

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：在瓶瓶罐罐之間
攝影：蘇菲亞·林

002 望安酸瓜

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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

澎湖風月餅 | 003 冬瓜糕

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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



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

Photo: [unreadable] | [unreadable] | [unreadable]

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

005 花生酥 | 100 × 100 | 100 × 100 | 100 × 100

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花落成果碾爍爍金磚

沒有華麗繁複的包裝

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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

本中心提供各項中西點心、飲品、甜品、蛋糕、麵包、餅乾、糖果、巧克力、冰淇淋、刨冰、果汁、咖啡、茶飲、酒類、海鮮、肉類、蔬菜、水果、雜貨、日用品、文具、玩具、禮品、服飾、鞋襪、帽類、眼鏡、化妝品、藥品、醫療器材、儀器、設備、傢俱、電器、五金、建築材料、園藝用品、寵物用品、汽車用品、戶外用品、運動用品、文具、玩具、禮品、服飾、鞋襪、帽類、眼鏡、化妝品、藥品、醫療器材、儀器、設備、傢俱、電器、五金、建築材料、園藝用品、寵物用品、汽車用品、戶外用品、運動用品

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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：沈從文、沈從文、沈從文、沈從文、沈從文、沈從文、沈從文、沈從文、沈從文、沈從文

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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

圖片：網絡圖片 | 攝影：陳國治 | 攝影：陳國治 | 攝影：陳國治

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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

2014年12月15日 10:00 AM 2014年12月15日 10:00 AM

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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 赴一場夜衝外坡的浪漫

010 黑糖割包 | 100 × 100 | 100 × 100 | 100 × 100

010 黑糖割包

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只為 赴一場夜衝外坡的浪漫

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.

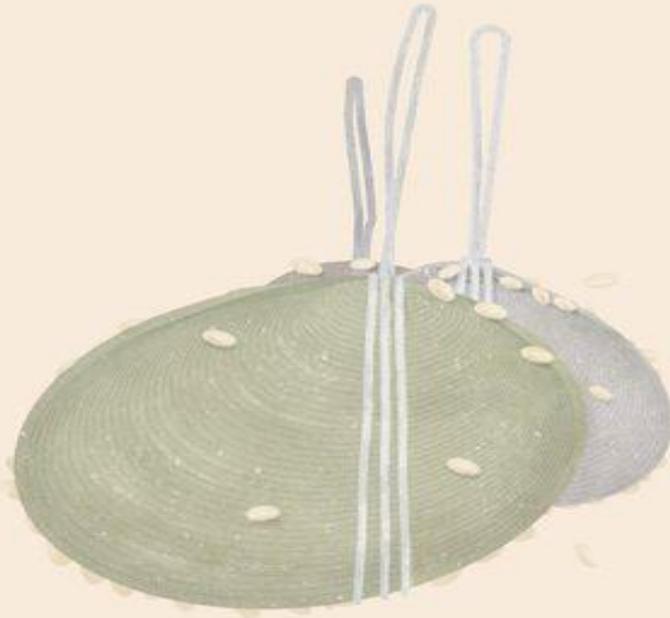
And add a fried egg to the layer.

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 | 100 × 100 | 100 × 100 | 100 × 100

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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 (*Macra 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 | 關於港城雜貨

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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

圖片：中國美術家協會 | 中國美術家協會 | 中國美術家協會 | 中國美術家協會

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 澎湖人情味

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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

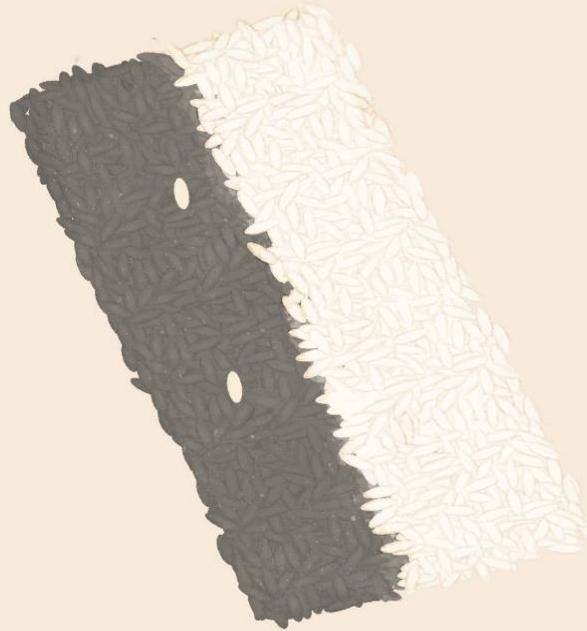
A fragrant and flavorful smell wanders in the throat and mouth with a sweet after-taste

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 在蒸氣生活的一百種理由
攝影 關於志滿野鳥

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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

016 枕頭餅 | 100 X 100 | 傳統麵香 | 鬆軟綿甜 | 一如童年

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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 | 017 | 100 × 100

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：沈嘉慧
攝影：沈嘉慧

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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

臭肉魚乾

019



100 × 100

海面上的漁火點點

曬魚場裡的陽光賜福

濃郁的魚香攻略鼻息

輕搥魚乾

簡單的醬油糖蒜小火入味

不需要其它的主角

咀嚼腥香裡的甘醇 詮釋完美

文字：徐國治
插圖：陳國治

019 臭肉魚乾

海面上的漁火點點

曬魚場裡的陽光賜福

濃郁的魚香攻略鼻息

輕搥魚乾

簡單的醬油糖蒜小火入味

不需要其他的主角

咀嚼腥香裡的甘醇 詮釋完美

019 Dried round herring

Fishing lights shimmer on the sea

The sunlight has blessed the fish-drying flake yard

A dense fish aroma has invaded all your senses

Slightly hammer the dried fish

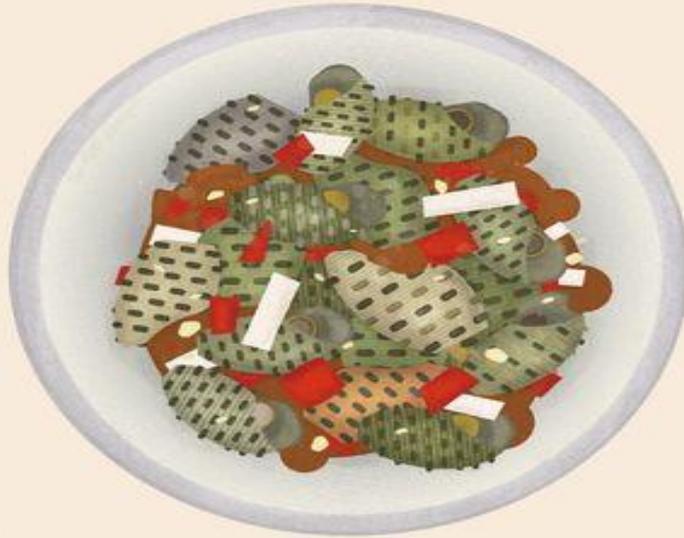
Braise and stew dried fish with soybean sauce, sugar, and garlic for a deliciously tasty

