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## Kaohsiung Produce Enjoys a Big Success in Singapore and Brunei

◎English translation: Lin Fang-ju ◎Photos courtesy of Kaohsiung City Government

Kaohsiung City Government has been making great efforts to promote its quality agricultural products. The city guarantees safe production and high quality of goods. These quality products have been stamped with the brand name "Kaohsiung Preferred". On December 13 to 22, 2013, Mayor Chen Chu led the delegation to Singapore and

Brunei to promote the 2013 Kaohsiung City Agricultural Product Fair and the "Kaohsiung Preferred" products. This first initiative was very successful in increasing international exports.

Kaohsiung's produce received an extremely positive response. In Singapore, Mayor Chen personally recommended Kaohsiung's sweet dates for their crisp freshness and the Chinese auspicious meaning of having a baby soon. The Singaporean supermarket GIANT subsequently ordered 3500 boxes of produce such as dates, guava, wax apples, red dragon fruit, cherry tomatoes, broccoli, bitter melons and radishes, etc. Kaohsiung's farmers were very grateful and excited

about the new opportunity.

The delegation then went to the distinctive First Emporium Supermarket in Brunei. Their first order included dates, guava, papayas, wax apples, red dragon fruit, cherry tomatoes, broccoli and radishes. They also ordered processed agricultural products which included red beans from Daliao and mulberry enzymes from Mama Chuang's Leisure Farm. The products were very popular from the first day they sold. Kaohsiung expects ongoing exports to Brunei.



陳菊市長(右二)率團前往汶萊行銷「高雄首選」品牌  
Mayor Chen Chu (2th to the right) leads the delegation to Brunei to promote "Kaohsiung Preferred" products.



陳菊市長(中間者)前進新加坡GIANT超市舉辦「2013高雄農特產品節」  
Mayor Chen Chu (center) promotes the 2013 Kaohsiung City Agricultural Product Fair in the Singaporean supermarket GIANT.

## 高雄首選 農產新加坡、汶萊熱銷

◎文/林昀熹 ◎照片提供/高雄市政府

高雄市政府積極推展精緻農業與安全農產品，並嚴格把關，追求安全、高品質的生產過程，使得「高雄首選」這個品牌已成為安心農產的代名詞。為拓展外銷市場，高雄市政府於2013年12月13~22日首度前進新加坡及汶萊舉辦「2013高雄農特產品節」，陳菊市長更率領市府團隊赴新加坡、汶萊等

國推廣高雄農產，獲得當地民眾熱烈迴響。

這次東南亞之行，首站於新加坡GIANT超市展開。蜜棗清脆鮮甜而且有「早」生貴子的吉祥涵義，陳菊市長特別推薦給新加坡民眾品嚐，此次外銷首批下單品項蜜棗、番石榴、蓮霧、紅龍果、橙蜜香番茄、青花菜、白玉苦瓜與白玉蘿蔔等高達3500箱，這番成績讓高

雄產地的農民相當開心，也有信心讓新加坡民眾吃到美味與安心。

第二站則在汶萊知名的第一百貨超級市場登場。首批下單合計蜜棗、番石榴、木瓜、蓮霧、紅龍果、橙蜜香番茄、青花菜、白玉蘿蔔等8個品項及多項農產加工品，如大寮區紅豆、大樹區張媽桑槭酵素等產品，開賣當日造成搶購熱潮，為高雄農產銷往汶萊打響名號。

## Kaohsiung Greeted 2014 with Love, Happiness and the New Year's Eve Concert

◎English translation: Lin Fang-ju

◎Photos by Pao Chung-hui

Kaohsiung had a blast on New Year's Eve! The City Government's Information Bureau was responsible for organizing the 2014 WOW Kaohsiung New Year's celebrations, including an exciting balloon parade on December 14, 2013 and the New Year's Eve Concert. 600 thousands of people attended the

concert. The parade of colorful floating balloons toured along Shidai Boulevard. Not only was the sky delightfully lit up but wonderful performances also dazzled audiences on the ground. It was a wonderful beginning to a series of New Year's celebration activities at the Dream Mall.

The concert entitled WOW New Year's Eve starred pop artists Sam and Bowie Tseng, who gave an amazing performance.

Then one of Asia's top rock bands, Mayday, performed their popular songs for 40 minutes. Finally, JJ Lin performed a series of romantic

classics and dynamic dance music. It was an absolutely exciting line-up of performances and an exciting and memorable new year's eve for the audiences who got the chance to see it live.

