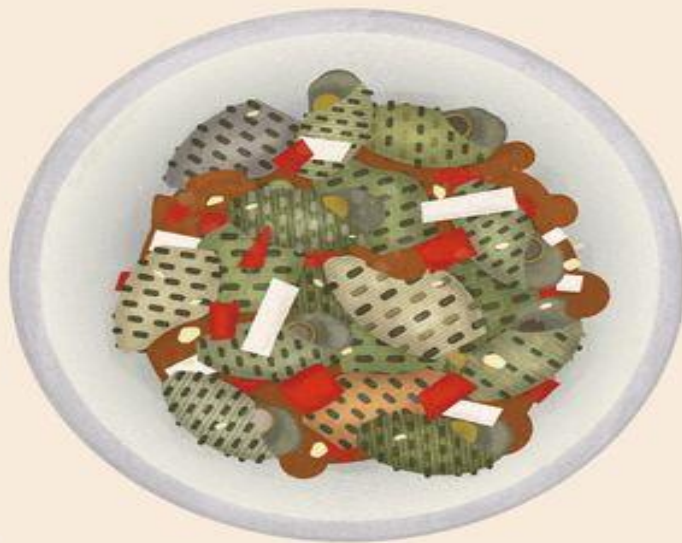
It's for sure that you can't cook pumpkin rice vermicelli without squids

Just like it's no doubt for granted that you exist in my life

Munch the delectable fishy flesh to interpret perfection

燒酒螺

020



100 × 100

探尋澎湖人大海的冰箱
帶回海水予以溫柔的沫吐
小小的螺負載了濃烈的海洋氣味
起一鍋鹹辣夠味的家傳口味
吃巧不吃飽
讓人忘卻形象的 豪氣小吃

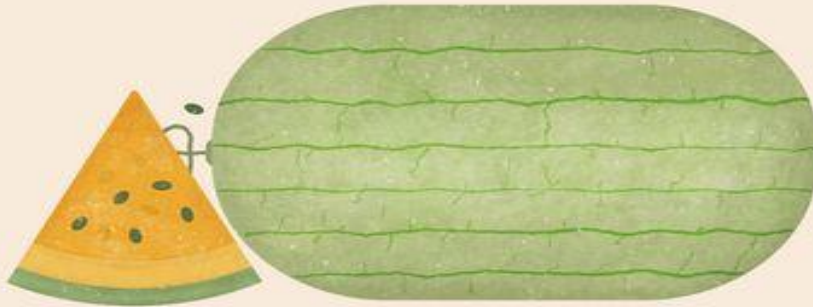
文字：由澎湖第一屆海味節 提供 資料：澎湖縣政府

020 燒酒螺

探尋澎湖人大海的冰箱
帶回海水予以溫柔的沫吐
小小的螺負載了濃烈的海洋氣味
起一鍋鹹辣夠味的家傳口味
吃巧不吃飽
讓人忘卻形象的 豪氣小吃

020 Stir-fried periwinkles (sea snails) with seasoning spices and liquor

Explore Penghu resident's natural fridge
Pick periwinkles at the intertidal zone to bring them home
The little ones are with ocean taste and smell
Stir-fry a pot of savory and spicy periwinkles inheriting family-inspired-taste
Eating the snack for its delicacy, not for filling
That's the snack that makes you forget about your appearance to munch on it



100 × 100

炎旱的離島日常

沙地裡的鹹滋養了瓜的香甜

農事忙活後倚著菜宅

輕敲後徒手掰開

橘黃的多汁脆甜

總吃的滿臉

貪戀親吻著蔓生的夏日香氣

文字：李敏慧／插圖：陳怡宏

021 嘉寶瓜

炎旱的離島日常

沙地裡的鹹滋養了瓜的香甜

農事忙完後倚著菜宅

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總吃的滿臉

貪戀親吻著蔓生的夏日香氣

021 Chiapao Melon

Daily life in the heat and drought of summer in Penghu

Nourished by salty sand, the melon has become sweet and fragrant

Leaning against the Cai-zhai after being busy doing farming activities

Fingers knock the melon, prize it apart with the hands

The sweet and crunchy tangerine-yellow juicy flesh

Eating the juicy Chiapao melon always makes your face wetted by its juice

That's just like the passion of kissing and sensing the summer aroma

三角餅

022



100 × 100

菜宅裡的風襲上珠蔥輕柔軟擺
穿上海風的鹹 化為蔥末的甜
宅仔內守護四季綿土
將風味揉進麵團裡
烤製海風 菜宅 珠蔥
美好的三角關係

菜宅裡的風襲上珠蔥輕柔軟擺
穿上海風的鹹 化為蔥末的甜
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美好的三角關係

022 三角餅

菜宅裡的風襲上珠蔥輕柔軟擺
穿上海風的鹹 化為蔥末的甜
宅仔內守護四季綿土
將風味揉進麵團裡
烤製海風 菜宅 珠蔥
美好的三角關係

022 Triangle-shaped pastry

The summer breeze gently caresses the delicate waist of scallions
With the salty ocean breeze, the bottom of the scallions has turned sweet
The Cai Zhai has been guarding the soil four seasons a year
The dough is kneaded in the varied flavors
Of Sea breeze, Cai Zhai, and also Scallions
After being roasted, exuding an aroma of three-in-one pastoral flavors

黑糖煎餅

023



100 × 100

諾諾細訴般的剝碎薑末
麻油繞著鍋沿成圓
攪打一碗思念成糊
拌入黑糖的甜馥
像迷人的韻腳
點綴在薄薄的煎餅裡
讓你 不止的反覆咀嚼

小食·台灣風味小吃·黑糖煎餅 攝影·陳志雄

023 黑糖煎餅

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點綴在薄薄的煎餅裡
讓你 不止的反覆咀嚼

023 Brown sugar pancake

Mince and mash the ginger repeatedly
Make a circle around the rim of the pot with sesame oil
Stir a bowl of flour and water dough
Blended in brown sugar of its sweetness
Like a charming rhyme
Its flavor garnishes the thin pancake
Let you without end chew it repeatedly

菜豆排骨

024



100 × 100

撒落於煥然春雨
等待一簇嫩綠
孕育出飽滿豆莢
灶邊滾落的豆仁
串起童稚家家酒的珍珠墜鍊
燉以肉香淬煉金黃上湯
困苦時代的甘美農家滋味

內含：一磅裝乾燥菜豆、一磅裝排骨、一磅裝金黃上湯、一磅裝甘美農家滋味

024 菜豆排骨

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困苦時代的甘美農家滋味

024 Braised dried string beans with pork chops soup

Scattered in the refreshing spring rain,
Waiting for a cluster of tender green.
Nourish and bred the plump string bean
The bean seeds rolling down by the stove,
Stringing the childhood roleplaying game of the pearl-like bean seed pendant necklace,
Braise it with meat to quench the golden brown delicate clear soup,
The sweet flavor of farmers' life in times of poverty.



100 × 100

天公圓 不加糖也香甜
只因向天公 借一分甜
甘冒著傳說中的禁忌
也要一探的神祕美食
四下一上的五個圓
長大後才知道 是童年的真實原味

天公圓：台灣傳統小吃，由糯米、紅豆、花生、芝麻、糖等材料製成，形狀像一個小圓錐，通常在廟宇或街頭小販處販售。

025 天公圓

天公圓 不加糖也甜
只因向天公 借一分甜
甘冒著傳說中的禁忌
也要一探的神祕美食
四下一上的五個圓
長大後才知道 是童年的真實原味

025 Tiangongyuan. (the steamed glutinous rice refreshment)

Tian-gong-yuan, it's sweet even without adding sugar to it.
It's because of being given sweetness from heaven.
Even risk violating the taboos of the legend,
We would like also have tried to explore what this mystery snack is.
Five round shape refreshments with four of them below and one on the top,
Until one day, when growing up, we realize that's the authentic childhood flavor.



100 × 100
在方寸之間
停不了手的鹹香喇嘴
一抿酥脆
轉瞬化開的辛香
輕薄而幾乎不帶重量
卻十足厚重的心意
行囊中少不了的
澎湖薪傳百年手信

尺寸：100mm×100mm
規格：100mm×100mm
產地：澎湖縣馬公市

026 鹹餅

在方寸之間
停不了嘴的鹹香喇嘴
一抿酥脆
轉瞬化開的辛香
輕薄而幾乎不帶重量
卻十足厚重的心意
行囊中少不了的
澎湖薪傳百年手信

026 Salty Biscuit

Its size is between square inches
Unstoppable continuously eating it because of its salty aroma
A bite with a crispy texture, diced green onion, and lard melt in an instant
It's light and almost weightless, but a token full of heart and gratitude
It's an indispensable specialty in your traveling bag when visiting friends
Penghu Centennial Heritage Local Specialty

茼蒿魚丸湯

027



100 × 100

在指尖揉捻

鋸狀的嫩葉香氣發散

人家說

你有一股蒿味

魚丸說 少了你

就怎麼都不對味

如果沒有了你

冬天也似乎不曾真正來過

文字：白雲飛渡 約一百個字 詩：陳香 約一百個字

027 茼蒿魚丸湯

在指尖揉捻

鋸狀的嫩葉香氣發散

人家說

你有一股蒿味

魚丸說 少了妳

就怎麼也不對味

如果沒有了你

冬天也似乎不曾真正來過

027 Crown daisy with fish ball soup

Knead the leaves at your fingertips

The zigzag tender leaves spread their delicate scent

It's said that there is a scent in the soup

Without the crown daisy

The soup became tasteless and tasted wrong.

If hadn't you, crown daisy fish ball soup

Winter seems to have never really been here



100 × 100

海岸邊坡
鵝黃小花迎風搖曳
蒙面女郎手摘
根部發散一抹野生清香
麗日嚴曬
注以韶光滾沸
入口風雅喉韻
夏炙暑氣 雲散煙消

文字：白雲飛渡 設計：白雲飛渡 攝影：白雲飛渡

028 風茹茶

海岸邊坡
鵝黃小花迎風搖曳
蒙面女郎手摘
根部發散一抹野生清香
麗日嚴曬
注以韶光滾沸
入口風雅喉韻
夏炙暑氣 雲散煙消

028 Fongru Grass Tea

Hills at the coastline, little light yellow flowers swaying in the wind
Masked women grass-picking at their hands
The root exhaling with its wild-pleasant scent
Exposure Fongru grass to bright dazzling sunlight to dry, boil in boiling water for a time
After sipping it, which is an elegant and tender sweet aftertaste
The summer heat has evaporated and gone away
Small pale yellow flowers swaying in the wind on the hills of the coastline

花菜乾

029



100 × 100

菜宅裡一簇簇的白色花束

輕柔的手勁鹽漬

風陽下染上滿身金黃

菜餚裡絢爛登場

萌然迸發爽脆口感

再三咀嚼 回味甘醇

菜宅裡一簇簇的白色花束

029 花菜乾

菜宅裡一簇簇的白色花束

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菜餚裡絢爛登場

萌然迸發爽脆口感

再三咀嚼 回味甘醇

029 Stir-fry dried cauliflower with pork belly

Inside the Cai Zhai, the clusters of white bunches.

With tender hand strength to pickle cauliflower in brine

The effect of sunlight tanned it blonde

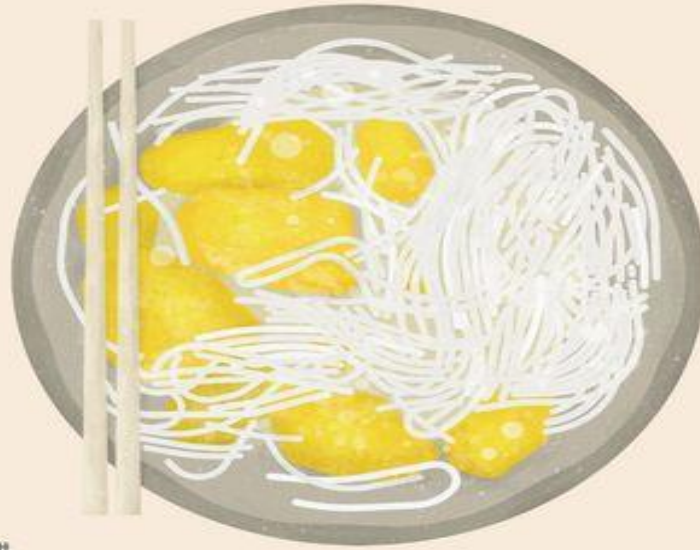
The splendid appearance of its performance in the dish

Crunchy and chewy texture has germinated between your teeth

Munch it repeatedly for its sweet aftertaste

地瓜麵線

030



100 × 100

島風徐徐

輕撫一處落地生根的甜

掘起如藤蜿蜒的想念

麵線順喉而下交錯地瓜的軟綿

沒入心房

那知足而飽食的

澎湖古早味

設計：游錫堃
繪圖：游錫堃

030 地瓜麵線

島風徐徐

輕撫一處落地生根的甜

掘起如藤蜿蜒的想念

麵線順喉而下交錯地瓜的軟綿

沒入心房

那知足而飽足的

澎湖古早味

030 sweet potato vermicelli

The island breeze tenderly shuffles around

Caressing the sweet-tasting tuberous roots

Gripping the winding-twisting vine-like nostalgia

Sliding-swallowing the delicate vermicelli and the soft-dense sweet potato

Swamping inside your heart

Being content and fullness feeling

The Penghu olden delicacy

炒花生

031



100 X 100

掬起海沙 翻炒鄉情
飽滿豆仁裡刻劃著海水的鹹
蒼茫的海水甘願隱身
化為粒粒脆甜
咀嚼深鎖的古早記憶
菊島限定海沙口味

菊島限定海沙口味 | 100 X 100 系列 | 100 X 100 系列 | 100 X 100 系列

031 炒花生

掬起海沙 翻炒鄉情
飽滿豆仁裡刻畫著海水的鹹
蒼茫的海水甘願隱身
化為粒粒脆甜
咀嚼深鎖的古老記憶
菊島限定海沙口味

031 Fry peanuts

Scoop sea sand; fry nostalgic peanuts in the sand
Plump peanuts with hints of sea salt
The vast seawater willingly hides invisible
Transform the peanuts into crunchy and sweet
Ruminate an ancient memory of deep lockdown
Sea sand flavored peanuts only here in Penghu