It's the main dish itself

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

澎湖縣政府觀光旅遊局 澎湖縣政府觀光旅遊局

020 燒酒螺

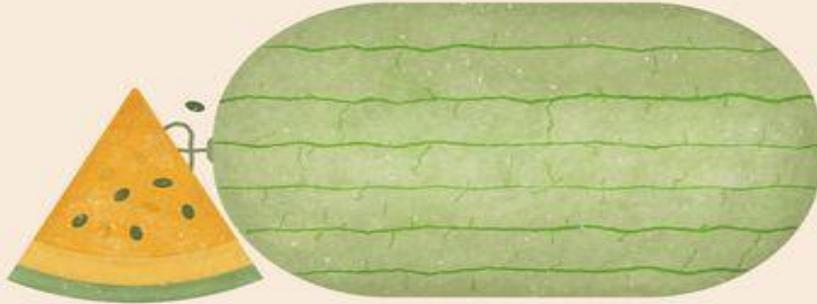
探尋澎湖人大海的冰箱
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起一鍋鹹辣夠味的家傳口味
吃巧不吃飽
讓人忘卻形象的 豪氣小吃

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

嘉寶瓜

021



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

021 嘉寶瓜 | 100 × 100 | 炎旱的離島日常

021 嘉寶瓜

炎旱的離島日常

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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

022 三角餅 | 菜宅 | 珠蔥

022 三角餅

菜宅裡的風襲上珠蔥輕柔軟擺
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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

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

繪圖：陳怡宏

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.

天公圓

025



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 | 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

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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

澎湖薪傳百年手信 | 026 鹹餅

026 鹹餅

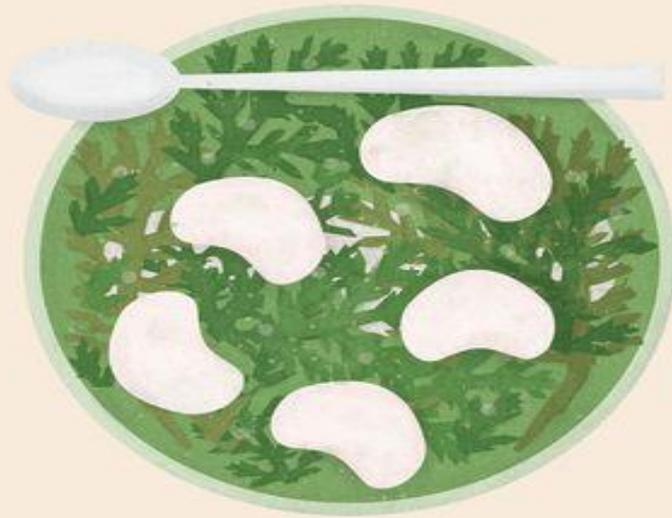
在方寸之間
停不了嘴的鹹香喇嘴
一抿酥脆
轉瞬化開的辛香
輕薄而幾乎不帶重量
卻十足厚重的心意
行囊中少不了的
澎湖薪傳百年手信

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 | 插畫：張明

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

風茹茶

028



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

風茹茶

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

Photo: 100x100.com | www.100x100.com

029 花菜乾

菜宅裡一簇簇的白色花束

輕柔的手勁鹽漬

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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

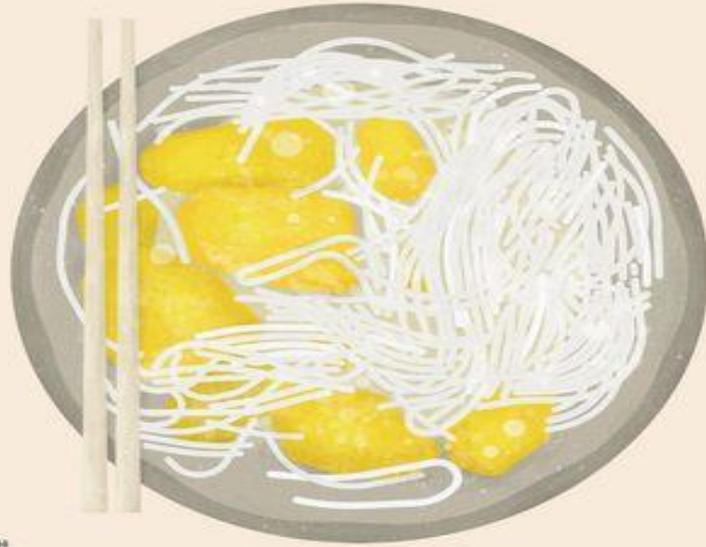
The splendid appearance of its performance in the dish

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

100 × 100 澎湖古早味 | 030 地瓜麵線

030 地瓜麵線

島風徐徐

輕撫一處落地生根的甜

握起如藤蜿蜒的想念

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 × 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 | 炒花生 | 100 × 100

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

Illustration: 陳怡宏 | Design: 陳怡宏

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

象魚乾

033



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

小魚——象魚乾(033) | 魚類圖鑑 | 魚類圖鑑 | 魚類圖鑑

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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

攝影：陳國治 | 設計：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

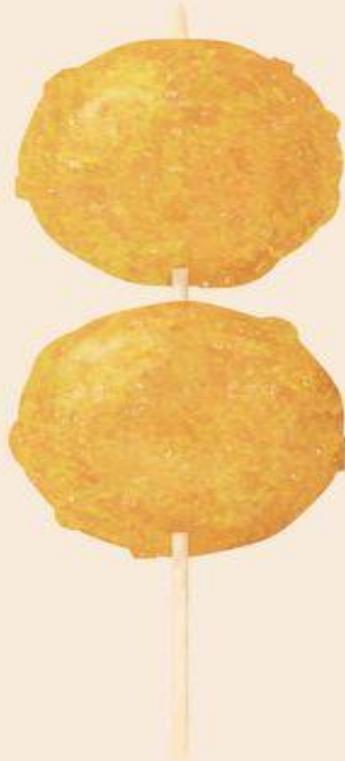
It swamps in the pot, like memories that touch the deep bottom of your heart

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

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

035 花枝丸

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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

澎湖·第一屆國際詩人筆會
第一屆國際詩人筆會
第一屆國際詩人筆會

036 碎花生炒高麗菜

門庭的石臼靜默

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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