The concert ended with a fireworks display that was entitled "Forever Love". The triple-layered fireworks appeared

## 港都不思議跨年夜，幸福迎接2014

◎文/林昀熹 ◎攝影/鮑忠暉

高雄的跨年夜好幸福！高雄市政府新聞局舉辦的「2014不思議港都跨年夜」，吸引了60萬人潮共襄盛舉。跨年活動從去(2013)年12月14日即以第八屆「大氣球遊行」於時代大道展開，可愛的空飄氣球與地面團隊的精彩演出，熱鬧的氣氛為跨年活動成功暖身。

跨年當晚(12/31)的重頭戲「WOW高雄！2014不思議港都跨年夜」，主持重任由曾國城與曾寶儀及LuLu搭檔；開場表演由亞洲天團五月天帶來整整40分鐘熱力演出，情歌王子林俊傑則以經典浪漫

like rainbows above the Dream Mall. The audience was awe struck and reacted with non-stop appreciation. The entire firework show lasted for 214 seconds, included 20140 pyro-projectiles and produced 103 separate firework configurations. The show was a brilliant start to 2014.

情歌與動感舞曲壓軸獻唱，以個唱等級在高雄跨年夜表演，帶給大家既興奮又陶醉的跨年記憶。

而高潮當屬以2014(愛你一世)諧音為設計理念的煙火表演！三層彩虹煙火同時出現在摩天輪及藍鯨館購物中心的上空，引起現場驚呼連連，總長度214秒、總施放發20140發、共103種絢爛奪目的煙花效果，為2014帶來浪漫又熱情的燦爛開端。



夢時代煙火表演  
Fireworks at Kaohsiung's Dream Mall



# Strolling Around Jhongyun Fishing Port on a Winter Day

◎English translation: Peng Hsin-yi ◎Photos by Pao Chung-hui

Linyuan District is the southernmost administrative district of Kaohsiung City. Its south side has a long coastline, so naturally fisheries are central to the local economy. About 10% of the district's population works in fisheries or related industries. But Jhongyun Fishing Port is more than just an economic resource. A unique culture has developed there, based on a sense of community and kinship. For more than 60 years, this fishing town has remained true to its self, and it welcomes the world with its charm.

There is no good or bad time to visit Jhongyun Fishing Port. There are festivities throughout the year, and each is unique and fun. The most popular events include Mazu's birthday and Dragon Boat Festival. Mazu's birthday is the 23rd day of the third month on the traditional lunar calendar. At this time, an icon of the protector of seafarers is placed in a palanquin which processes around the harbor, symbolizing the goddess's protection over fishermen. Dragon Boat Festival takes place in early summer, and features boats which resemble dragons. Painted with vibrant colors, they look festive against the blue sky. Their graceful, slim bodies dash across the port's narrow canal as teams compete and the audience cheers.

On a normal day, fishing boats leave the port between 4 and 5pm, and return at 6 or 7am. Linyuan's best catch in the winter is the Menidae (also called moon fish). This has been a good year, each boat having come back with a full load of approximately 20,000 kilograms (about 22 tons) on board. The fishermen were very excited about their trips, and when the boats unload, the dock is crowded and as noisy as a battlefield. But everything works in perfect harmony; the crew pulls up a gigantic net, sagging with the weight of the day's haul, while

their partners arrange baskets on the dock, ready to receive the fish. All of a sudden, the net opens, and moon fish of all sizes rain into the baskets. But they are not there for long – once the baskets are weighed, they are moved to the warehouse and then to the market. Those in the know wait at the side as the boat docks, and make their purchases straight from the fishermen. The fishermen welcome them, and even point them to the biggest fish. Regulars say moon fish has a delicate texture; it is buttery and flaky regardless of its size. The only difference is that bigger ones are meatier and more satisfying to eat. These buyers all seem to have the eyes of a pro. It takes them just a few moments to decide if a fish is satisfactory, another couple of minutes to pay for the purchase, and then they



漁船卸貨  
Unloading a fishing boat

leave, opening the spot for another.

The dock is not the only busy place, as the nearby fish market buzzes with excitement. A fishmonger picks up one fat mullet fish from a basket, and uses his practiced hands to slit it open, extract the egg sac from its belly, shape it into a

beautiful golden oval, then lay it on the side. As he works, he chats with customers, many of whom are old friends. People here are all very friendly, and do not mind when visitors ask random questions.