100 × 100

每個人的心中

都有一碗屬於自己回憶的什錦麵

澎湖人的什錦麵

集澎湖的現流鮮味於一碗

酷暑裡也要揮汗一嚐

市井版 山珍海味

澎湖—車站麵的記憶 / 陳麗珠 繪
設計—陳麗珠

032 車站麵

每個人的心中

都有一碗屬於自己回憶的什錦麵

澎湖人的什錦麵

集澎湖現流鮮味於一碗

酷暑裡也要揮汗一嚐

市井版 山珍海味

032 Assorted noodles at Penghu bus station

Everyone has a bowl of assorted noodles on his own

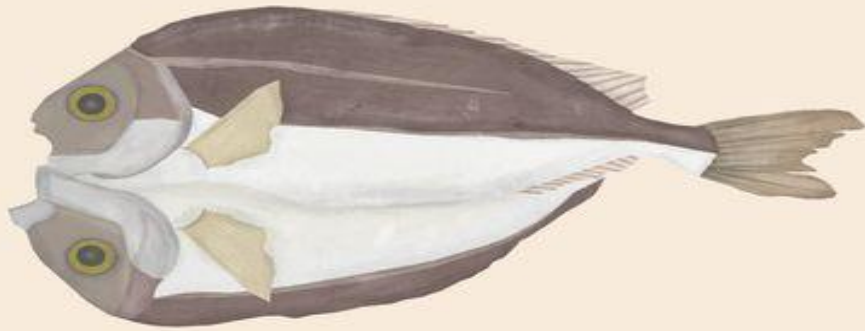
That belongs to their memory in the heart

Penghu residents assorted noodles

Penghu fresh seafood collection of one bowl

To sweat and eat a bowl even in the scorching heat

Delicacies of Folk Version



100 × 100

搖曳在島風烈日下
令人屏息的濃郁氣味
喵星人也唯恐走避
剝塊撒落在辛香裡翻騰
嚐一口卻由煉獄升等天堂
矛盾的情感交織
又愛又恨的味覺挑戰賽

Art: 李俊傑 (Lee Jun-je) | 033 象魚乾 | 033 象魚乾 | 033 象魚乾

033 象魚乾

搖曳在島風烈日下
令人屏息濃郁的氣味
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嚐一口卻由煉獄升等天堂
矛盾的情感交織
又愛又恨的味覺挑戰賽

033 Dried rabbitfish

Swaying in the island wind and the scorching sun,
The thick fishy smell makes you hold your breath,
Even felines would also avoid smelling it and escaping away.
Chop this dried fish into pieces and stir-fry it with tangy and spicy sauces,
Have a bite of it; the smelly but gourmet flavor suddenly makes you feel as if be in heaven.
Conflicting emotion interweaving in senses;
The challenge of your physical sense abilities makes you both enjoy it and be disgusted by it.

紅蟳粥

034



100 × 100

厚腴的紅蟳

溶於米湯熬出大地的原色

蟹膏的飽滿金黃

浮沉如夕陽的妝點

沒入一鍋撩動心弦的記憶

一勺入醉

最是 耐人蟳味

圖片：一鍋撩動心弦的記憶 | 攝影：陳國治

034 紅蟳粥

厚腴的紅蟳

溶於米湯熬出大地的原色

蟹膏的飽滿金黃

沉浮如夕陽的妝點

沒入一鍋撩動心弦的記憶

一勺入醉

最是 耐人尋味

034 Giant mud crab Congee

The giant-mud crab with its firm and plump meat

Melting in the thick rice soup with its original color

Crab butter with ample fat

Floating up and down in Congee is just like the adornment at the sunset

It swamps in the pot, like memories that touch the deep bottom of your heart

Intoxicated by a ladle-full

Far-reaching and timeless meaning makes people think about it repeatedly

花枝丸

035



100 × 100

冠冕著澎湖二字

正宗花枝丸的代名詞

不成規則的圓

炸成金黃的外酥內嫩

每一口都能崩解鮮甜

停不了的一丸接一丸

純正的海洋風味

花枝丸是澎湖的代名詞，也是澎湖的靈魂。每一口都能崩解鮮甜，停不了的一丸接一丸。

035 花枝丸

冠冕著澎湖二字

正宗花枝丸的代名詞

不成規則的圓

炸成金黃的外酥內嫩

每一口都能崩解鮮甜

停不了的一丸接一丸

純正的海洋風味

035 Cuttlefish balls

Being crowned by the title with the word Penghu

The logo of authentic cuttlefish balls

The irregular circle ball is deep-fried

Till it's crunchy and golden brown outside and also tender inside

Every bite is fresh and sweet

Which makes you non-stop eat it one after another

It's an authentic ocean taste

碎花生炒高麗菜

036



100 × 100

門庭的石臼靜默

掄起時光之杵敲動

妳輕巧剝取花生

搗出如妳一般溫暖的氣味

灶上油沫煙熱

花生粒冒出微小泡沫

高麗菜翻炒出

澎湖炊煙的家常味

菜名：碎花生炒高麗菜
攝影：陳志雄

036 碎花生炒高麗菜

門庭的石臼靜默

掄起時光之杵敲動

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搗出如妳一般溫暖的氣味

灶上油沫煙熱

花生粒冒出微小泡沫

高麗菜翻炒出

澎湖炊煙的家常味

036 Stir-fried cabbage with crushed peanuts

The mortar silently in the front yard

Pick up the pestle and mortar of time, hitting and rubbing

Your delicate hands peel peanuts dexterously

Swiveling and hitting the pestle in the mortar, the warm fragrance of the peanut is like your scent

The oil on the stove is burning hot, and the peanuts appear in bubbles

The dish is Penghu home-cooked flavor

石鯧燉肉

037



100 × 100

千錘百鍊不為過

收成陽光下石鯧一身赭紅

五花肉最是誘人

蒜苗醬香點一味冰糖

滷製醃醃味淋佐米香

海味襲來

石鯧那獨一無二的靈魂

本館一併收錄於《037 石鯧燉肉》一書，歡迎各界人士垂詢。

037 石鯧燉肉

千錘百鍊不為過

收成陽光下石鯧一身赭紅

五花肉最是誘人

蒜苗醬香點一味冰糖

滷製醃醃味淋佐米香

海味襲來

石鯧那獨一無二的靈魂

037 Braised pork belly with dried Penghu little octopus

Repeatedly, the wide wooden hammer hits, slams, and slaps

On the toes and the head of an octopus

In the sunshine of the harvest season

The Penghu little octopus is with its color ocher red

Pork belly is filled with many temptations

Seasoning the dish by adding garlic sprouts, light soy sauce, rock sugar, and liquor

Braised this dish into pure taste and seasoning fragrance rice scent

A unique aroma of the ocean flavor has been drifting with the dish

Wrap the sliced sweet potato with a layer of pale frosty paste
That can't hide your rich and soft inner texture
Deep-fry the sweet potato with its sweet and tender taste in the oil pan
Have a bite, having been exhausted of me from all that weary and hard work for years
It is like the life of the sweet potato
The sweet potato you have eaten
Like the same destiny of Penghu residents



100 × 100

請不要偷拍我主人可愛的面貌
但我容許你戳我渾圓的屁屁
這倔強又堅持的美麗
在一場蒸氣瀰漫下揭幕
唇齒間 純粹的肉香糯香
獨特而華麗的圓舞曲

設計：陳怡宏 | 繪圖：陳怡宏 | 攝影：陳怡宏

039 肉圓

請不要偷拍我主人可愛的面貌
但我容許你戳我渾圓的屁屁
這倔強又堅持的美麗
在一場蒸氣瀰漫下揭幕
唇齒間 純粹的肉香糯香
獨特而華麗的圓舞曲

039 Steamed meatballs

You are not allowed to take a photo of the lady boss when she is cooking
But you have my permit to stick a fork into the plump bottom when biting me
This stubborn and persistent beauty
Being unveiled under a swirling vapor
Sheer pork aroma and glutinous fragrance are between your lip and teeth
It's unique and gorgeous that fit with each other well

魷魚羹

040



100 × 100

神秘重量隱含美味關鍵

旬味渾然一身油香

傳奇貢魚隱隱於市

菜甜羹濃恰如其分

包裹優雅細緻魚身

馬公學子鮮明的早餐回憶

馬公學子鮮明的早餐回憶

040 土魷魚羹

神秘重量隱含美味關鍵

旬味渾然一身油香

傳奇貢魚隱隱於市

菜甜羹濃恰如其分

包裹優雅細緻魚身

馬公學子鮮明的早餐回憶

040 Deep-fried Spanish mackerel thick soup

The weight of the fish itself implies pivotal tasty items

The oil fragrance of an entire body

Legendary first-class fish is available on the market

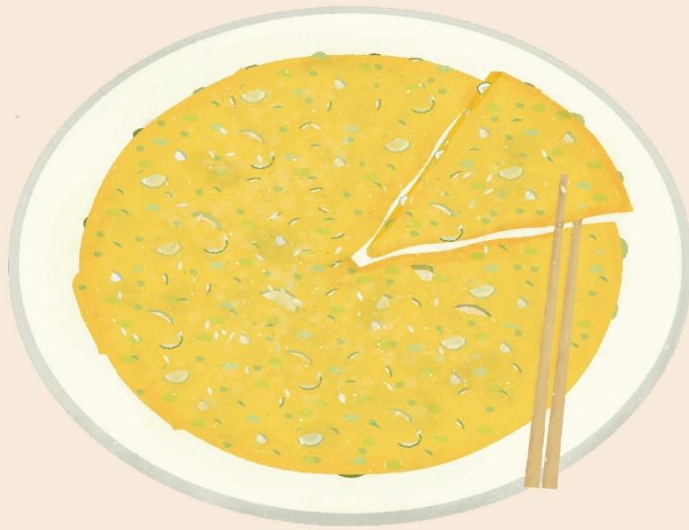
The sweet vegetable and thick soup fit well with each other

Fish coated in breadcrumbs with its delicacy and elegance

Vivid breakfast memories of the students in Magong

酸瓜炒蛋

041



100 × 100

微熱下油細細翻炒輕撥

蛋烙上了酸瓜仔的沁人清香

酸瓜仔纏繞一身蛋香嫩黃

起鍋 已然在身上寫下彼此的名字

如愛情美麗的

化學變化

文字：在澎湖生活的一百種理由
插畫：幽然澎湖群島

041 酸瓜炒蛋

微熱下油細細翻炒輕撥

蛋烙下了酸瓜仔的沁人清香

酸瓜仔纏繞一身蛋香嫩黃

起鍋 已然在身上寫下彼此的名字，

如愛情美麗的

化學變化

041 Scrambled eggs with oriental pickling melon

Stir-fry the eggs gently with lightly heated oil

The oriental pickling melon has branded the eggs with a refreshing fragrance

The melon has been coated with soft ginger-yellow scrambled eggs

The melon and the eggs have branded their scent with each other

Like the chemical changes produced by each other by two lovers

爆米花球

042



100 × 100

春收玉米浴以日光
大鍋裡歡騰的嗶嗶啵啵
翻攪裹上一身麥芽香甜
捏作番露穗球
掌心的小小雲朵
承載著望安諸事
新嫁娘的甜蜜心事

文字 范范湖生的一百種理由
插畫 關於范湖生

042 爆米花球

春收玉米浴以日光
大鍋裡歡騰的嗶嗶啵啵
翻攪裹上一身麥芽香甜
捏做番露穗球
掌心的小小雲朵
乘載著望安喜事
新嫁娘的甜蜜心事

042 Maltose popcorn ball

Spring corn crops exposing to the scorching sun.
In the pot, the sound of popcorn carousing in beeping and popping,
Stir it, and wrap it in maltose aroma sweetness.
Knead the maltose popcorn to make a ball,
The little cloud-like ball in the palm,
In Wan-an, it's the gift of a newly married bride bringing and returning home;
That's the sweetest something on the mind about a newly married bride.