石鮪燉肉

037



100 × 100

千錘百煉不為過
收成陽光下石鮪一身赭紅
五花肉最是誘人
蒜苗醬香點一味冰糖
滷製醞釀味淋佐米香
海味襲來
石鮪那獨一無二的靈魂

小食 · 037 石鮪燉肉 | 圖文 · 037 石鮪燉肉

037 石鮪燉肉

千錘百煉不為過
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海味襲來
石鮪那獨一無二的靈魂

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

炸地瓜

038



100 × 100

裹上一層歲月的白色風霜
藏不住你綿密的裡蘊面容
油鍋邊炸一口鬆軟香甜
咬一口胼手胝足 累月經年
落土番薯命
吃的是 澎湖人的運命

澎湖縣政府文化局 澎湖縣立美術館 澎湖縣立圖書館 澎湖縣立體育場 澎湖縣立體育館 澎湖縣立體育場 澎湖縣立體育館 澎湖縣立體育場 澎湖縣立體育館

038 炸地瓜

裹上一層歲月的白色風霜
藏不住妳綿密的裡蘊面容
油鍋邊炸一口鬆軟香甜
咬一口胼手胝足 累月經年
落土番薯命
吃的是 澎湖人的運命

038 Deep-fry flour-coated sweet potato

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

肉圓

039



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

Illustration: 039 Steamed Meatballs

039 肉圓

請不要偷拍我主人可愛的面貌
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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

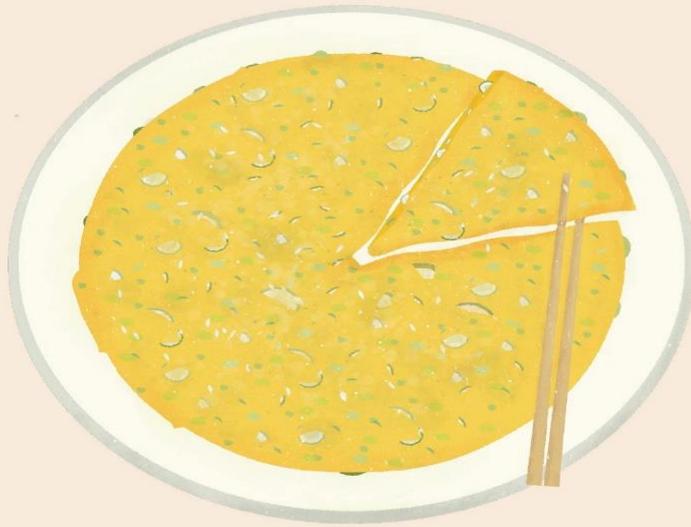
The sweet vegetable and thick soup fit well with each other

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

文字在活潑生活的一百種理由
插畫 幽然海畔野鳥

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
承載著望安諧事
新嫁娘的甜蜜心事

文字：范范湖生
插畫：胡於池湖野鳥

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：嘉嘉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

正港檸檬汁 | 100% 天然檸檬汁 | 100% 天然檸檬汁 | 100% 天然檸檬汁

044 正港檸檬汁

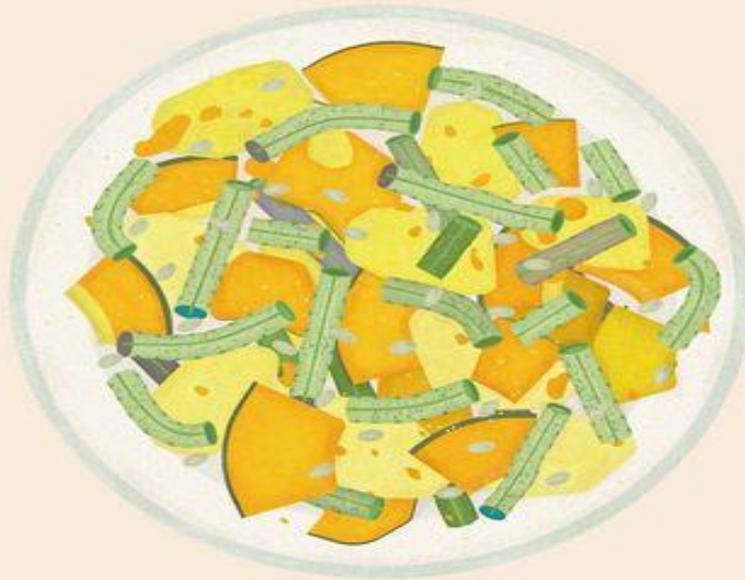
酸楚的味覺在眉間游移
貪戀沁人鼻息
帶著三分苦澀成癮
七分檸香飄散不去
檸檬的滋味
譜寫曖昧的夏日羅曼史

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

金瓜雜煮

045



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

100個故事 | 100個味道 | 100種生活

045 金瓜雜煮

菜豆啜飲晨光露珠

渾然天養天成

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金瓜與番薯旭日般透著金黃

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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

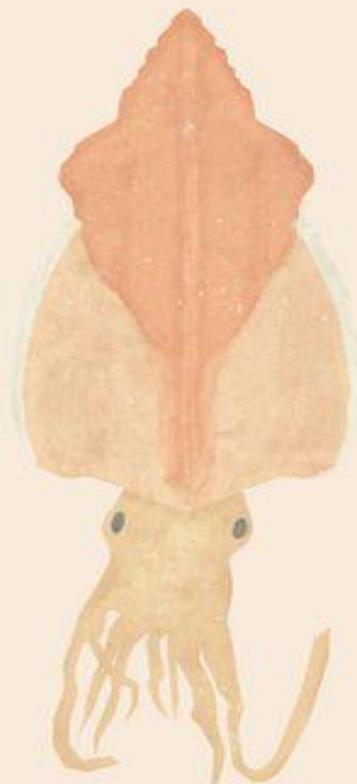
They`re thick, muddy, and soft

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 / 100 × 100 / 100 × 100 / 100 × 100

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 在澎湖生活的一百種理由
插畫 關於澎湖鮮島

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
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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：陳怡伶 攝影：陳怡伶

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

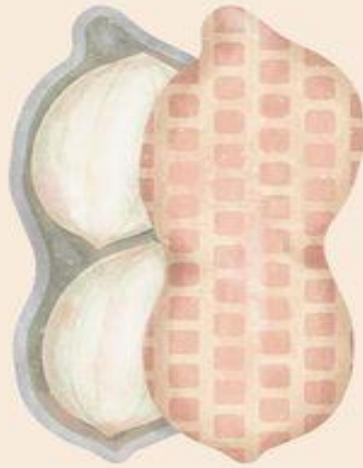
Sprinkle a bunch of white silk-like of vermicelli love-letter into the stock pot