To get a panoramic view of the port, the best spot is the park right across it. From there, you can see fishing boats docked in a neat row. Also worth seeing is Feng Yun Temple, the center of local religious activities. The courtyard of the temple is open to the public, and if you visit it may well be covered from side to side with mullet fish laid under the winter sun to dry. This is where the fish go after the roe has been removed. According to locals, it takes five days for the fish to ripen, and locals then use them to make a local delicacy, dried mullet and pork belly stew.

Jhongyun Fishing Port is a great leisure destination. There, you can experience the special character of a fishing town, and bring home seasonal treats such as moon fish and dried mullet, so you can savor the flavor of the sea at home.



皮刀魚在冬季大豐收

In winter, catches of moon fish are typically abundant.

## 冬遊中芸漁港

◎文／侯雅婷 ◎攝影／鮑忠暉·高嘉澤

位於高雄最南端的林園區，南側濱海，擁有近海漁港—中芸漁港，漁村聚落於是形成，有近一成居民從事漁業工作，除了經濟效益外，走過六十載後，中芸漁港因為有暖暖的人情味，漁村文化的真實樣貌更顯動人。

中芸漁港各時節的熱鬧有很多層面，各自演繹不同魅力。仲夏端午舉辦的龍舟競賽，蔚藍的天空下，彩繪五彩繽紛的龍舟隊伍在漁港狹長的水道中較勁；



晒烏魚干  
Drying mullet fish



漁船停泊在中芸漁港  
Fishing boats docked in Jhongyun Fishing Port.

每年農曆3月23日是漁民信仰中心的媽祖誕生慶典，媽祖的隊伍總會繞著漁港走一圈，象徵庇佑討海人平安，眾聲喧嘩中讓人感到無比溫馨。

林園區中芸漁港漁船每日下午4~5點出海捕魚，冬季的皮刀魚正肥美，今年更是皮刀魚的豐收年。期許滿載而歸是討海人出海的動力，約莫早上6~7點，出海的漁船陸續返回靠岸，漁船載回2萬多公斤的皮刀魚，卸貨時，看似熱哄哄的現場，井然有序地運作著。在船艙接應的漁民與在岸邊作業的漁民合作無間，漁民不時得賣力地拉著起吊的大魚網，裝有沉甸甸的魚貨瀝著水被吊起，岸上早備妥一簍簍籃子，待漁網移至籃子上方，瞬間傾倒大量的皮刀魚，片刻即裝滿一大簍，待秤重後，堆高機已在一旁待命。識途老馬的散客會搶在漁船進港的黃金時機前來採買家用的海味料理，船家會大方讓散客盡情挑著體型肥大的皮刀魚。打聽之下，老顧客說無論大、小尾的魚，肉質都一樣鮮美，只是體型扁身的皮刀魚挑大尾些較有肉，吃

起來更過癮。前來採購的顧客彷彿早打定主意，個個都有好眼力，只消看幾眼就能判斷魚貨的新鮮與否，選好魚貨旋即離開。

此時，泊著漁船的中芸漁港外圍，早市已如火如荼的進行著。一攤頗具規模的魚販正忙著從成簍烏魚中挑出烏魚子，魚販從容處理著手裏偌大的烏魚，一會工夫就整理好一對肥美澄黃的烏魚子，順手又從籃子撈起另一尾烏魚。魚販與採買魚貨的老主顧話家常，這裡的居民很和善，全然不介意外地人隨意提問，親切地像家人般。

鳥瞰中芸漁港的最佳位置就在漁港對面的公園，泊靠於兩側的漁船展現漁村風情。遊客不妨再前往當地漁民信仰中心—鳳雲宮，廟前廣場周圍暖暖冬陽正晒著烏魚干，經過5天曝曬就可收藏冬季限定的美味。當地人透露這款隱藏版終極美味：用烏魚干與三層豬肉一起滷煮最是美味！

找個時間到中芸漁港體驗漁村風華，再將這季最鮮美的皮刀魚和烏魚干拎回家，細細品味海味美食。

# An Etude for Championship

◎English translation: Peng Hsin-yi ◎Photos by Pao Chung-hui, Chen Jyun-he

2009 was a very good year for Hsieh Zong-ting. In 2009, the Kaohsiung native won a gold medal in men's powerlifting at the World Games. When the result was announced, the whole stadium cheered for him. Mr. Hsieh says it was the proudest moment of his athletic career, because he felt the honor of winning for his country.