仙草冰

043



100 × 100

Q彈光潤的黑玉在口中竄動

淋上奶精完美的餘韻

一秒炙熱無所遁形

冰到頭皮發麻也死心塌地

愛是為妳

買一碗盛夏的玉冠仙草冰

文字 嘉應湖生活的一百種理由
插畫 關於澎湖群島

043 仙草冰

Q彈光潤的黑玉在口中竄動

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愛是為妳

買一碗盛夏的玉冠仙草冰

043 Grass jelly on shaved ice

Black Jade in bouncy, smooth, and glossy fluttered about in the mouth

Drizzle with creamer for a perfect lingering finish

The heat is nowhere to be seen in a second

Even a tingling scalp with the cold shaved ice still makes your heart set

To love is for you

Buy a bowl of midsummer Penghu Yu Guan Grass Jelly on Shaved Ice

正港檸檬汁

044



100 × 100

酸楚的味覺在眉間游移
貪戀沁人鼻息
帶著三分苦澀成癮
七分檸香飄散不去
檸檬的滋味
譜寫曖昧的夏日羅曼史

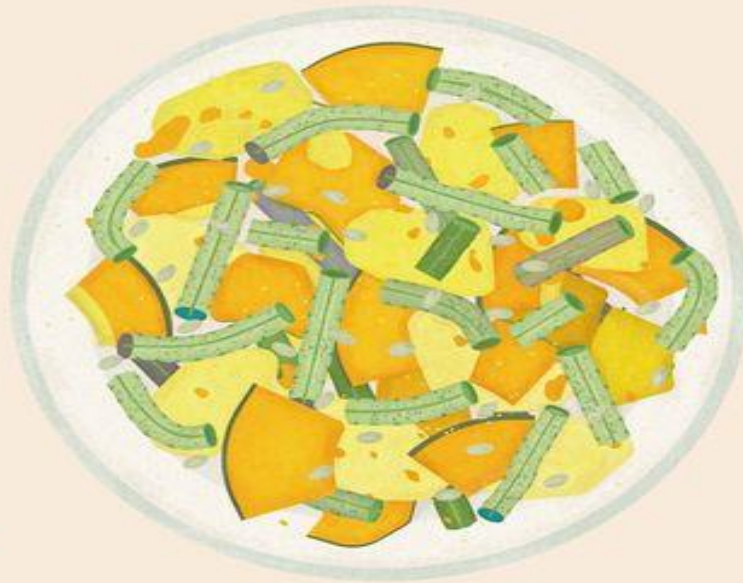
設計：李俊傑 | 攝影：陳永祥 | 排版：陳永祥

044 正港檸檬汁

酸楚的味覺在眉間游移
貪戀沁人鼻息
帶著三分苦澀成癮
七分檸香飄散不去
檸檬的滋味
譜寫曖昧的夏日羅曼史

044 Authentic lemonade

There is a sense of sourness moving about the eyebrows
Being greedy for the refreshment of nose sense
With a bit of bitterness and addiction to it
The fragrances of lemonade floated about without dispersing
The taste of lemonade, composing a Summer Romance of Ambiguity



100 × 100

菜豆啜飲晨光露珠

渾然天養天成

花生碎油沫香氣逼人

金瓜與番薯旭日般透著金黃

綿密鬆甜

細炒慢煨交融氣味

甘願為彼此 隱姓埋名

金瓜：一種蔬菜，一種水果，一種藥材。——金瓜的三種身份

045 金瓜雜煮

菜豆啜飲晨光露珠

渾然天養天成

花生碎油沫香氣逼人

金瓜與番薯旭日般透著金黃

綿密鬆甜

細炒慢煨交融氣味

甘願為彼此 隱姓埋名

045 Stir-fry vegetables with pumpkin and simmered

The early morning dews and morning sunlight are both nourishing the string bean

That's a perfect vegetable cultivated by nature

The aroma of crushed peanut frothy oil is compelling and impressive

The pumpkin and the sweet potato shine their dawn-like golden yellow light

They're thick, muddy, and soft

Stir-fried and then simmered with low fire to blend flavors

They are willing to be anonymous to each other

小管乾

046



100 × 100

點一盞漁火

劃亮那爍爍發光於海上的記憶

接連如海上銀河

在你的心底 眼底

輕浣淘洗

曬一場風和日麗

相映成趣的 夏日皮影戲

小管乾 (Dried squid) | 046 | 046 | 046

046 小管乾

點一盞漁火

劃亮那爍爍發光於海上的記憶

接連如海上銀河

在你的心底 眼底

輕浣淘洗

曬一場風和日麗

相映成趣的 夏日皮影戲

046 Dried squid

Light up a light on the fishing boat

It sprinkled the glowing and shining memories in the offshore waters.

Connect them like a milky way over the sea, on the bottom of your heart, and in your eyes.

Washing tenderly, drying under the warm breeze and bright sunshine,

something interesting is that it's like a summer show of shadow play.

紫菜冬粉

047



100 × 100

紫菜漫上礁岩

表白潮水的呢喃

掇拾黑金

一束春雨 幾許開陽

一期一會的滋味

東北季風的纏綿在春天止息

那兩情若是長久時

又豈在朝朝暮暮

文字 在海潮生活的一百種理由
插畫 關於澎湖群島

047 紫菜冬粉 (purple) laver seaweed

紫菜漫上礁岩

表白潮水的呢喃

掇拾黑金

一束春雨 幾許開陽

一期一會的滋味

東北季風的纏綿在春天止息

那兩情若是長久時

又豈在朝朝暮暮

047 Stir-fried bean noodles with laver

The laver roams the reef with the whispering of the waves.

Pick up and collect dark gold value-like laver, early spring rain, silk-like shimmering sunlight, and a seasonal picking-up of laver

The lingering affection of the northeast monsoon has ended its wild passion by the incoming spring

So long as love's been permanent for each other, to be together day and night or not to be is no difference

鐘記燒餅

048



100 × 100

色白如雪鋪天蓋地
化為繞指柔於掌心
為你赴水裡 火裡
發酵甜實麵香
炭火燒燙爐身
烤一爐色溫金燦
鐘記燒餅 入口鍾情

文字 在澎湖生活的一百種理由
插畫 關於澎湖群島

048 鐘記燒餅

色白如雪鋪天蓋地
化為繞指柔於掌心
為你赴水裡 火裡
發酵甜實麵香
炭火燒燙爐身
烤一爐色溫金燦
鐘記燒餅 入口鍾情

048 Zhong Ji thick sesame flatbread

The color is as white as snow to cover the sky and earth.
Turn into softness in the palm of your hand.
The flour is blended with water and baked in a charcoal fire.
Fermented flour itself has a rich aroma and sweetness.
The charcoal fire burned the metal barrel hot.
Bake the flatbread in the barrel till it is golden brown.
Zhong Ji thick sesame flatbread, love the flavor after your first bite.

絲瓜麵線

049



100 × 100

澎湖限定惡魔果實

表裡不一暗藏天使綿柔心事

刨卸十稔成段

鍋裡解下一束絹白情書

我不愛妳對我雜唸

但我愛熱天午後

妳為我煮的那碗 雜唸麵線

文字：徐國偉 攝影：王國華 設計：徐國偉

049 絲瓜麵線

澎湖限定惡魔果實

表裡不一暗藏天使綿柔心事

刨卸十稔成段

鍋裡解下一束絹白情書

我不愛妳對我雜唸

但我愛熱天午後

妳為我煮那碗 雜唸麵線

049 Angled Loofah (ribbed gourd, luffa) Vermicelli

The Penghu limitation version of Devil Fruit

Internal and external inconsistency is what hides an Angel-like tender heart inside

Pare off the ten ridges of luffa and cut the luffa into dice

Sprinkle a bunch of white silk-like of vermicelli love-letter into the stock pot

I'm disapproving of your droning on and on to me.

But in the hot afternoon, I enjoy having the bowl of the angled luffa vermicelli you cook for me

白膜花生

050



100 × 100

採收夏至的呼喚

頭好壯壯的長生果實

三胞胎或雙胞胎的驚奇飽滿

傻到底的土豆軟香

奇異冰沙口感的體驗賽

零下18度的數字戀愛

花生、花生油、花生醬、花生糖、花生糖漿、花生糖粉、花生糖漿粉、花生糖漿粉、花生糖漿粉

050 白膜花生

採收夏至的呼喚

頭好壯壯的長生果實

三胞胎或雙胞胎的驚奇飽滿

傻到底的土豆軟香

奇異冰沙口感的體驗賽

零下 18 度的數字戀愛

050 Early maturing peanuts

Summer Solstice Peanut Harvest Calling

The plump peanut kernels

Stunning busty of duo-kernel or trio-kernel

The softening peanut kernels with their aroma agreeable

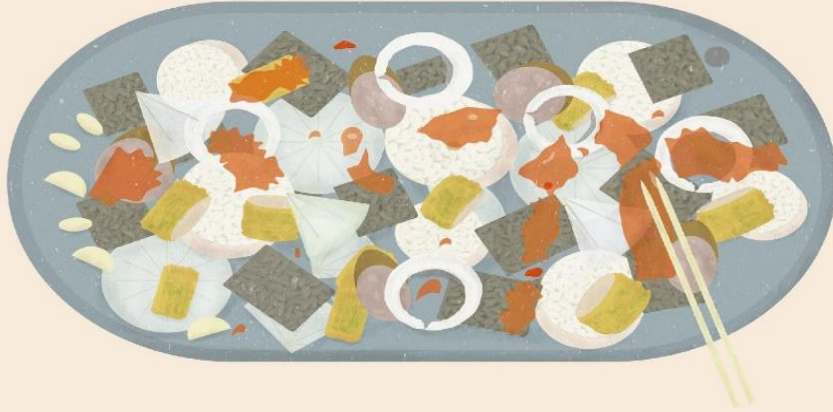
Experiencing eating the peculiar smoothie taste of peanut kernels

Freeze them at the temperature of minus 18 °C

You'll love the zest of tasting this flavored smoothie.

香腸拼盤

051



100 × 100

東東 花媽 阿豹 關帝廟

今天想吃哪一道

挾一份心有所屬

黏呼呼豬血糕

糯米腸吃飽飽

香腸大蒜心頭好

再來碗 你盛來的完美句點蘿蔔湯

文字 在澎湖生活的一百種理由
插畫 關於澎湖群島

051 香腸拚盤

東東 花媽 阿豹 關帝廟

今天想吃哪一道

挾一份心有所屬

黏呼呼豬血糕

糯米腸吃飽飽

香腸大蒜心頭好

再來碗 妳盛來的完美句點蘿蔔湯

051 Grilled Sausage Platter

Dong-Dong, Hua-Ma, A-Bao, Guan-Di-Miao

Which platter of snacks will you take today

Chopstick the snacks you prefer

The sticky Pork Blood Cake, the Glutinous Rice Sausage, or Grilled Sausage with garlic

And serve the more a bowl of radish soup for the perfect ending

黑糖糕

052



100 × 100

一見鍾情的甜蜜食感

二話不說的傾心

三天的保存期限也沒關係

放入低溫封存黑糖香氣

族繁不及備載的百家爭鳴

最愛的永遠是

你宅配來的那款真心

黑糖糕
一見鍾情
二話不說
三天的保存期限也沒關係
放入低溫封存黑糖香氣
族繁不及備載的百家爭鳴
最愛的永遠是
你宅配來的那款真心

052 黑糖糕

一見鍾情的甜蜜食感

二話不說的傾心

三天的保存期限也沒關係

放入低溫封存黑糖香氣

族繁不及備載的百家爭鳴

最愛的永遠是

你宅配來的那款真心

052 Brown Sugar Cake

Whetted my appetite the first sight seeing the Brown Sugar Cake

It has you love it without saying a word.

It's okay if you haven't finished eating it in its three preserved days

Freeze it in the fridge to preserve its original flavor

It has different varieties of flavors with controversy among a hundred schools of product.

And my favorite is always the sincere one you sent me by home delivery.

水晶小管

053



100 × 100

滾燙後的冰鎮

如徘徊在熱情與冷靜之間

奇異的脆感神秘成形

夏日的網紅零嘴

只許美乃滋攻城掠地

只要一道水晶小管

澎湖風餐桌 畫龍點睛

文字：在品第生活的一百種理由
繪圖：饒於恩、黃野島

053 水晶小管

滾燙後的冰鎮

如徘徊在熱情與冷靜之間

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只許美乃滋攻城掠地

只要一道水晶小管

澎湖風餐桌 畫龍點睛

053 Ice-chilled Neritic Squids

Blanch Neritic Squids and chill in ice,

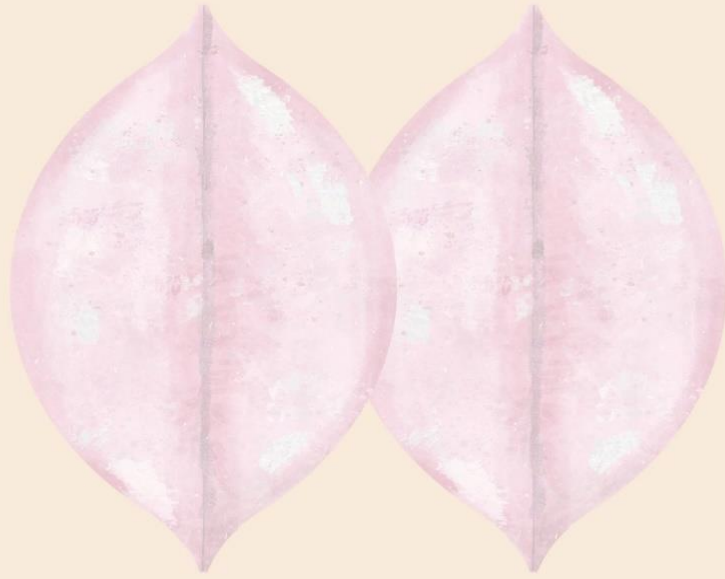
just like torn between enthusiasm and coolness

The unique crunchiness has mysteriously been shaped

Summer internet celebrity snacks. Dip it in mayonnaise

The dish you need is a plate of crystal clear squids

Serve this Penghu flavor dish; it makes the whole meal more lively and memorable



100 × 100

月半彎的巨大餃子

包鹹 高麗菜筍香各擁其主

包甜 花生碾末口感十足

配搭一鹹一甜堪稱經典

捏一味菜薺

偷偷加入對你的愛

時光荏苒 不減 不減

文字 在澎湖生活的一百種理由
插畫 關於澎湖群島

054 菜薺

月半彎的巨大餃子

包鹹 高麗菜筍香各擁其主

包甜 花生碾末口感十足

配搭一鹹一甜堪稱經典

捏一味菜薺 偷偷加入對你的愛

時光荏苒 不減 不減

054 Tsai Gan (Steamed glutinous dumplings with savory or sweet stuffing)

A giant curved moon shape steamed glutinous dumplings

The salty stuffing, cabbage, and bamboo shoots fragrance each have their own

A sweet stuffing, crushed peanuts being full taste

It is a stunning classic flavor when eating savory and sweet ones together

Knead a special Tsai Gan by sneaking your love into it

As time passes by, it never vanishes in my mind

三哥雞排

055



100 X 100
浸漬陳釀酒香
裹一身炸衣華麗登場
小辣椒多美味秘笈
大口飽嘴咬下
肉汁侵占嘴角
夏日燠熱也要揮汗一嚐
台式純正血統午茶

三哥雞排 100 X 100 包裝設計 陳國治

055 三哥雞排

浸漬陳釀酒香
裹一身炸衣華麗登場
小辣椒多美味密笈
大口飽嘴咬下
肉汁侵占嘴巴
夏日燠熱也要揮汗一嚐
台式純正統午茶

055 San Ge fried chicken cutlets

Marinate the chicken cutlets in aged liquor
Wrap in deep-fry paste for a gorgeous appearance
Sprinkle extra pepper is the delicious secret of mild spicy
Take a big bite of the chicken cutlets
Your mouth will be full of its juice
Even sweating on a hot summer day, you should try a bite
Authentic Taiwan-style afternoon tea