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

NO. 050 EARLY MATURING PEANUTS

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

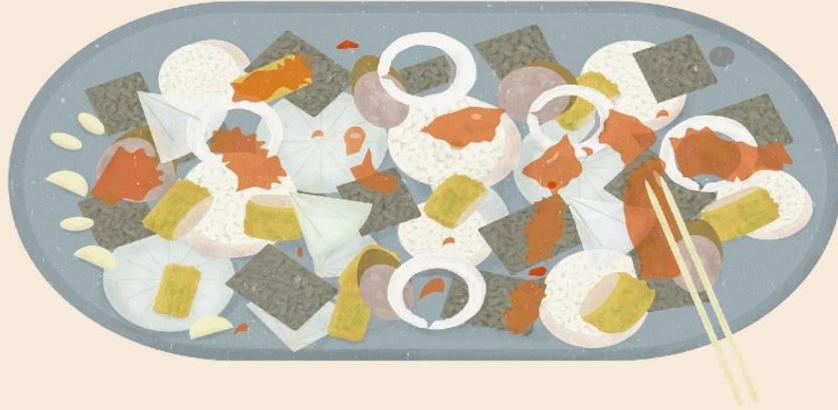
Experiencing eating the peculiar smoothie taste of peanut kernels

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

052-052052 | 052052 | 052-052052

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：在澎湖生活的一百種理由
攝影：饒宗頤攝影社

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

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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

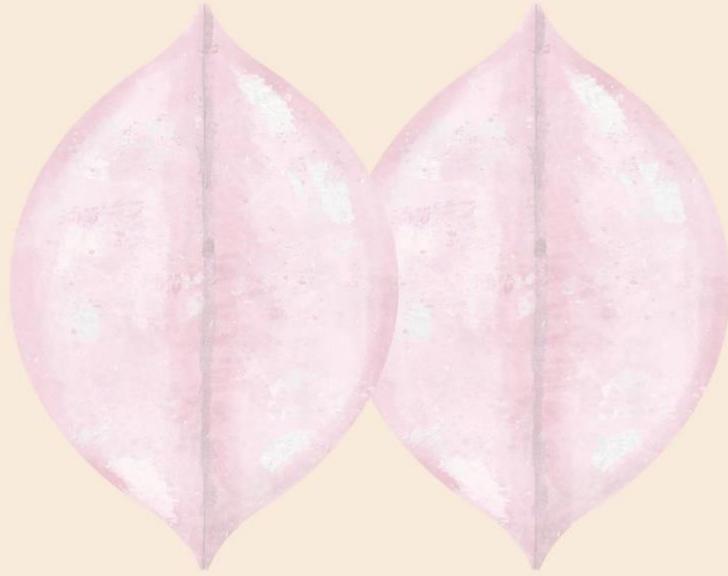
Summer internet celebrity snacks. Dip it in mayonnaise

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

菜 薺

054



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 × 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

NO. 055 055 100 × 100

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

XO醬

056



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
攝影 十關於澎湖群島

056 XO 醬

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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

2014年10月10日 星期二 10:00:00

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

澎湖飲食文化 | 澎湖飲食文化 | 澎湖飲食文化

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 在茶與生活的一百種理由
攝影 卜顯於澎湖群島

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.

鹹汁

060



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：翻於池海群島

060 鹹汁

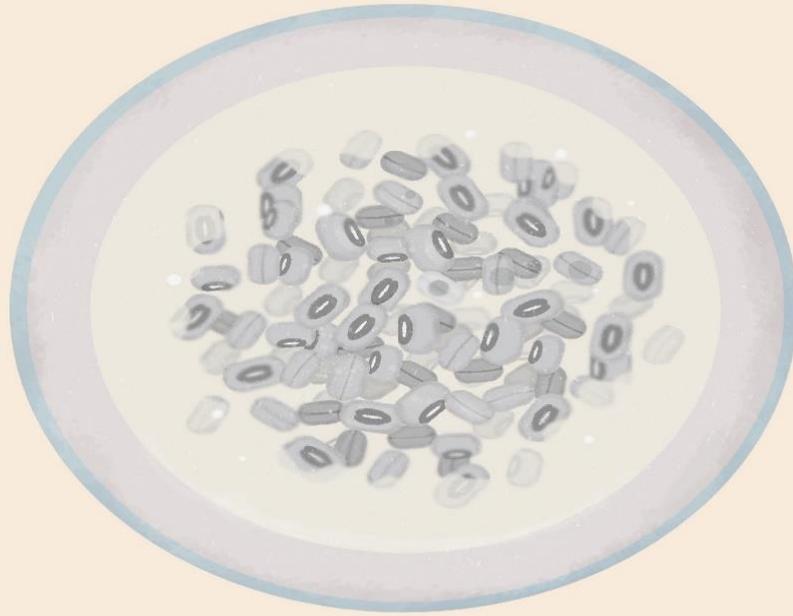
海鳥報信的魚訊
勾起舊時困苦記憶
汲取海水輕抹去一身腥
裊裊炊煙裡魚香四溢
韶光沉澱醍醐經典
滴露甕裡相思 最是鹹汁

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

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
攝影 謝於添攝影

062 米豆湯

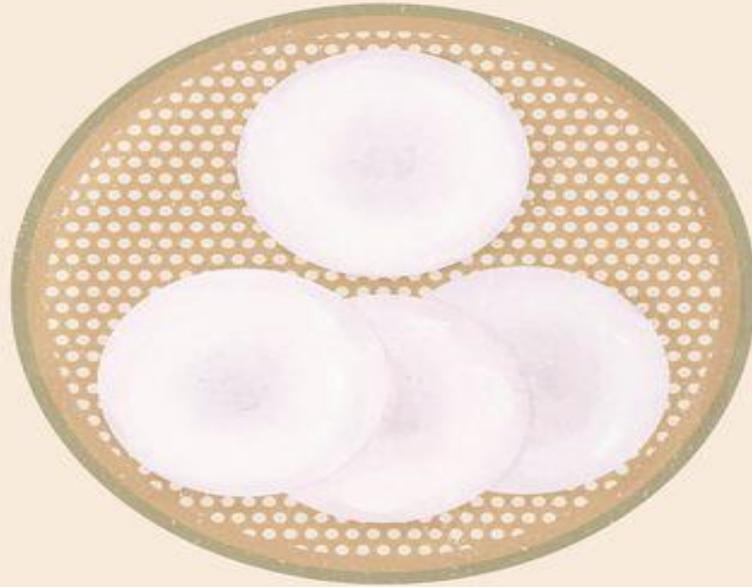
滾落一襲六月白，
惦記著胎記裡的命運，
鬆軟的身軀銘記。
下一勺白糖 似輕風明月
以肉香細熬 如化不開的月色皎潔
一碗鹹甜各具滋味
苦樂參半的人生真味