Mr. Hsieh is a world-renowned Class Two powerlifter (meaning his bodyweight is between 59 and 66 kg, or 130 to 145 lbs). He entered the realm of powerlifting aged 14, and since then has spent most of his time in the gym. His days are a series of squat lifts, dead lifts, and grip lifts. He then repeats these actions, and all this practice translates into solid performances in the arena, especially in the bench press. An athlete must keep his physical condition at its absolute best, and continue to challenge himself to achieve personal best after personal best, which is what Mr. Hsieh has been doing that for the past 17 years.

After Mr. Hsieh won the World Games title, the fibroids in his leg muscles began acting up and his performances suffered. Following rehabilitation and some adjustment to his technique, Mr. Hsieh attended the 2013 World Games. He won bronze this time, and vowed to work harder to overcome any challenges on the path to gold at the next World Games.

For Mr. Hsieh, competing in an international arena is not only a chance to prove himself, but also a chance to learn from the best in the sport. By

observing the movements, postures and techniques of some of the world's finest athletes, he has been able to add to his own routines and enhance his performance. Having a good coach is crucial to an athlete's career, and Mr. Hsieh's coach is Yeh Fu-hong. Under Mr. Yeh's guidance, Mr. Hsieh has been able to follow a practice schedule tailored to his situation, and always give his best when competing. Mr. Yeh is full of praise when talking about his star athlete. He says Mr. Hsieh is a fearless competitor. Currently, Mr. Hsieh's personal best is 290 kg for the squat lift, 210 kg for the bench press, and 290 kg for the dead lift. It is possible to achieve even better results, yet every additional kg is barrier which Mr. Hsieh must work hard to break through. But the coach and athlete trust each other. With the coach at his side, Mr. Hsieh does not have to worry about anything else while he is involved in the sport. He can focus, give everything he has, and channel his explosive energy into powerlifting.

Mr. Yeh says many Taiwanese athletes are capable of winning gold or



## 世界盃冠軍的練習曲

◎文/侯雅婷  
◎照片提供/鮑忠暉、陳俊合

高雄市舉辦「2009年世界運動會」，高雄子弟謝宗庭拿下男子健力金牌，那一刻沸騰全場，謝宗庭說，能以運動員身份為國爭光，他感到榮耀。

謝宗庭在男子健力選手第二量級（體重落在59公斤以上和66公斤以下）叱吒

國際體壇，從14歲開始練習健力，青春在反覆練習著蹲舉、硬舉和握舉三種項目中渡過，奠定了雄厚的基本功，臥舉更是他的金字招牌，17個年頭過去，每一刻都在與時間賽跑，保持體能在最巔峰狀態，不斷地自我突破，期能締造出下一次輝煌紀錄。

迄今，謝宗庭締造連續5年世界盃冠



蹲舉  
Squat lifts



謝宗庭是世界知名的男子健力第二量級選手  
Hsieh Zong-ting, world-renowned Class Two powerlifter

silver medals at International events, but are held back by a lack of funds. Mr. Hsieh says that winnings from the World Games are a major source of his income, but he only kept half the money. The other half went to the Republic of China Powerlifting Association to use to



謝宗庭於「2009世界運動會高雄」獲得男子健力金牌  
Hsieh Zong-ting wins gold in men's powerlifting at the 2009 World Games in Kaohsiung.

軍的佳績，但近3年為腿部纖維化所苦，持續復健並調整自己的狀況，今年謝宗庭於世界盃最佳成績是銅牌，激勵著他再進步和突破，超越自己再一次於世界盃摘金，是他奮戰的目標！

謝宗庭比賽時把握機會觀摩全球最頂尖選手的動作、姿勢和技巧，再不斷練習和調整自己的狀況，力求突破。謝宗庭總是按部就班地依著教練排定的班表認真練習，上場時發揮自信與實力。指導教練葉富宏誇讚謝宗庭他上台時毫不怯場，他蹲舉最佳成績是290公斤，臥舉是210公斤，硬舉則是290公斤，再往上突破，每一步都是挑戰。但他與葉富宏教練兩人合作無間，因為葉教練對他的狀況瞭若指掌，只要有教練在一旁，場上的謝宗庭就感到安定，讓他能專注地投入比賽，累積的能量在握緊桿鈴的瞬間發揮潛能，展現最完美的爆發力。

葉教練表示，台灣健力選手具有穿金戴銀的實力，但健力選手們經常面臨經

cultivate new athletes. He is very aware of the underdeveloped status of his beloved sport in this country, and hopes schools can include it as an extracurricular activity so the younger generation can become interested. He also hopes to see more people attend

powerlifting events, saying that a cheering audience is the best support an athlete can enjoy.