100 × 100

OOXX的井字遊戲

甦醒味蕾的佐餐聖品

加一匙 樸實家鄉菜瞬間海派

誘使旅人像貓般渴望著罐罐

滿滿干貝丁香小管

裝盛著澎湖的 一味夏季

文字 / 在澎湖生活的一百種理由
插畫 / 饒於鴻繪製

056 XO 醬

OOXX 的井字遊戲

甦醒味蕾的佐餐聖品

加一匙 樸實家鄉菜瞬間海派

誘使旅人像貓般渴望著罐罐

滿滿干貝丁香小管

裝盛著澎湖的 一味夏季

056 XO sauce

The name XO sauce comes from fine XO cognac. (XO extra-old)

It's the best accompaniment to revive your taste buds

It makes home-cooked food even more delicious with the addition of a spoonful

Entice travelers to be salivated like a cat over jars filled with dried scallops, dried silver stripe herrings, and dried squids

Fill the jars with the summer flavors of Penghu

土豆炒菜豆

057



100 × 100

清晨的露水滋養菜豆

斑駁而美麗的在驕陽絢爛

搗碎土豆成末

加一段有你陪伴的時光慢煨

文火細炒的蒸騰

眷戀在回憶裡 無肉生香

文字：白雲飛渡
插畫：陳思宇

057 土豆炒菜豆

清晨的露水滋養菜豆

斑駁而美麗的在驕陽絢爛

搗碎土豆成末

加一段有你陪伴的時光慢煨

文火細炒的蒸騰

眷戀在回憶裡 無肉生香

057 Sautéing and simmering cooking green beans and peanuts

Nourishing green beans with morning dews

Mottled and beautiful, gorgeous in the scorching sun

Mashing peanuts into the grind

Adding a time to accompany you with slowly simmering the dish

Sautéing and simmering cooking sweet beans and peanuts

That's sentimentally attached to you with the nostalgic memories, meatless fragrance

南瓜米苔目

058



100 × 100

海風滋養

南瓜在菜宅裡迷藏

爆一鍋炒料翻香

付諸黃澄金瓜

綿柔口感餘韻甜香

粗圓Q彈緊緊依戀瓜泥

滑溜入口 飽食澎湖家常

澎湖—台灣美食地圖 | 飲食文化 | 飲食生活 | 飲食藝術 | 飲食教育 | 飲食經濟 | 飲食政策 | 飲食法規 | 飲食標準 | 飲食認證 | 飲食品牌 | 飲食行銷 | 飲食創業 | 飲食投資 | 飲食管理 | 飲食服務 | 飲食安全 | 飲食衛生 | 飲食環境 | 飲食文化 | 飲食生活 | 飲食藝術 | 飲食教育 | 飲食經濟 | 飲食政策 | 飲食法規 | 飲食標準 | 飲食認證 | 飲食品牌 | 飲食行銷 | 飲食創業 | 飲食投資 | 飲食管理 | 飲食服務 | 飲食安全 | 飲食衛生 | 飲食環境 | 飲食文化

058 南瓜米苔目

海風滋養

南瓜在菜宅裡迷藏

爆一鍋炒料翻香

付諸黃澄金瓜

綿柔口感餘韻甜香

粗圓Q彈緊緊依戀瓜泥

滑溜入口 飽食澎湖家常

058 Stir-fried thick rice noodles and pumpkin

Under the nourishment of the sea breeze, the pumpkin plays hide-and-seek in Cai Chai

Stir-fry all the ingredients together with orange-yellow pumpkin

Sponge-soft texture with its sweet aroma of aftertaste

The thick, tube-like soft-flexible rice noodles are reluctant to leave the muddy pumpkin

Slippery entering the mouth, feast on Penghu's home-cooked dishes

二崁杏仁茶

059



100 × 100

濃醇杏香 隱於迂迴弄巷
愛那份氣味的情感分明
一如澎湖四季
在暑氣未退的二崁
煥然下起
沁心的乳白色的雨季
在陽光發散後 凝香不去

文字 在悠閒生活的一百種理由
插畫 關於澎湖群島

059 二崁杏仁茶

濃郁杏香 隱於迂迴弄巷
愛那份氣味的情感分明
一如澎湖四季
在暑氣未退的二崁
煥然下起
沁心的乳白色的雨季
在陽光發散後 凝香不去

059 Er-Kan Almond Tea

A strong almond aroma drifted around from the tortuous alleys.
The feeling of loving that smell is distinct and clear.
As the same four seasons in Penghu.
The summer heat hasn't dissipated yet in Er-Kan.
Suddenly it starts raining, as cool as the milk-white rainy season.
After the sunlight begins to shine, the fragrance wanders around.



100 × 100

海鳥報信的魚訊

勾起舊時困苦記憶

汲取海水輕抹去一身腥

裊裊炊煙裡魚香四溢

韶光沉澱醍醐經典

滴露甕裡相思 最是鹹汁

文字 在海湖生活的一百種理由
插畫 關於澎湖群島

060 鹹汁

海鳥報信的魚訊

勾起舊時困苦記憶

汲取海水輕抹去一身腥

裊裊炊煙裡魚香四溢

韶光沉澱醍醐經典

滴露甕裡相思 最是鹹汁

060 Salty fish sauce

The arriving seabirds apprise of the upcoming fishing season

Evokes old-time memories of distressed hardship

Dips up water from the sea to wash off fishy

Spiraling up smoke from the kitchen chimney spreads with an aroma of fish

Time has helped precipitate the extra-fine savory sauce

Savory drops in the jar, with nostalgia, are the finest salty fish sauce

古早薑餅

061



100 × 100

粉紅餅身

指環上隱形的紀念

糖霜如初雪點綴

濃郁薑糖

手指上氣味不捨的眷戀

祛寒暖胃 暖入心裡

暖入門埕內有你牽繫的風裡

古早薑餅 | 061 | 古早薑餅 | 061

061 古早薑餅

粉紅餅身

指環上隱形的紀念

糖霜如初霧點綴

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祛寒暖胃 暖入心裡

暖入門埕內有你牽繫的風裡

061 Ancient flavor ginger crackers

The ginger cracker is pink itself

An invisible memorial on the finger ring

The sweet frosting, like a misty fog, adorns on it

Tangy ginger crackers

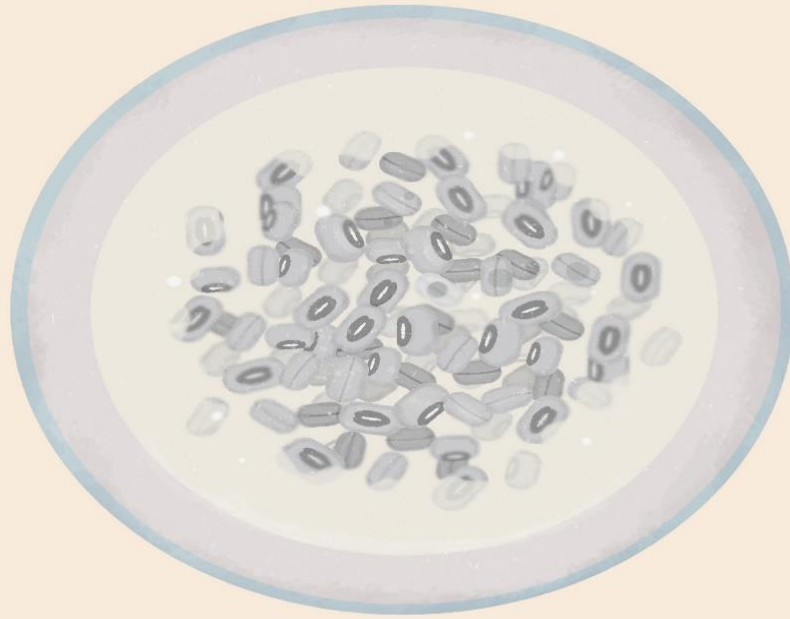
The smell on the fingers, reluctant to leave with fondness

Dispelling cold and warming the stomach, the warmth into your heart

The warmth to the inner gate area, in the wind with your connection

米豆湯

062



100 × 100

滾落一襲六月白

惦記著胎記裡的命運

鬆軟的身軀銘印

下一勺白糖 似清風明月

以肉香細熬 如化不開的月色皎潔

一碗鹹甜各具滋味

苦樂參半的人生真味

文字 在澎湖生活的一百種理由
插畫 關於澎湖群島

062 米豆湯

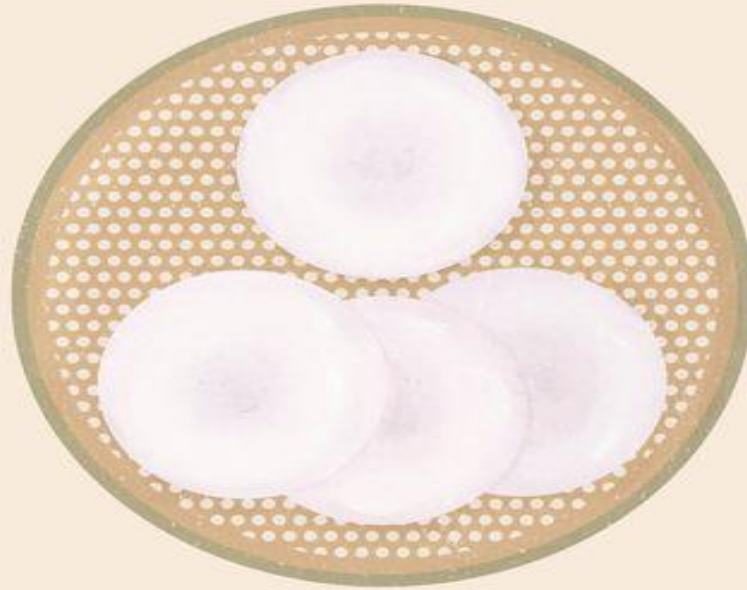
滾落一襲六月白，
惦記著胎記裡的命運，
鬆軟的身軀銘記。
下一勺白糖 似輕風明月
以肉香細熬 如化不開的月色皎潔
一碗鹹甜各具滋味
苦樂參半的人生真味

062 Black-eyed peas soup

Roll off in a suit of June white, thinking of the destiny on the birthmark;
The inscription of its soft flimsy body.
Sprinkle a spoonful of sugar, like a breeze, like a bright moon.
Stew the meat in the soup with slow fire; the soup is as white and flawless as moonlight.
A bowl of soup with its flavor salty and sweet; it's an authentic flavor of a bittersweet life.

七夕糰

063



100 × 100
將相逢的喜悅
搓揉成粉白明鏡
只為齒頰一抹清甜
糰上烙下指尖年輪印記
日日年年七夕一會
在鵲橋絕美的道別
盛以織女
珍珠般無盡的眼淚

文字：林敏驄
攝影：林敏驄

063 七夕糰

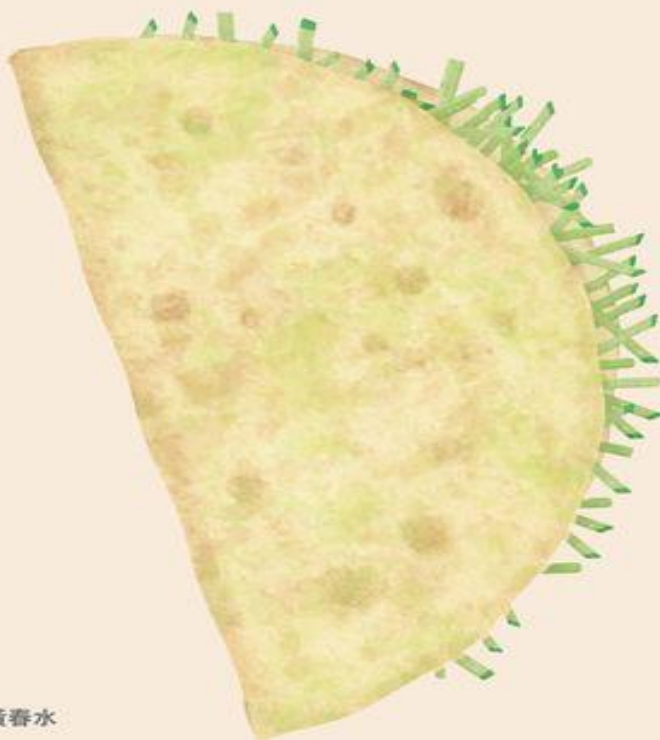
將相逢的喜悅
搓揉成白粉明鏡
只為齒頰一抹清甜
糰上烙下指尖年輪印記
日日年年七夕一會
在鵲橋絕美的道別
盛以織女
珍珠般無盡的眼淚

063 Double Seventh Festival Glutinous rice cake (Qixi or Qiqiao Festival)

The joy of rendezvous with each other is kneaded as the rice dough with mirror-like white.
For the refreshing sweetness of aftertaste on teeth and cheeks,
Fingerprint the marking with your fingers on the glutinous rice cake.
The only rendezvous each year on the seventh July lunar calendar
The stunning scenery of Farewell to Love on Magpie Bridge
Dedicate to the Weaver
The dessert, the pearl-like, endless tears

炸蛋餅

064



100 × 100

小黃瓜刨絲

鹹香中漫著甜清瓜味

席捲餅皮

在炙燙鐵板上吹皺一池暖黃春水

刷上幾分顏色

即使深紅淺棕各有所好

但請記得我 喜歡的味道

照片：徐國治攝
設計：徐國治攝

064 炸蛋餅 omelette

小黃瓜刨絲

鹹香中漫著甜清瓜味

席捲餅皮

在炙燙鐵板上吹皺一池暖黃春水

刷上幾分顏色

即使深紅淺棕各有所好

但請記的我 喜歡的味道

064 deep-fried scallion dough with scramble eggs wrap

Shredded cucumber; has a savory aroma with a refreshing and sweet cucumber flavor

Wrap the cucumber in scallion dough and scramble eggs on a hot iron plate

Brush it with some colored sauce, whether dark red or light brown; each owns their preferred

But please remember my favorite taste

魷魚乾

065



100 × 100

藍色靜謐的宇宙裡下起細雪
落於一身海裡的呼喚
燕仔 燕仔
陽光下開屏扇葉
漁家門埕夏日光景
煽出滿室薑香
忘不了妳 拿手的這道菜

文字：在波蘭邊境的一間咖啡館
攝影：蘇利安·史密斯

065 魷魚乾

藍色靜謐的宇宙裡下起細雪，
落於一身海裡的呼喚。
燕仔 燕仔
陽光下開屏扇葉
漁家門埕夏日光景
煽出滿室薑香
忘不了妳 拿手的這道菜

065 Dried Stingray

Flakes of fine snowfall fall in the blue and tranquil universe
The voice of the calling goes to the sea Stingray, stingray
Fan-shaped pectoral fins spread in the sunlight
Summer scene at the square at front of the fisherman's house
Fan out the scent of ginger fills the whole room
Your special dish is unforgettable

海苔酥

066



100 × 100

綠色奇蹟沙其瑪

蘊涵沿海地帶幾分溫柔

一口接一口的停不下手

螞蟻人咬落一地毛毛蟲樣

糖蜜包裹指尖

如貓咪依戀的舔舐

五千色海苔酥系列一頁一頁翻開
從中發現無限可能

066 海苔酥

綠色奇蹟沙其瑪

蘊含沿海地帶幾分溫柔

一口接一口的停不下手

螞蟻人咬落一地毛毛蟲樣

糖蜜包裹指尖

如貓咪依戀的舔舐

066 Seaweed Crisp

Shaqima, the green miracle

Contains a touch of coastal tenderness.