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

2014年中國國際茶葉博覽會 廣州·雲浮茶博覽館

063 七夕糰

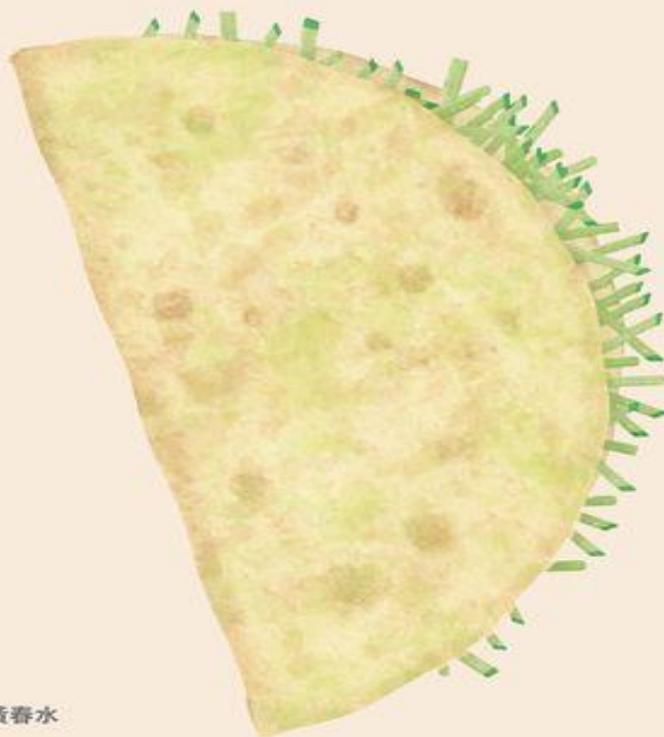
將相逢的喜悅
搓揉成白粉明鏡
只為齒頰一抹清甜
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日日年年七夕一會
在鵲橋絕美的道別
盛以織女
珍珠般無盡的眼淚

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

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

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 拿手的這道鮮香

文字：左岸文化社
插畫：蘇怡怡

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

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

本圖由作者提供 版權所有

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

幾分大狗仔蟳味

撒落黑糖香 醉人的鍋氣醬香

2014年10月1日出版 定價：280元

068 黑糖章魚

年後媽祖禮

初三十八流

盞盞微光閃爍繁星

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木槌還復爽脆

幾分大狗仔蟳味

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

圖：中國美術家協會會員 劉曉明 繪

069 烤牡蠣

大海洋洋

等待白露時節風起

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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

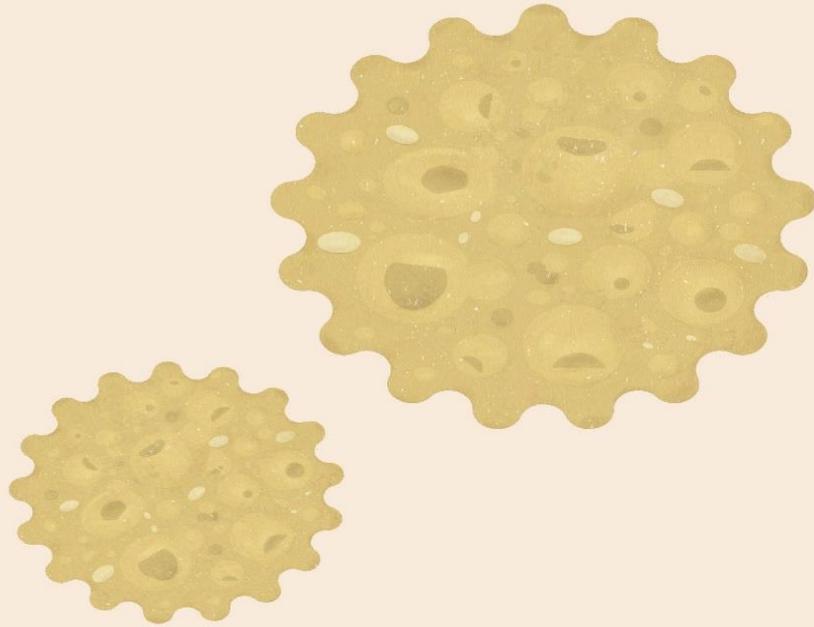
The tide rises and falls repeatedly, like stringing up the bead curtains in the sea

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 關於澎湖野島

070 菊花餅

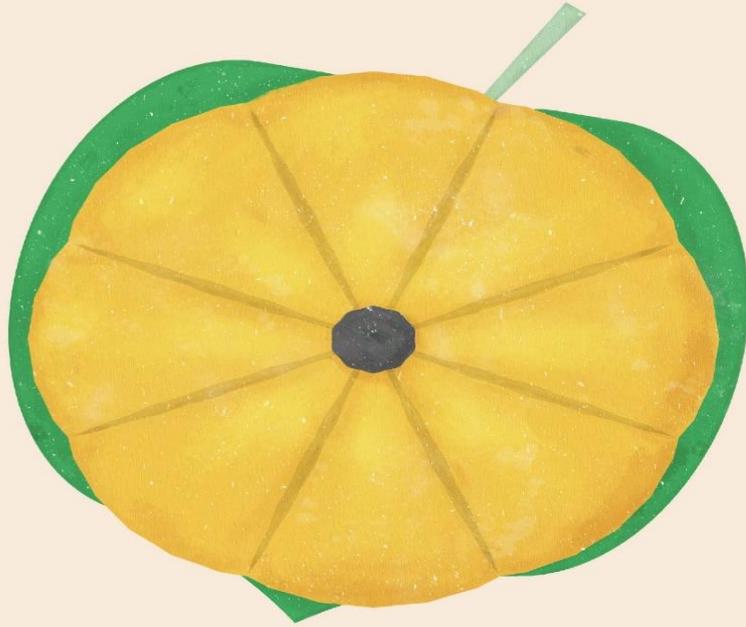
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記憶裡始終不會凋零
在一口口香餅裡
鮮活的隨風曳動

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 由於澎湖群島

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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.

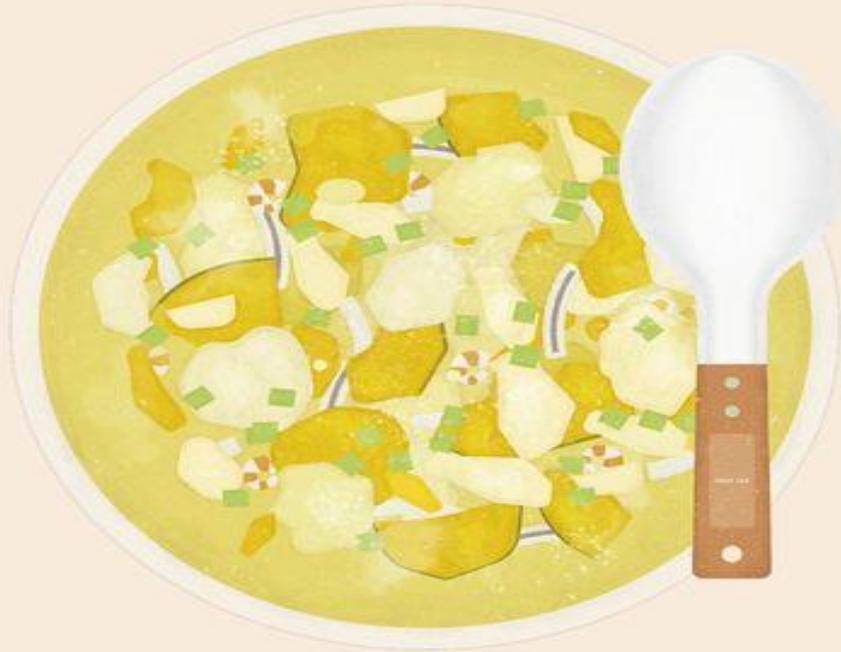
The leaf of yellow sea hibiscus gently softly cuddled and loaded it.