Powerlifting has taken Mr. Hsieh to over 20 countries, and traveling has broadened his perspectives. As a powerlifter, his body is a construct of solid muscles. With his extra broad shoulders and slim waist, he looks like an inverted triangle. His thighs are as thick as tree trunks, which, he admits, makes it hard for him to shop for jeans.

He is very happy having a pair of really big hands, as they give him a firm grip on the bars. When he graduated from high school, he was not sure if powerlifting was the way he should go, but with the encouragement of his coach, he entered the realm of professional sport. Today, Mr. Hsieh is very certain of his choice; he takes practice sessions that may seem repetitive or boring to others stoically, knowing that each lift is going to help him achieve even better results.

費不足的窘境。謝宗庭直言，世界盃獎金是他重要的經濟來源，一半的獎金則委由中華民國健力協會用於培育新血。辛苦的練習健力如果能有更多的觀眾到場觀賞，對選手是最直接的鼓勵，但由於健力運動在國內尚有待推廣，謝宗庭建議可以從學校開始，把這股運動的熱情傳遞出去。

謝宗庭的人生因為出國參賽至今造訪了20多國，開闊了眼界而更顯豐富，長年鍛鍊健力則在他身上留下痕跡；全身肌肉發達，有著倒三角形的身形，大腿也較一般人粗壯許多，他透露很難買牛仔褲。他還有雙出奇大的手掌，他說，手掌大才能握緊桿軸，不難讓人感覺他全付的精神都放在健力。他也曾在高中畢業後，對是否持續練習健力感到躊躇不已，但教練鼓勵他，成績開始有了起色，現在放棄健力很可惜，再沒有遲疑，現在的謝宗庭將每個看似單調而乏味的練習轉換成能量的累積，繼續為自己寫下紀錄。

# A Walk for All Seasons: Taoyuan District's Hiking Trails

©English written by Peng Hsin-yi

©Photos courtesy of Pao Chung-hui, Liou You-ting

Taoyuan District is located at the north tip of Kaohsiung. The district covers 929 square kilometers, but has 76 mountains and hills. Two-thirds of the district is between 500 and 1,000 meters above sea level. The elevation of the rest is over 1,000 meters. Most of the mountain areas are undeveloped, and the beauty of virgin forests evokes the feeling of visiting a dreamland, which is what "Taoyuan" means in Chinese.

The district's has around 4,500 residents, 90% of whom belong to the indigenous Bunun tribe. If you visit the district, you are likely to be greeted with a smile and a hearty "Wu Ni Nan Mi Hu Mi Sang," a blessing for travelers in the Bunun Austronesian language.

The most popular tourist attraction in the district used to be Tengjih National Forest Recreation Area. Devastated by Typhoon Morakot back in 2009, it has recovered but because few people are aware of its reopening, tourists have yet to return in significant numbers. To draw people's attention, the district government has come up with some new activities. Since September 2013, a weekly holiday market has been held in the empty lot in front of Baoshan Elementary School, featuring aboriginal music performances, arts and crafts. The market is steadily gaining popularity.

To further boost tourism, in 2012 the district built six hiking trails accessed from the main roads in the Baoshan, Tengjih and Erjitan areas. Each trail showcases special scenery, and they are: Erjitan Wulong Tea Trail; Erjitan Calla Lily Trail; Erjitan Historic Site Trail; Erjitan Toujian Shan Coffee Trail; Erjitan Bunun Gathering Trail (also known as the Cherry Blossom Trail); and Baoshan Wild Tea Trail. These trails have been planned to connect local agriculture to tourism so that tourists are able to visit orchards and farms and enjoy hands-on experiences such as coffee harvesting while enjoying scenic hikes.

The Erjitan Wulong Tea Trail and the Erjitan Calla Lily Trail are the least demanding of the six trails, and suitable for the whole family.