People can't stop eating it with one bite after another

The Ant-Man bites off the caterpillar-like one, and it falls to the ground

Molasses wrapped the fingertips

Like the obsessive attachment of a cat to licking

醃珠螺 (珠螺脰)

067



100 × 100
堆疊蜷蜷海味
罐罐釀漬甘甜
門庭席地而坐
正統澎湖式飯桌
籤粥樸黃淡然
添一勺醬色溫潤
點染出化不開的 澎湖情愁

本作品為藝術家之一件作品
攝影：林智偉攝

067 醃珠螺

堆疊蜷蜷海味
罐罐釀製甘甜
門庭席地而坐
正統澎湖式飯桌
籤粥樸黃淡然
添一勺醬色溫潤
點染出化不開的 澎湖情愁

067 Salted fermented Crowned turban shell (大頭仔 Lunella coronate)

Piled the shell meat with sea smell
Fermented shell meat has become a gourmet meal in cans and bottles
Sitting on the ground of the front yard bantering with each other
That's the traditional Penghu dining table style
The dried julienne sweet potato congee with the color plain yellow
Seasoning it with a spoonful of soybean sauce
The rapid diffusion of my sentiment of Penghu nostalgia's been spreading

黑糖章魚

068



100 × 100

年後媽祖禮

初三十八流

盞盞微光閃爍繁星

求海中身影似遠忽近

木槌還復爽脆

幾分大狗仔蟬味

撒落黑糖香 醉人的鍋氣醬香

本食譜係根據《食譜》一書編纂而成
版權：香港烹飪學院

068 黑糖章魚

年後媽祖禮

初三十八流

盞盞微光閃爍繁星

求海中身影似遠忽近

木槌還復爽脆

幾分大狗仔蟬味

撒落黑糖香

醉人的鍋氣醬香

068 Stir-fried Penghu Octopus with brown sugar and soy sauce

A gift from Mazu, God of the sea, after the Chinese lunar new year

On the third or the eighteenth day of the lunar month

It shines like a starry night, the faint glow of fish fire

Look for the octopus in the sea, seemingly, far away but suddenly near

Beat the octopus repeatedly with a stick until all its feet stand up

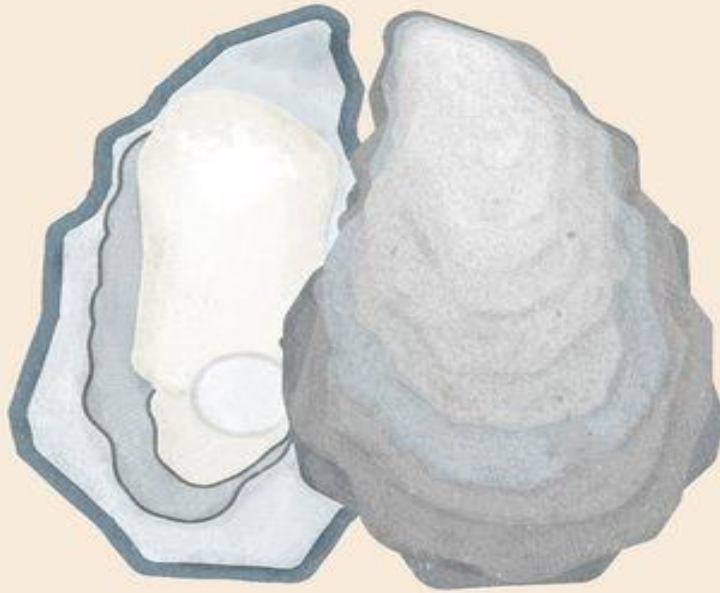
The octopus with several hints of the sea crab flavor

Sprinkle brown sugar and soy sauce over the octopus

The intoxicating aroma from the hot wok with brown sugar and soy sauce

烤牡蠣

069



100 × 100

大海洋洋

等待白露時節風起

海潮幾番起落

串如海中珠簾

你總能輕易用一把如火的炙燙

輕易剖開

一如 打開我緊閉的心

五千五百個字的一百個字
詩集·詩集·詩集

069 烤牡蠣

大海洋洋

等待白露時節風起

海潮幾番起落

串如海中珠簾

你總能輕易用一把如火的炙燙

輕易剖開

一如 打開我緊閉的心

069 Roasted Oysters

During the White Dew period

Wait for the incoming wind season in the sea offshore

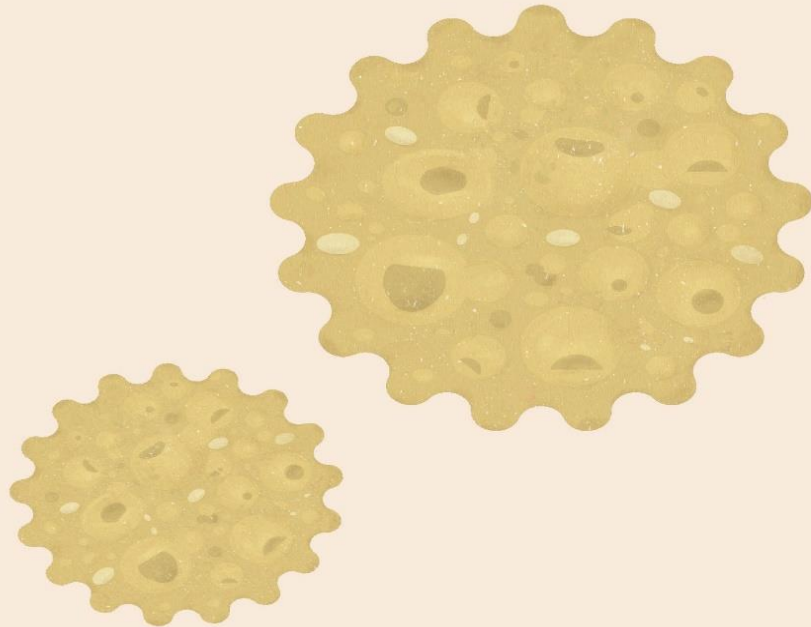
The tide rises and falls repeatedly, like stringing up the bead curtains in the sea

You can always easily cut it open with the fire-like scorching hot tool

Like opening my tight closed heart

菊花餅

070



100 × 100
在你說的故事裡
配著一片片的餅香
無華真味 純然卻悸動
像童年的天人菊
記憶裡始終不會凋零
在一口口香餅裡
鮮活的隨風曳動

文字 在澎湖生活的一百種理由
攝影 關於澎湖群島

070 菊花餅

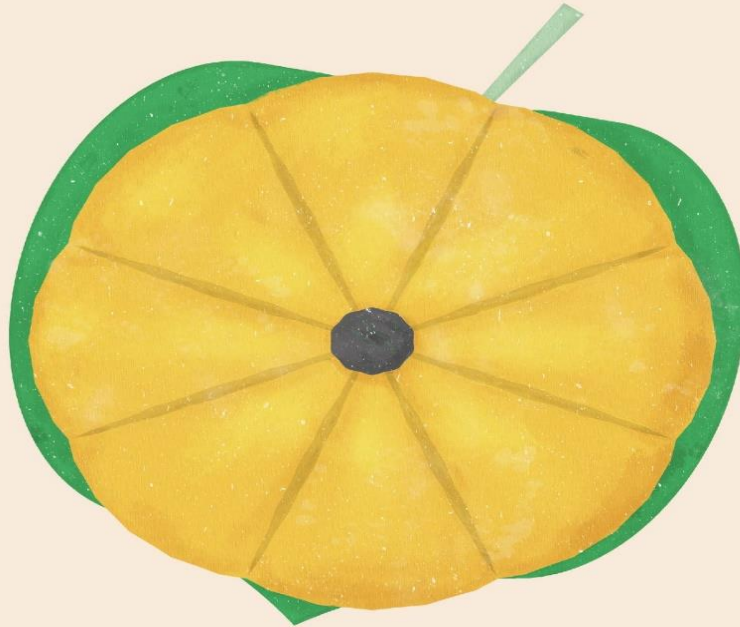
在你說的故事裡
配著一片片的餅香
無華真味
純然卻悸動
像童年的天人菊
記憶裡始終不會凋零
在一口口香餅裡
鮮活的隨風曳動

070 Gaillardia shape crackers

While listening to the story you narrate, we eat the crackers piece by piece
Authentic flavor without the fancy
It is pure but completely stirs your emotional excitement
Like the gaillardia of childhood, it never withered in nostalgic memories
Eating the fragrant crackers piece after piece
The Gaillardia shape cracker sways with the wind vividly

南瓜粿

071



100 × 100

海風餵養閃耀如金

渾然鬆軟如蜜

捏製瓜節紋理

南瓜馬車的午夜不疾不徐

以黃槿之心

溫柔盛載

炊煙下

水氣氤氳的記憶

文字 在澎湖生活的一百種理由
攝影 游於澎湖群島

071 南瓜粿

海風餵養閃耀如金

渾然鬆軟如蜜

捏製瓜節紋理

南瓜馬車的午夜不疾不徐

以黃槿之心

溫柔盛載

炊煙下

水氣氤氳的記憶

071 Pumpkin rice cake

Nurtured by the sea breeze, the pumpkin shines like gold

Completely squishy like honey

Kneaded into melon knot texture features.

The midnight pumpkin carriage at a Moderate Speed.

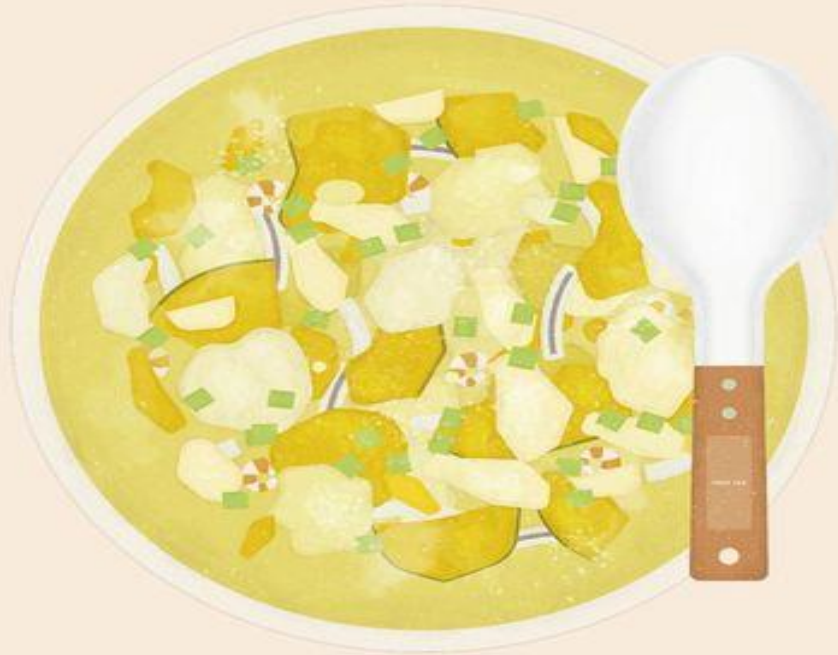
The leaf of yellow sea hibiscus gently softly cuddled and loaded it.

Under the kitchen chimney smoke

the memories of a persistent steam clouds-like aroma.