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

南瓜麵猴 | 100 × 100 | 072

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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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 關於海邊群島

073 米香

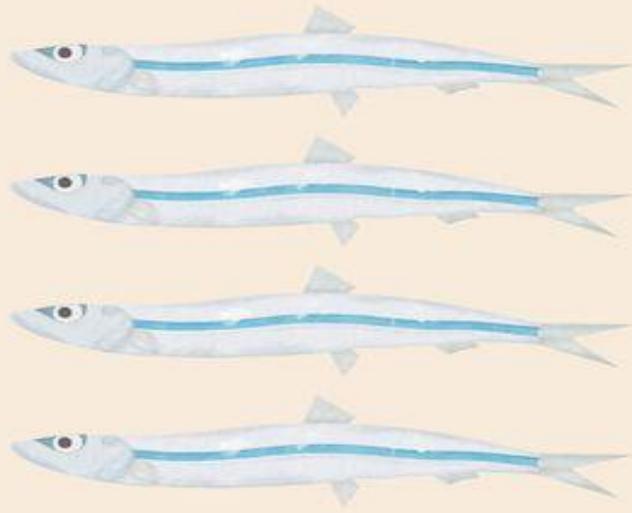
稻穗拾香，
一絲一縷糖蜜如綢
最是回門的溫柔
今生只望
摻土豆 合汝呷到老老
呷米香 這世人予汝做家後

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
此後轉眼瞬夏
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

100 × 100 | 074 | 074 | 074

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

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

NO. 076 米糕炸 100 × 100

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 X 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

NO. 077
100 X 100
田嬰飛 鎖管來

077 小管麵線

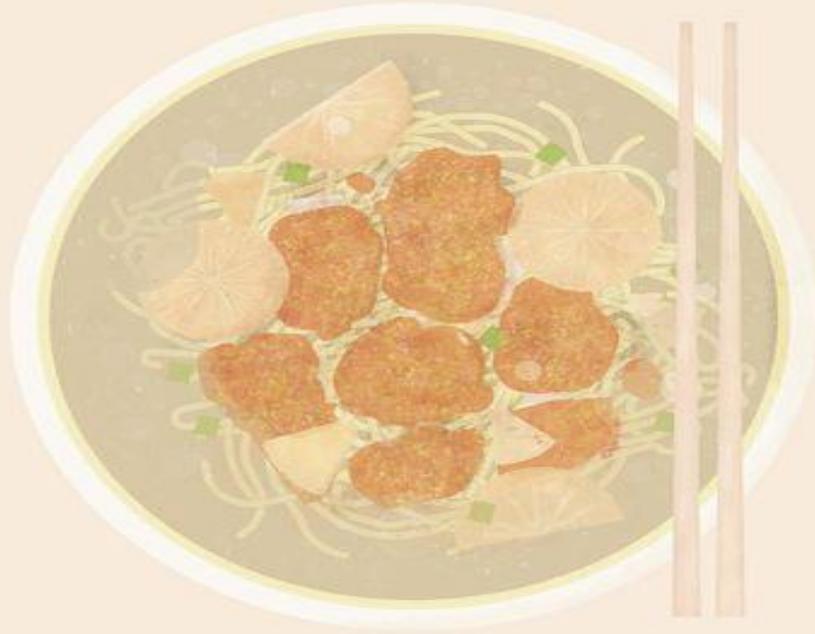
讓我為你點盞光
劃亮黑夜的海上
收藏繁星點點
盡入妳眼
付諸一碗清清白白的傾訴
田嬰飛 鎖管來
澎湖夏日最真心的告白

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

天下好味都係第一好味
好味 - 好生活

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 在茶館生活的一百種理由
攝影 關於臺灣群島

079 市場粉圓

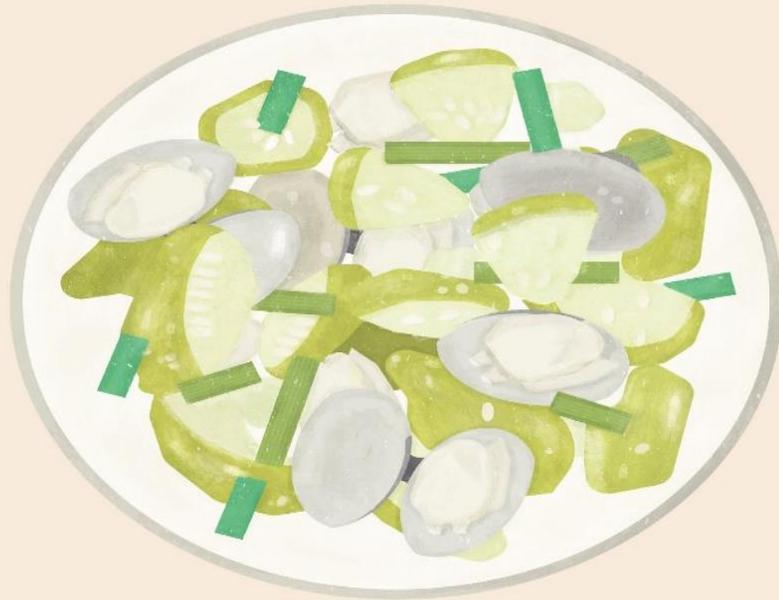
童年記憶裡的甜甜
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婆婆勺中滑溜不止
攪拌真心 純粹蔗糖碎冰
一杯杯晶瑩Q彈
味嚼喃喃 暑氣退散