Erjitan is located at an elevation of 1,500 meters. The place name actually means "two groups" in Chinese, and



步道沿路的美景  
Enjoy scenic views along trails

comes from the fact that the area's residents fall into two groups. Those in lower Erjitan are mostly surnamed Chen, and are mainly Roman Catholics; upper Erjitan residents, however, have the surname Lin, and are Protestant. Erjitan is surrounded by mountain mists year round; it looks like a scene taken straight from a landscape painting.

Erjitan Wulong Tea Trail is less than two kilometers long and is suitable for visitors in every season. Tea is harvested once every season, and tea is picked twice during the spring and winter harvests, so technically speaking, there are six harvests per year. This trail is especially fun during harvest time, but very enjoyable anytime of the year. Around every corner there is a new photo-worthy scene.

Erjitan Calla Lily Trail is a 2.5-kilometer-long winding trail bordered by calla lilies. The lilies are only a

year old, but the landscape and climate of the area is friendly to this plant species, so they have already grown into thick, rich, emerald-green patches. Hiking along this trail and breathing in crystal clear air is very refreshing. If you visit during lily season (December to April), the blanket of pure white blossoms dancing in the breeze is a scene to feast your eyes upon.

At the end of the Calla Lily Trail you come to Erjitan Historic Site Trail. High humidity gives this trail a blanket of green lichen, and nearby fruit and vegetable farms benefit from the climate. According to the development plan, flowers will be planted along the trail, so visitors will see a completely different scene when those are in place.

The Bunun Gathering Trail is also called the Cherry Blossom Trail because it has the best view of the mountain cherry blossoms which peak in late December. Between December and April, visitors can enjoy walking among pine and maple trees and green grass fields, and visit the two-hectare Cherry Blossom Park. The first Baoshan Cherry Festival was held on December 28, 2013. The festival included musical performances and a jogging event, so there was something for everyone to enjoy while admiring the mountain area's beautiful cherry blossoms.

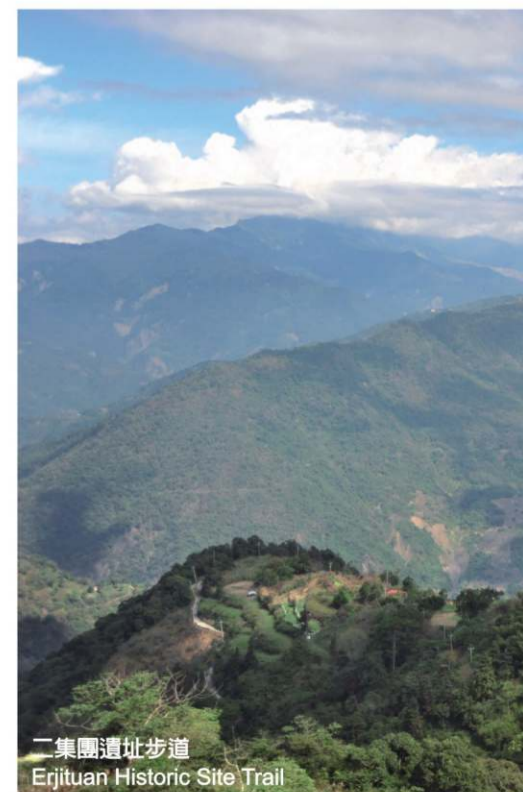
The most challenging trail among the six is Erjitan Toujian Shan Coffee Trail. It is best suited for experienced hikers or mountain climbers, who will pass coffee farms along the trail. In recent years, Taiwan's high-altitude coffee industry has gained momentum, and coffee farmers are now reaping their rewards. Hikers may detect a waft of coffee scent as they walk.

The best time to visit Baoshan Wild Tea Trail is between December and March. Depending when you come, you might see cherry, plum or peach blossoms. There are about eight hectares of plums and peaches along the trail. Blossoms peak in March, and seeing the mountains colored snow white by plum blossoms or pink by peach blossoms is an exceptionally lovely sight.