金瓜麵猴

072



100 × 100

南瓜與麵疙瘩的情感
是一點點麵疙瘩的黏
加一點點南瓜的甜
黏的像戀人的Q軟耳垂
海鮮如織
但在我們的愛情裡無視
南瓜麵猴裡面沒有猴子
但我的心裡有你

文字：徐國偉 設計：徐國偉

072 金瓜麵猴

南瓜與麵疙瘩的情感
是一點點麵疙瘩的黏
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黏的像戀人的Q軟耳垂
海鮮如織
但在我們的愛情裡無視
南瓜麵猴裡沒有猴子
但我心裡有你

072 Pumpkin gnocchi soup

The relationship between the pumpkins and gnocchi
Some gnocchi stickiness and a little pumpkin sweetness
It is as soft as the lover's round earlobe
Even though there is much seafood in the soup
In our intimate relationship, we would disregard nothing but love
There is no gossip in pumpkin gnocchi soup, but I own you in my heart

米香

073



100 × 100

稻穗拾香

一絲一縷糖蜜如綢

最是回門的溫柔

今生只望

摻土豆 佢汝呷到老老

呷米香 這世人予汝做家後

文字 在悠閒生活的一百種理由
插畫 十間茶室與咖啡屋

073 米香

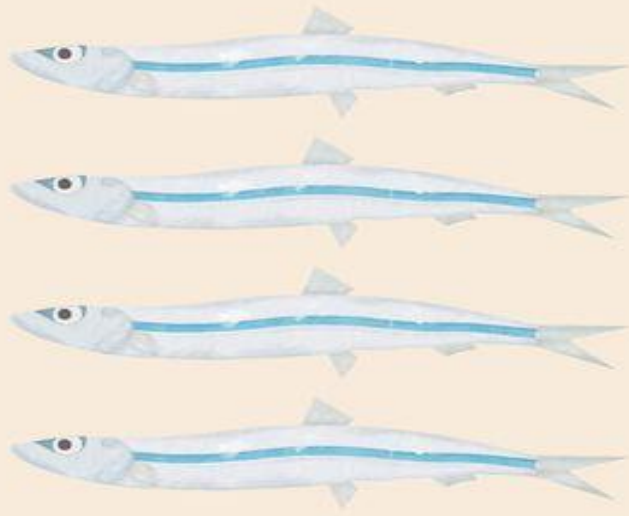
稻穗拾香，
一絲一縷糖蜜如綢
最是回門的溫柔
今生只望
摻土豆 合汝呷到老老
呷米香 這世人予汝做家後

073 Bi-Phang (Puffed rice cake)

Pick up clusters of rice flowers and seeds
Wisps of silk-like molasses
The sweetest affair is the period of the married daughter returning home
In my life, there is hope only
To add with peanuts, let`s both be aging together
To eat Bi-Phang, let me be your wife this whole life

丁香魚

074



100 × 100

踏著豐饒魚汛而來
是你夜裡銀白身影
此後轉瞬夏
想為你感染一身氣息
腦海裡的島風海味
雋永如詩的
赤崁鄉味

赤崁鄉風味
漁業、漁民與漁船

074 丁香魚

踏著豐饒魚汛而來
是你夜裡銀白身影
此後轉瞬夏
想為你感染一身氣息
腦海裡的島風海味
雋永如詩的
赤崁風味

074 Silver-stripe round herring

Coming with an abundant journey of fishing season
It's your silver-white features glowing at night
Summer is coming in a twinkling
Your flavor infected all those around
Breezy Island Scents in the Minds
Meaningful as poetry
Chihkan style flavor

小捲片

075



100 × 100
為你燒灼一身想念
碾壓成片
輕薄而透出細微光影
濃縮海味抵於鼻息
一口口投遞嘴裡
直達你的心裡

小卷片 100 × 100 100 × 100 100 × 100 100 × 100 100 × 100 100 × 100 100 × 100 100 × 100 100 × 100

075 小卷片

為你燒灼一身想念
碾壓成片
輕薄而透出細微光影
濃縮海味抵於鼻息
一口口投遞嘴裡
直達你的心裡

075 Roasted Neritic Squid

Roasts neritic squid with all my nostalgia for you
Squeezes it into a slice
Thin and light with a subtle translucent shimmer
The concentrated sea smell is between the nose and mouth
One bite at a time repeatedly into your mouth
Reach directly to the heart and mind

米糕炸

076



100 × 100

片片甜糯

足以忘卻夏日酷暑與冬日風聲

麵衣輕裹

外酥內軟的微妙平衡

依循氣味穿堂弄巷

為你目光如炬的等候

本食譜係以100公克為單位，實際製作時請根據實際情況調整。

076 米糕炸

片片甜糯

足以忘卻夏日酷暑與冬日風聲

麵衣輕裹

外酥內軟的微妙平衡

依循氣味穿堂弄巷

為你目光如炬的等候

076 Deep-fried glutinous rice cake

Pieces of the sweet glutinous rice cakes

Enough to forget the summer heat and the sound of the winter monsoon

Be lightly wrapped with the pastry dough.

A delicate balance of crispy outside and soft inside

Follow the scent through halls and alleys

Waiting for your torch-like eye

小管麵線

077



100 × 100

讓我為你點盞光
劃亮黑夜的海上
收藏繁星點點
盡入你眼
付諸一碗清清白白的傾訴
田嬰飛 鎖管來
澎湖夏日最真心的告白

澎湖夏日最真心的告白

077 小管麵線

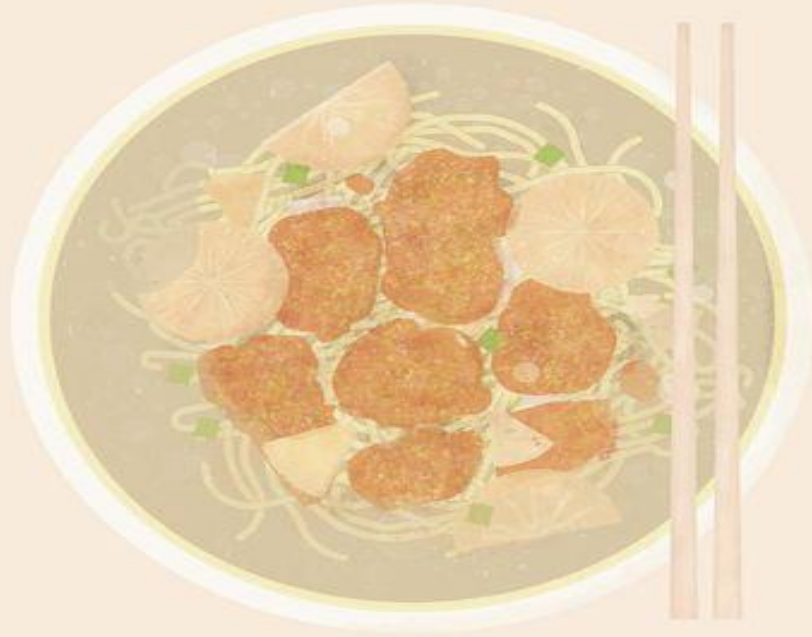
讓我為你點盞光
劃亮黑夜的海上
收藏繁星點點
盡入妳眼
付諸一碗清清白白的傾訴
田嬰飛 鎖管來
澎湖夏日最真心的告白

077 vermicelli with squids

Let me turn on a light for you on board
The dark sea is glowed by the lights
Collect the uncountable starry lights
All those which shine in your eye
Pour out all confided into the bowl with clear and clean vermicelli soup
Squid season comes with the dragonfly
The most sincere confession of Penghu summer

排骨麵

078



100 × 100

米粉或麵的選擇

我那無可救藥的堅持

冬瓜排骨盅

唇舌般的軟綿清甜

嘗一口攝魂勾魄

無肉令人瘦

但沒有了你 我該怎麼過

文字：徐國治
插畫：陳怡宏

078 排骨麵

米粉或麵的選擇

我那無可救藥的堅持

冬瓜排骨盅

唇舌般的軟綿清甜

嘗一口攝魂勾魄

無肉令人瘦

但沒有了你 我該怎麼過

078 Rib Noodles

The choice of ordering rice noodles or noodles

An incorrigible insistence on my ordering this flavor of noodles

Winter melon ribs clear soup

The soup keeps your lips and tongue soft, tender, and sweet

Taste the rib noodles with an attractive charm and captivating

No meat to eat makes people skinny

But living without you, I have no idea how to go on

市場粉圓

079



100 × 100

童年記憶裡的甜甜
渾圓珍珠討喜飽滿
婆婆勺中滑溜不止
攪拌真心純粹蔗糖碎冰
一杯杯晶瑩Q彈
味嚼喃喃 暑氣退散

文字 在悠遊生活的一百種理由
繪圖 關於臺灣群島

079 市場粉圓

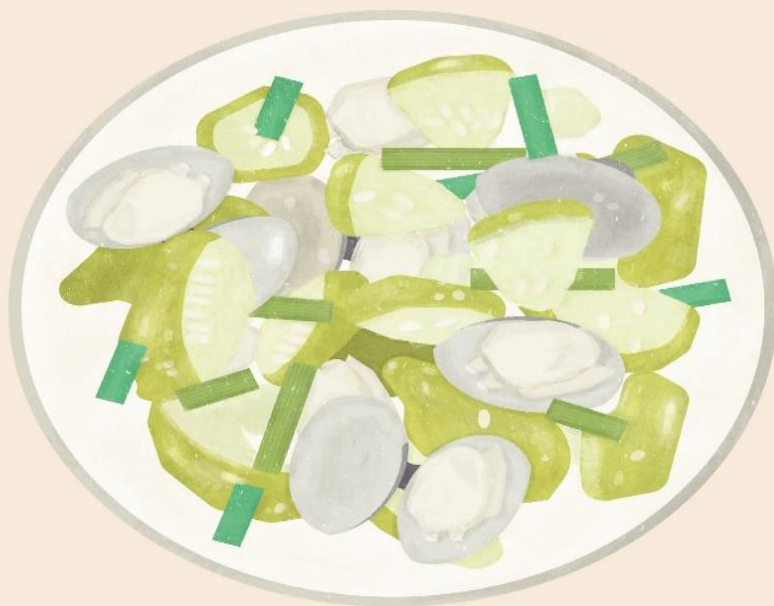
童年記憶裡的甜甜
渾圓珍珠討喜滿滿
婆婆勺中滑溜不止
攪拌真心 純粹蔗糖碎冰
一杯杯晶瑩Q彈
味嚼喃喃 暑氣退散

079 Tapioca balls in the traditional market

A sweet refreshment from childhood memories
Perfectly round pearls are a pleasing attraction
They are slippery back and forth in the Granny's soup ladle
With an authentic heart, stirring tapioca balls in sucrose and crushed ice
Cup after cup of crystal-like soft and flexible tapioca balls
Chewing-mumbling tapioca balls, the summer heat has dissipated

蛤蜊絲瓜

080



100 × 100

為你削去身上稜角

割捨雜念

炊煙下昨日黃花

開啟殼扉相濡以沫

以一勺溫熱相拌

佳餚木桌 悠悠食光

文字：在湖邊生活的一百種理由
攝影：關於澎湖野島

080 蛤蜊絲瓜

為你削去身上稜角

割捨雜念

炊煙下昨日黃花

開啟殼扉相濡以沫

以一勺溫熱相伴

佳餚木桌 悠悠時光

080 Clam Luffa

Pare off the rough and thick ridges of the luffa for you

Peel off the distracting thoughts, too

The passed-away yellow flowers under the smoke from the kitchen chimneys

Open the clam shells, with mutual help in humble circumstances, and share meager resources

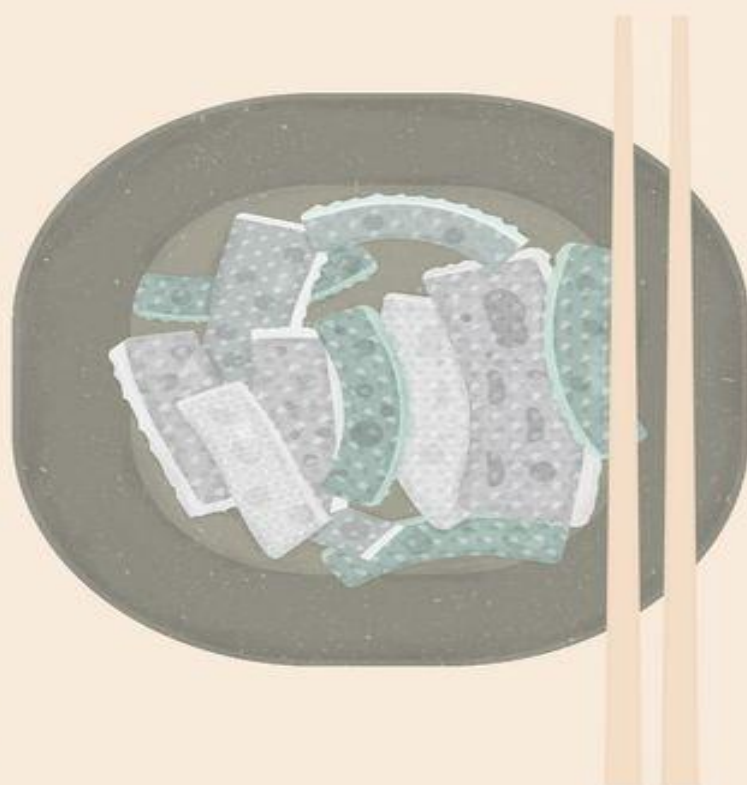
Accompany each other with a spoonful of warmth

Mouth-watering delicacies on the wooden table

Leisure and relaxation time

河豚皮

081



100 × 100

澎湖刺龜平反身世

費工卸下渾身尖刺

清燙冰鎮消散魚腥

膠原蛋白多多

澎湖女子美麗加冕

不由分說

本作品係根據「澎湖縣政府」提供之資料繪製

081 河豚皮

澎湖刺龜平反身世
費工卸下渾身尖刺
清燙冰鎮消散魚腥
膠原蛋白多多
澎湖女子美麗加冕
不由分說

081 Pufferfish Skin

Rehabilitate the fame of Penghu pufferfish
Scrape the fish bone from the puffer skin with difficulty
Blanch the puffer skin, and chill it in ice, dissipating the fishy smell
The pufferfish skin is rich in collagen
Penghu women have been crowned by it beautifully
Disagreement is not permissible

狗 蝦 炸

082



100 × 100

點墨赤色容妝

樸素麵衣擁抱蛋香

溫柔慢炸獨特氣味

飄香大宴小席間

一尾一尾吮指回味

道地澎湖蝦味鮮

文字 在澎湖生活的一百種理由
攝影 游於澎湖群島

082 狗蝦炸

點墨赤色容裝

樸素麵衣擁抱蛋香

溫柔慢炸獨特氣味

飄香大宴小席間

一尾一尾吮指回味

道地澎湖蝦味鮮

082 Deep-Fried Gao-Hei (Penghu shrimps)

Roseate shrimp shell with some dark spots

Unpretentious flour-water-paste cuddles the shrimp and also with egg aroma

Under softly slow fire, the deep-fry unique aroma of Gao-Hei wanders up in the air