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：沈嘉玲
攝影：謝志偉

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

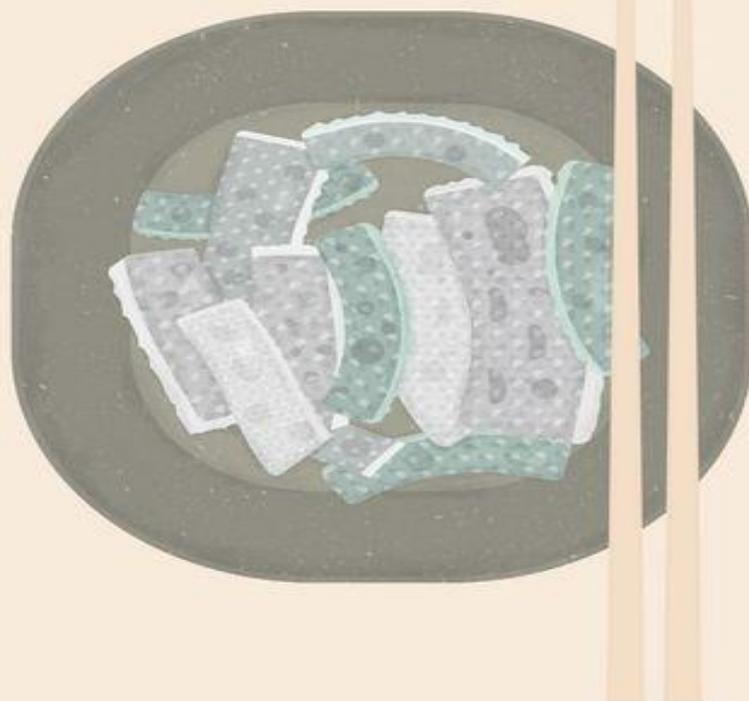
Accompany each other with a spoonful of warmth

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

本圖由「食尚生活」提供

081 河豚皮

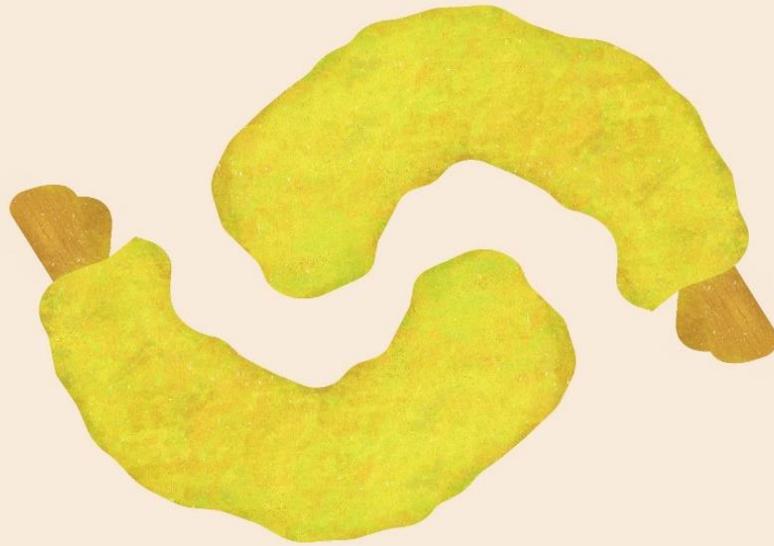
澎湖刺龜平反身世
費工卸下渾身尖刺
清燙冰鎮消散魚腥
膠原蛋白多多
澎湖女子美麗加冕
不由分說

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
插畫 關於澎湖群島

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
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 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

本千禧年食譜第一輯 食譜 084 炸年糕

084 炸年糕

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

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

石驚燉土豆

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：左海濱生活的一百種理由
插圖：幽於澎湖群島

085 石驚燉土豆

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 在蒸氣生活的百種理由
攝影 謝於洪湖野島

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

米糕

087



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

李千鶴的詩歌
詩集
詩集

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

潮水繾繾著礁岩
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
繪畫 由於悠閒對島

088 紫菜花枝捲

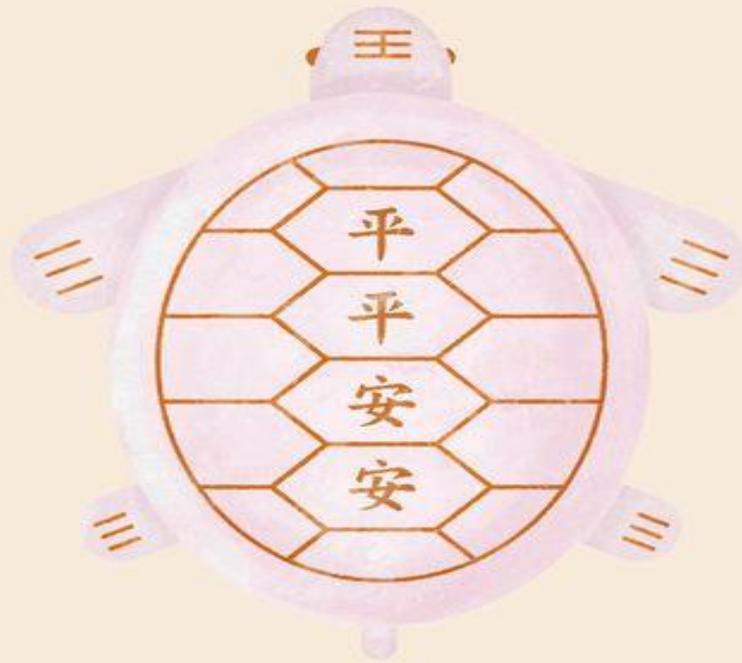
潮水繾繾著礁岩
吐露著海的呢喃
冷冽月光下閃爍流金
挽綾羅黑紗
一期一會的遇見
捲入點點雪白星光

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

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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

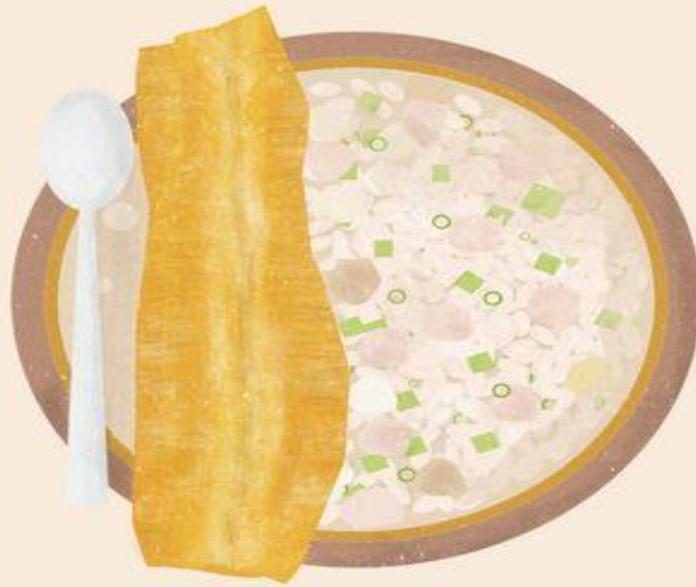
We were used to sneaking and having the bites of the tail-like part of the cake

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

二十世紀八十年代 廣東 汕頭 潮州

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.