For information about hiking trails:  
Baoshan Community Develop Center  
07-6893769



二集團烏龍茶步道  
Erjitan Wulong Tea Trail



二集團遺址步道  
Erjitan Historic Site Trail



櫻花盛開(照片提供/陳鳳嬌)  
Cherry blossoms(Photo courtesy of Chen Fong-jiao)



二集團海芋步道  
Erjitan Calla Lily Trail

# 四季皆宜 桃源區步道之旅

◎文/侯雅婷 ◎攝影/鮑忠暉、劉宥廷

**位**於高雄最北端的桃源區全區面積929平方公里，座落76座大小不一的山，令人嘖嘖稱奇！該區三分之二地區海拔一千至三千公尺，其餘地區海拔為五百至一千公尺，全區均屬高山區，有如世外桃源般的景致令人著迷，因而取名桃源區。

桃源區約有4500位居民，其中9成為布農族，踏進桃源區，居民臉上漾著笑意，以布農語Wu Ni Nan Mi Hu Mi Sang為造訪的旅人獻上誠摯地問候與祝福。

當地最受歡迎的藤枝國家森林遊樂區於2009年莫拉克颱風來襲時，遭受重創，儘管桃源區持續建設，但外界不了解當地交通已暢通無礙因而怯步，讓人欣慰的是，2013年9月，桃源區每週六、日於寶山國小前方空地展演原住民音樂表演和舉辦假日市集，吸引遊客回到桃源旅遊。

為了替當地觀光注入活水，2012年，桃源區在對外通聯道路通暢的寶山、藤枝和二集團開闢6條步道，分別為：二集團烏龍茶步道、二集團海芋步道、二集團遺址步道、二集團頭剪山咖啡觀光步道、二集團布農聚場步道（又名櫻花步道）以及野生茶步道。步道的規劃結成果園，讓旅人們漫步在森林中，還能體驗採收咖啡豆等實作課程，讓旅人們對當地農作有更深入的了解。

桃源區6條步道中，以二集團烏龍茶步道和二集團海芋步道路面最為平坦，是最合適闔家共遊的步道。

而二集團地名由來，海拔1500公尺的二集團居住兩大族群，下方的居民陳姓居多，信奉天主教；而上方居民林姓為主，信奉基督教，當地終日雲煙裊繞，像極了畫裏的山莊。

二集團烏龍茶步道長約1至2公里，是一整年都適合旅人造訪之地，茶葉一年四季各採收1次，再加上春茶和冬茶各可以採收2次，共採收6次。不論是否趕在茶葉採收期造訪，漫步在茶園中，眺望著另一個山頭，處處是風景。

二集團海芋步道長沿著彎延的山路栽植綿延2公里半的海芋，順應著當地地形和氣候，海芋步道呈現天然的潮濕環境，極適合海芋的生長，儘管海芋僅栽植1年，但肥厚的海芋綠意盎然，走在綠樹鬱鬱的步道，清新的空氣格外讓人感到心曠神怡，12月到4月為海芋花季，白色的海芋花搖曳地迎接造訪的旅人。

從海芋步道的另一端遠眺二集團舊遺址步道，只見舊遺址步道披覆綠衣，該區因水源豐沛，主要栽植高山蔬果，舊遺址步道計劃在2014年時，廣植花海呈現



寶山野生茶步道梅花綻放  
Plum blossoms beside Baoshan Wild Tea Trail

全然不同的風情。

12月底山櫻花璀璨盛開，12月至隔年4月是最適合造訪二集團布農聚場步道的時節，眼前見到的盡是參天的松木和楓樹以及綠草如茵的草皮，轉個彎又是一番風景，感覺愛麗絲漫遊仙境的景致即將在眼前展開，這其中包括2公頃的櫻花公園，2013年12月28日桃源區首度舉辦「寶山櫻花季」，以音樂季和慢跑等形式讓櫻花的美麗烙印在旅人心中。

二集團頭剪山咖啡觀光步道是6條步道中最具挑戰性的，屬專業登山步道。該步道栽植原生種咖啡，由黑轉紅的咖啡豆，代表了農人的辛苦有了回報，經過悉心的烘焙，咖啡的香氣在山間飄開來。

而寶山野生茶步道每年從12月中旬至隔年3月底，櫻花、梅花和桃花依時序綻放，野生茶步道梅花和桃花約有8公頃，花季為3月至4月，雪白的梅花和嫣紅桃花妝點滿山的璀璨花海。

洽詢步道資訊：  
寶山里社區發展協會  
07-6893769



二集團布農聚場步道  
Erjitan Bunun Gathering Trail

## Liugui's Black Diamonds

◎English translation: Peng Hsin-yi ◎Photos by Pao Chung-hui

**B**ell fruit (also known as the wax apple) is a tropical fruit popular throughout Southeast Asia. In Taiwan, bell fruit are grown all over the island, and bell fruit orchards can be found from Pingtung County in the far south to Yilan County in the northeast. In Kaohsiung, the best bell fruit are grown in Liouguei District. The now famous "Black Diamond" brand originated from Liouguei, and the fruit is highly anticipated yearly between November and mid May when they are in season.