The Gao-Hei aroma has floated around different dinner events

Nibble a shrimp the way through one after another and also finger-sucking

Authentic Penghu style of Deep-Fried-Fresh-Shrimp

燒肉飯

083



100 × 100

三心二意來個雙拼
燒肉飯容許貪心
但愛裡你是唯一
筍絲蘿蔔乾劇情鋪陳
絲絲入扣
來顆荷包蛋豪華升等
吃一份 黯然銷魂

三心二意來個雙拼
燒肉飯容許貪心
但愛裡你是唯一
筍絲蘿蔔乾劇情鋪陳
絲絲入扣
來顆荷包蛋豪華升等
吃一份 黯然銷魂

083 燒肉飯

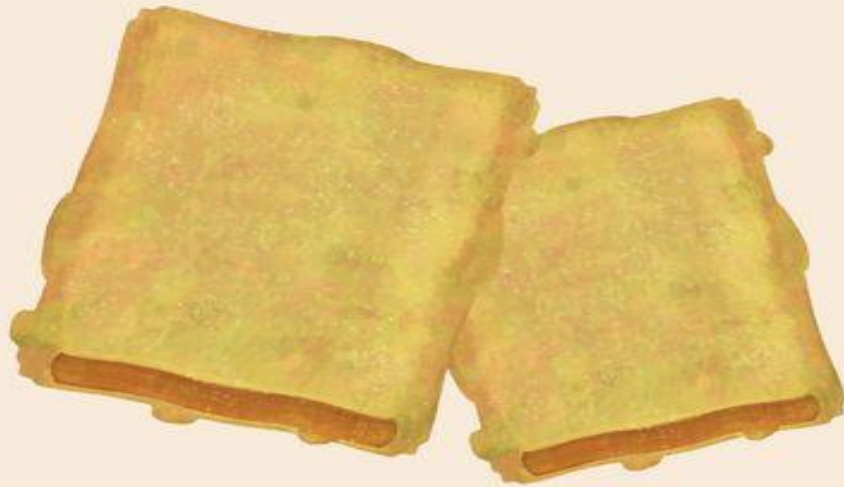
三心二意來個雙拼
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絲絲入扣
來顆荷包蛋豪華升等
吃一份 黯然銷魂

083 Grilled pork with rice

Half-hearted ordering a double main course meal
Grilled pork with rice allows the greedy
But in my favorite ones, you are the only one
The scenario elaborates between shredded bamboo shoots and dried radishes in every detail.
A deluxe upgrade meal with a poached egg added.
Eat this set meal called Depressed As If A Lost Soul

炸年糕

084



100 × 100

筷間攪弄麵粉蛋香
滋滋作響的鍋邊雀躍
炸一口溫熱軟濃
忠實的等候著
饞在心裡
掏一塊掌心的期待

文字：游國治 圖片：游國治 攝影：游國治

084 炸年糕

筷間攪弄麵粉蛋香
滋滋做響的鍋邊雀躍
炸一口溫熱軟濃
忠實的等候著
饞在心裡
掏一塊掌心的期待

084 Deep-fried Nian-Gao (glutinous rice cake)

Stir flour and eggs with chopsticks
The oil sizzling in the pan sounds joyful-exciting in dancing and jumping
Deep-frying the glutinous rice cake with its taste of tender, warm and dense
Waiting faithfully
Glutton in the heart
Take out a piece of Nian-Gao with the full expectation

石鰲燉土豆

085



100 × 100

你武裝著堅毅

但我懂你內心柔軟

記掛在海潮幾番任性滌蕩

集於澄澈精華

脆迸鮮香於齒間

還復玉液瓊漿

文字：在島嶼生活的一百種理由
插圖：關於澎湖群島

085 石鰲燉土豆

你武裝著堅毅

但我懂你內心柔軟

記掛在海潮幾番任性滌蕩

集於澄澈精華

脆迸鮮香於齒間

還復玉液瓊漿

085 stew chitons and peanuts

You are armed with firmness

But I realize the softness in your interior heart

Attached to the rocks

You have been washed by the raging tidal wave repeatedly

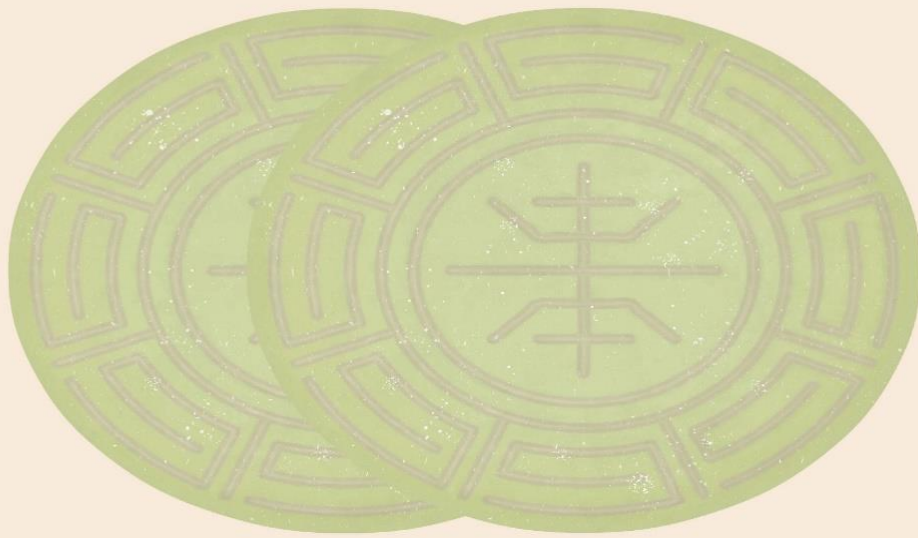
Collecting the essence of clarity

Crunchy and fresh between the teeth

You are aromatic fine wines as well.

土豆粿

086



100 × 100

番薯籤清雅香綿

搗入幾抹青澀細節

綴入砂糖新甜

爐火正炙

土豆過火氣味傳神

卻如想念 恰如其分

文字：在澎湖生活的一百種理由
攝影：游於澎湖群島

086 土豆粿

番薯籤清雅香綿

搗入幾抹細節

綴入砂糖新甜

爐火正炙

土豆過火氣味傳神

如想念 恰如其分

086 Glutinous rice with peanut cake

Dried-shred sweet potato with elegant fragrance and spongy-soft

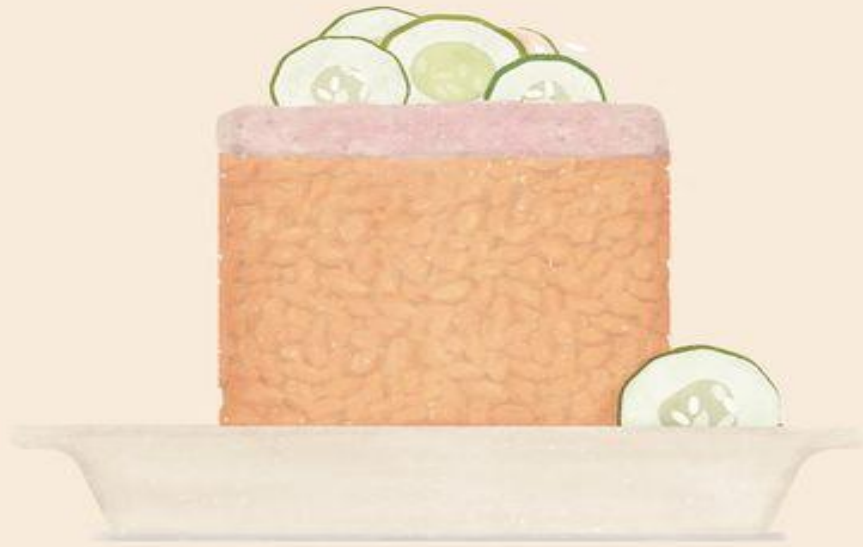
Pound it with a few flavor details like matcha of its astringent taste

Add caster sugar to the new sweetness

The stove fire is sizzling hot

Overcooked peanut's flavor conveys its original scent

As if nostalgia, it is also appropriate to the scenario



100 × 100
米粒間總不黏透
一如遠距離的愛情
曖昧的情愫若即若離
再來點肉燥調和
與鹹香的第三者
纏綿悱惻

太平 中國風系列二 087 米糕
攝影：陳冠廷

087 米糕

米粒間總不黏透
一如遠距離的愛情
曖昧的情愫若即若離
再來點肉燥調和
與鹹香的第三者
纏綿悱惻

087 Sticky rice pudding

It is always less sticky between the grains
That's just like a long-distance relationship
Ambiguous affections between two partners with a less translucent relationship
Season it again with some minced pork
The savory flavor of the Mistress-Like
It's emotionally profound yet pathetic and poignantly moving

紫菜花枝卷

088



100 × 100

潮水繾綣著礁岩
吐露著海的呢喃
冷冽月光下閃爍流金
挽綾羅黑紗
一期一會的遇見
捲入點點雪白星光

文字 在悠閒生活的一百種理由
插畫 幽於悠閒對島

088 紫菜花枝捲

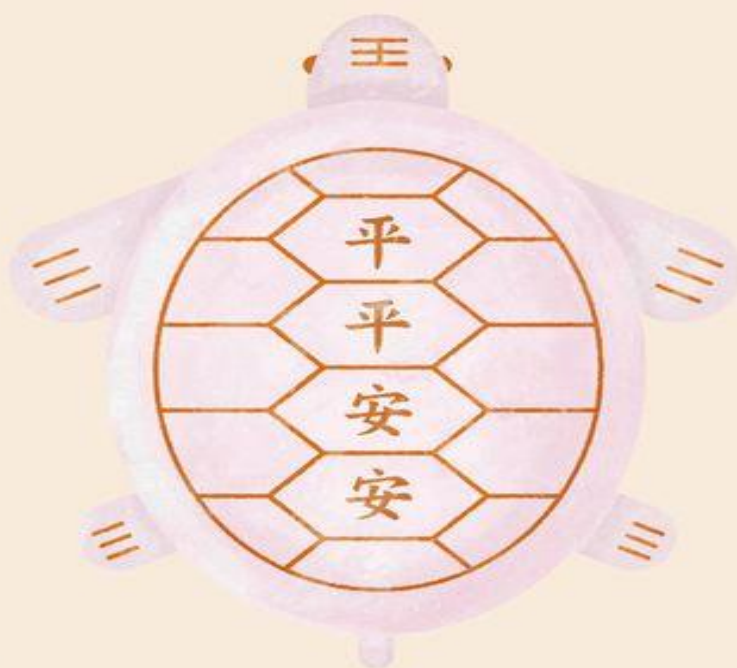
潮水繾綣著礁岩
吐露著海的呢喃
冷冽月光下閃爍流金
挽綾羅黑紗
一期一會的遇見
捲入點點雪白星光

088 Laver (Seaweed) cuttlefish roll

The tide wave lingers on the reef
Confides the whisper of the sea
Under the freezing-cold moonlight, glittering flowing gold-like laver
Harvest silky silk-like and black gauze-like laver
A laver picking get-together once a year
And that snow-like starlight also gets involved in it

肪片龜

089



100 × 100

在元宵靠岸

伴隨著漫天的鑼鼓喧鬧

那偷捏尾巴的孩提

溫柔泗渡

於時光的潮水

畫下 年的華麗終章

本系列作品為「089」系列之一，由作者「089」創作，並由「089」出版。

089 肪片龜

在元宵靠岸

伴隨著漫天的鑼鼓喧鬧

那偷捏尾巴的孩提

溫柔泗渡

於時光的潮水

畫下 年的華麗終章

089 Turtle-like sticky rice cake

Dock at the pier in Penghu on the Lantern Festival every year

Accompanying by the beating of gongs and drums resounded to the sky

In our naughty childhood

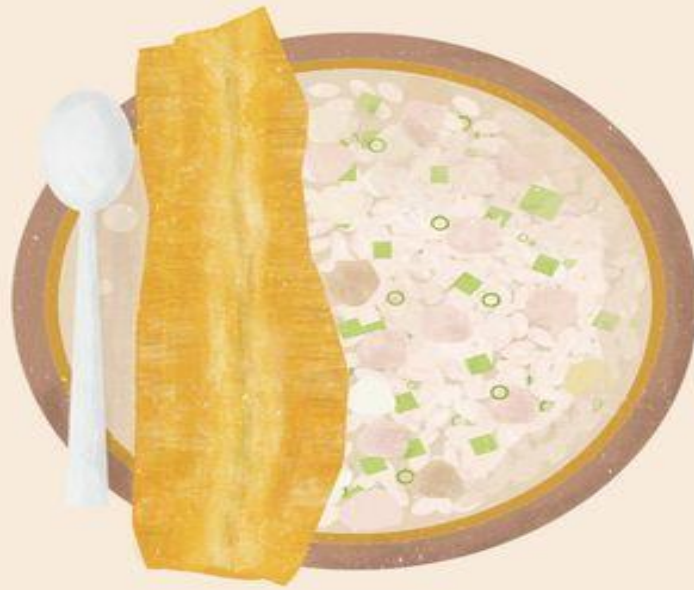
We were used to sneaking and having the bites of the tail-like part of the cake

Slowly and silently swim across the ocean to the pier

Draw a gorgeous final chapter of the Chinese lunar year vacation in the tide of time

魚粥

090



100 × 100

湯頭淬鍊時光之味

油蔥勾勒精髓

魚湯氤氳

鮮嫩華麗註解

米湯浸潤油條

吃飽 吃巧

本系列食譜係由一頁一頁
繪畫 設計而成

090 魚粥

湯頭淬鍊時光之味

油蔥勾勒精髓

魚湯氤氳

鮮嫩華麗註解

米湯浸潤油條

吃飽 吃巧

090 Fish congee

The stock's flavor stewed by a long time

Fried sliced shallots are an essence to season fish congee

The vapor clouds with the aroma of fish soup are boiling endless

That's the best comment on the fresh and tender delights

Soak the deep-fried dough sticks in the rice soup

Eating the dish for its exquisite delicacy and also for filling.