紅龜粿

091



100 × 100

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

太平山餅家
100種糕點
100種糕點

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

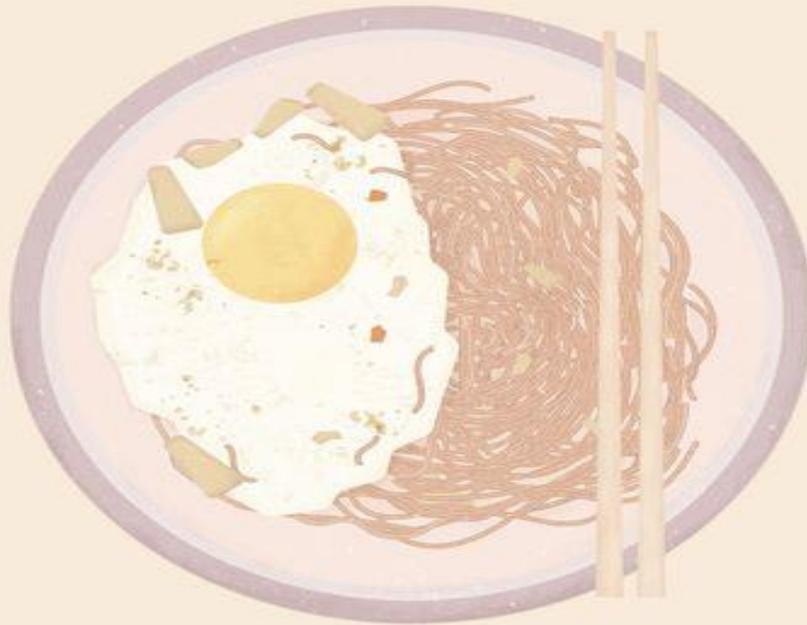
The grains of ground peanuts are just like the flow of sand

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

Illustration: 092 Brown sugar vermicelli | 092 黑糖麵線

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

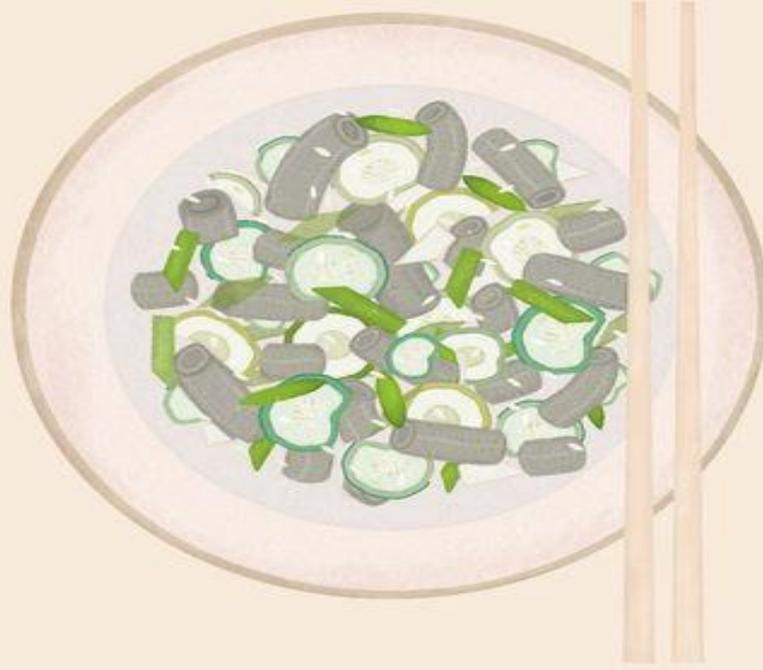
Long as silk-like consecutive and soft nostalgic feelings

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

二十世紀八十年代 | 廣東 | 廣州 | 廣東 | 廣州 | 廣東 | 廣州

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

2014 年 10 月 1 日 出版 定價：250 元

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

本頁食譜係由「百寶食譜」提供，歡迎大家踴躍投稿。

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

膠質濃郁石硿莫屬

手工浸漬醇厚酸香

時光發酵氣味

魚肉細緻沉澱白湯

爽口垂涎 回味再三

本系列食譜係由「一頁一食」編者 蔡國雄 編撰

096 酸菜炒魚肉

大海恩賜悶煮

膠質濃郁石硿莫屬

手工浸漬醇厚酸香

時光發酵氣味

魚肉細緻沉澱白湯

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

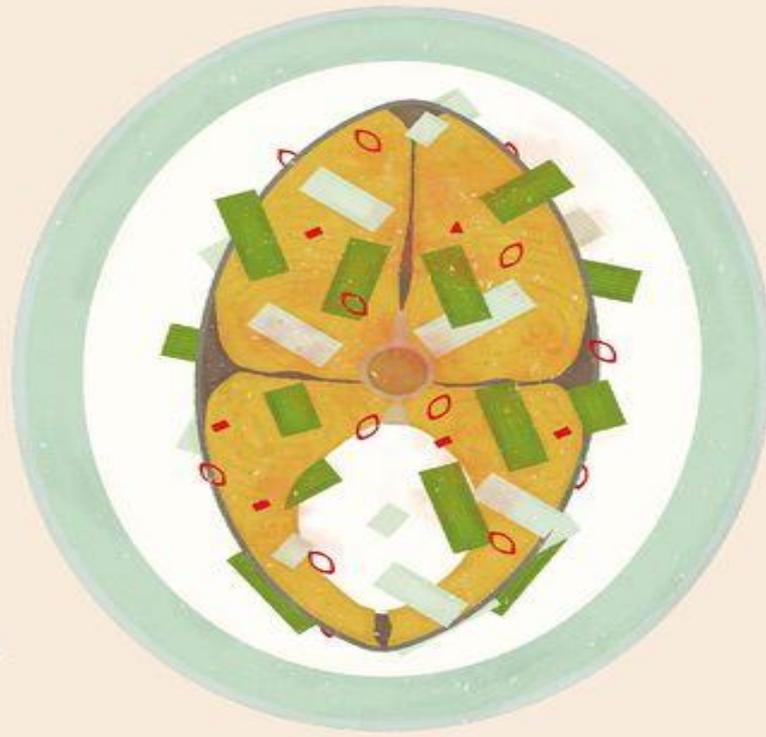
Time has turned the taste of fish with fermented flavor

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

二十世紀初創 | 澎湖 | 香煎土魷魚

097 香煎土魷魚

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

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

五千色香味俱全一百種滋味
新書上市歡迎訂購

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

本系列圖文由「香港飲食文化」提供

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

100 × 100 菜豆炒米粉 100 × 100 菜豆炒米粉

100 菜豆炒米粉

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

100 Stir-fried string green beans and rice noodles

The cracking sound of green beans accompanies the cadence of waves
Shimmering dew 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