100 × 100

紅綠豆裡

藏著你我沙沙的對白

番薯館那由衷的綿綿情話

別人複製不來

花生末細碎如流沙

你問我為什麼最喜歡

我想 是因為你喜歡

[illegible]

091 紅龜粿

紅綠豆裡

藏著你我沙沙的對白

番薯餡那由衷的綿綿情話

別人複製不來

花生末細碎如流沙

你問我為什麼最喜歡

我想 是因為你喜歡

091 Red tortoise-like glutinous rice cake

Between the red beans and the green beans

There are murmuring dialogues hiding between you and I

The romantic words of sweet potato filling are from the bottom of his heart

That`s cannot be imitated by someone else

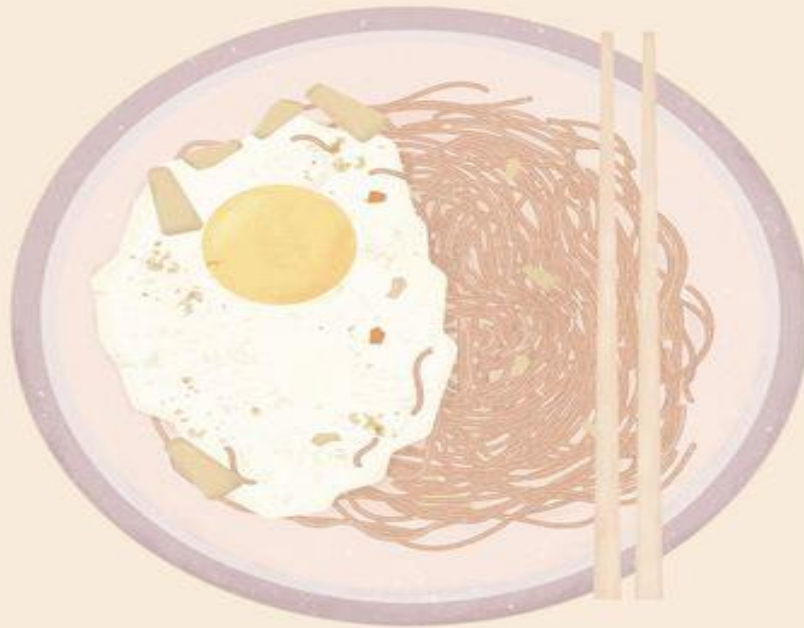
The grains of ground peanuts are just like the flow of sand

You ask me why that is my favorite one

I perceive that is because you enjoy it

黑糖麵線

092



100 × 100

一勺麻油

兩頁薑片

灑落流年

濃郁蔗香糖蜜

在唇間化不開的黏膩

綑絲的綿長情意

黏住了童年的餐桌記憶

讓回憶眷戀難忘

設計：李俊傑
繪圖：李俊傑

092 黑糖麵線

一勺麻油

兩頁薑片

撒落流年

濃郁蔗香糖蜜

在唇間化不開的黏膩

綑絲的綿長情意

黏住了童年的餐桌記憶

讓回憶眷戀難忘

092 Brown sugar vermicelli

A soup spoon of sesame oil

Two slices of ginger

Sprinkle them as if they or time have also passed away like flowing and running water

Strong honey sugar smell with the aroma of sugar cane

The sticky feel on the lips is hard to melt

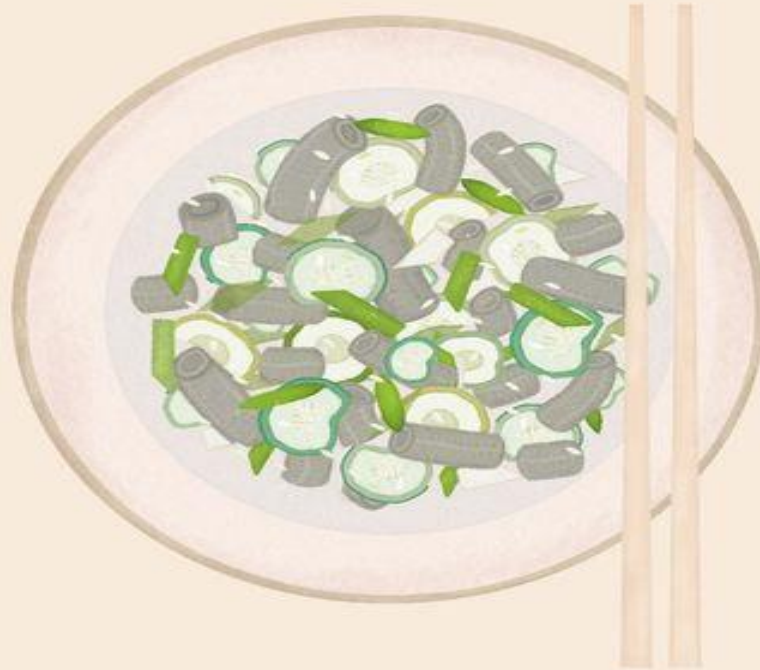
Long as silk-like consecutive and soft nostalgic feelings

The childhood memories have stuck on the dining table

Make those nostalgic remembrances unforgettable

酸瓜炒脆腸

093



100 × 100

刻骨銘心果香酸楚
百轉千迴的完美救贖
逐臭肉香的饞念
酸而不嗆
熟而不爛
鑊氣翻騰魂縈夢牽

百轉千迴的完美救贖
逐臭肉香的饞念
酸而不嗆
熟而不爛
鑊氣翻騰魂縈夢牽

093 酸瓜炒脆腸

刻骨銘心香酸楚
百轉千迴的完美救贖
逐臭肉香的饞念
酸而不嗆
熟而不爛
鑊氣翻騰魂縈夢牽

093 Flip-fry Sauerkraut and crispy intestine

The sour taste of the crispy intestine goes deeply into the heart
The innumerable twists and turns of the crispy intestine's given us an appetite
Greedy for the bizarre taste of the dish
Sourness without strong and offensive odor
The well-done intestine meat with a crispy texture
It's my obsessive dish constantly on my mind with its wok steaming

鹹稀飯

094



100 × 100

加志 土魷 芋頭 菜豆

媽媽牌鹹稀飯各家巧思

山海間豐盛恩澤

湯圓切片雞母狗

蘊含惜福

湯鮮料足大鍋飽食

太平山豐盛恩澤
山海間豐盛恩澤
湯圓切片雞母狗
蘊含惜福
湯鮮料足大鍋飽食

094 鹹稀飯

加志 土魷 芋頭 菜豆

媽媽牌鹹稀飯各家巧思

山海間豐盛恩澤

湯圓切片雞母狗

蘊涵惜福

湯鮮料足大鍋飽食

094 savory congee

Some slices of fish, taro, and green beans

The mothers cooked different kinds of congee with their dexterous minds

Abundant grace from Nature

Several slices of steamed glutinous rice

These represent cherished blessings

That's the congee with rich ingredients and with a refreshing soup

麥芽糖蛋

095



100 × 100

做月內心口說不出的甘甜

十月韶光易逝

輕輕捲起

蒸一碗食感甜脆

蜂巢狀入味

在記憶裡回甘動人

太平 中國廣東省 二百年歷史 廣東 潮州 饅頭

095 麥芽糖蛋

做月內心口說不出的甘甜

十月韶光易逝

輕輕捲起

蒸一碗食感甜脆

蜂巢狀入味

在記憶裡回甘動人

095 Steamed maltose eggs

The irresistible sweet flavor during the women in postpartum confinement

Ten months of pregnancy, time flies by

Rolled up the maltose gently

Steamed Bowl of Sweet Maltose Eggs

With its tasty honeycomb structure

The maltose eggs' aftertaste is a vivid and sweet memory

酸菜炒魚肉

096



100 × 100

大海恩賜悶煮

膠質濃郁石硤莫屬

手工浸漬醇厚酸香

時光發酵氣味

魚肉細緻沉潤白湯

爽口垂涎 回味再三

本系列食譜係由一位專業廚師精心編撰，內容豐富，適合不同年齡層人士參考。

096 酸菜炒魚肉

大海恩賜悶煮

膠質濃郁石硤莫屬

手工浸漬醇厚酸香

時光發酵氣味

魚肉細緻沉潤白湯

爽口垂涎 回味再三

096 Sautéed fish meat and simmered with sauerkraut

It's a gift from Nature, the sautéed fish

The fish meat is rich in gelatin

Hand-made soaking sauerkraut with its aroma of thick sour

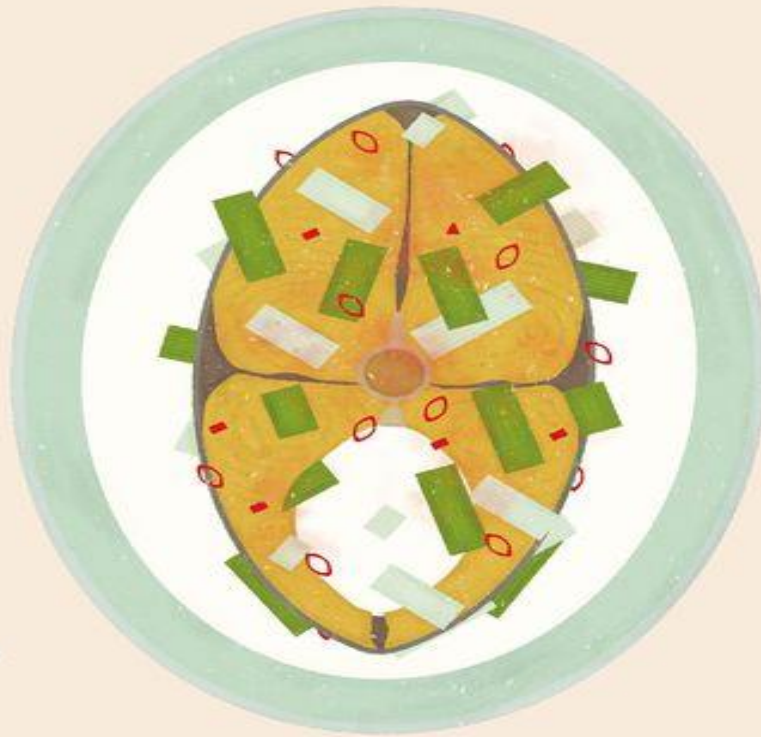
Time has turned the taste of fish with fermented flavor

The fish meat is delicately immersed in the slick clear soup

Mouth-watering, tangy aroma, endless aftertaste

香煎土魷魚

097



100 × 100

冬夜魚市巡禮
土魷身價不可同日而語
迷人香韻無可比擬
濃妝淡抹總相宜
斤數蘊含美味秘密
油嫩鮮香一嚐難忘
澎湖冬日禮讚

冬夜魚市巡禮
土魷身價不可同日而語
迷人香韻無可比擬
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油嫩鮮香一嚐難忘
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冬夜魚市巡禮
土魷身價不可同日而語
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斤數蘊含美味秘密
油嫩鮮香一嚐難忘
澎湖冬日禮讚

097 Fried Spanish mackerel

Winter Night Fish Market Tour
The value of Spanish mackerel has gotten higher and higher
Its aroma with fantastic taste is beyond comparison
Whether it is clear soup or fried; they are all gourmet food
The weight of the fish implies the delicious secret
An unforgettable taste of the fish with its fresh, greasy, and tender texture
That's the praising in Penghu winter

蕃薯稀飯

098



100 × 100
大塊起落
細刨成籤
米粥溫熱心暖
冷食淡然香甜
丁香鹽灼出味
臭肉醬漬陳香
順喉而下
鍋碗朝天

本千色圖為系列一頁圖
作者：林明子

098 蕃薯稀飯

大塊起落
細刨成籤
米粥溫熱心暖
冷食淡然香甜
丁香鹽灼出味
臭肉醬漬陳香
順喉而下
碗鍋朝天

098 Sweet potato congee

Cut the sweet potato into big dice or shreds
The hot congee will have your heart warm
The flavor of the cold congee tastes a little sweet
Adding some dried silver stripe herrings and seasoning with round herring sauce
The flavor of the congee is beyond comparison
That will make you eat it one bowl after another

漁港麵

099



100 × 100

滴漏港邊時光

第一漁港舊時傳香

漁人識味氣力養足

肉湯鹹香琥珀色溫

米粉麵行家欽點

肉鮮湯醇 道地傳家

本系列食譜係根據「第一漁港」的傳統食譜編寫的，旨在推廣和傳承當地的飲食文化。

099 漁港麵

滴漏港邊時光

第一漁港舊時傳香

漁人識味氣力養足

肉湯鹹香琥珀色溫

米粉麵行家欽點

肉鮮湯醇 道地傳家

099 Assorted Noodles at the First Fishing Harbor

The clock has been ticking at the harbor

Traditional meal at the First Fishing Harbor

Fishermen`s energy meal before working

Savory meat broth with the color amber

Rice noodles are a favorite choice for the regular customer

The flavors of the soup are mellow and smooth

That`s the flavor inheritance from generations

菜豆炒米粉

100



100 × 100

菜豆輕折伴隨潮音
露珠閃爍報以晨曦
一身斑紋澎湖情調
盛夏恩典
記憶裡母親的手路菜
樸實無華
難捨 難忘

菜豆炒米粉
100 × 100

100 菜豆炒米粉

菜豆輕折伴隨潮音
露珠閃爍報以晨曦
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100 Stir-fried string green beans and rice noodles

The cracking sound of green beans accompanies the cadence of waves
Shimmering dew's flickered into the morning sunlight
The ambiance of my hometown, Penghu.
Midsummer grace
Mom's dish in the nostalgic memories
Plain and ordinary
Reluctant emotion to forget