Southern Taiwan enjoys sunshine almost year-round, and the temperature usually does not fluctuate much. But since Liouguei is situated higher in the mountains, the seasons are more pronounced and the nights are colder, making it ideal for bell fruit trees to bloom, and later on, to grow high quality fruit. When the first batch of Liouguei's bell fruit reaches wholesale market in November, it usually becomes the hottest item immediately.

Another element that contributes to the outstanding quality of bell fruit in Liouguei is the Laonong River that flows leisurely through the district. The river brings deposits rich in lime to the soil, keeping the pH range between 5.5 and



黑鑽石蓮霧  
Liugui's "Black Diamonds" bell fruits

6.5. This helps the trees absorb nutrients better, and grow sweeter and crunchier fruits.

The current president of the Bell Fruit Association is Mr. Lin Yi-sheng, who was born and raised in Liouguei. Lin is always learning and applying new information to his orchard. He communicated frequently with experts as well as members in the Bell Fruit Association. Now in Mr. Lin's farm, the fruits are protected by bags and allowed to ripen on the tree for 45 days before picking. He has also obtained Food Traceability Certification and Ecocert. His bell fruits are sold in international markets as far away as Canada.

Mr. Lin shared his secrets in growing the best bell fruit with us, saying that with the right combination of care and



fertilization, the trees will grow healthy fruits that are glossy-looking, vibrant in color, crunchy and fragrant. They can reach 12 to 13 degrees on the sweetness scale. If the trees are not properly cared for, their fruit will appear faded, and are more likely to have blemishes, crack easily, and have spongy texture. When Liouguei's bell fruit first begin to ripen, they weigh 300 to 400 grams (0.66 to 0.88 lb) each. But in March and April when they peak, each fruit may weigh 400 to 525 grams (up to 1.16 lb), and hit 12 degrees on the sweetness scale. They are juicy and crunchy, offering a completely satisfying experience to every person who tries one.

## Renwu District's Beefsteak Tomatoes Hit the Market

◎English translation: Peng Hsin-yi ◎Photos by Huang Ching-wen

**R**enwu District is the biggest beefsteak-tomato producing region in Kaohsiung City. In the winter rows and rows of plump, bright red tomatoes are the pride and joy of Renwu's farmers. Renwu's "Hongfantian" brand tomatoes are the most sought-after type of tomatoes in Taipei First Fruit and Vegetable Market.

Mr. Wu Rong-wen has ten years' experience of beefsteak-tomato cultivation. He says ideal beefsteak tomatoes are supposed to be deep red inside and out, with the fruit being round in shape, and the flesh delicate yet firm, not mushy. Mr. Wu explains that in order to grow quality tomatoes, the land must

be allowed to lie in fallow for an entire year to support the following year's crop. He planted his latest batch on the 20th day of the eighth lunar month (October 5, 2013 on the Gregorian calendar), purposefully bypassing the typhoon season and the rainy season. The tomatoes can be harvested after 70 days, and these plants will produce fruits from December 2013 to April 2014.

The total area devoted to beefsteak-tomato farming in Renwu District is around four hectares, with over 30



members of the district's farmers' association involved. They are the guardians of beefsteak tomatoes. They put nets over the tomatoes to prevent birds from feasting on the fruit, and also to keep butterflies from laying eggs on tomato leaves. The latter can become problematic pests when they hatch. The tomato plants are supported with brackets that allow their vines to climb, and so enjoy better ventilation. This gives the plants more room, and a result they grow healthier fruits. From afar, a tomato farm looks like rows of green tunnels, with leaves swaying in the wind and red tomatoes peeking out from behind.

## 仁武區「紅蕃天」番茄 新鮮登場

◎文/侯雅婷 ◎攝影/黃敬文

**仁**武區為高雄最大的牛番茄產區，牛番茄是仁武區農會冬季最引以為傲的優質農產品，以「紅蕃天」品牌在台北第一果菜市場站穩一席之地。

栽植牛番茄近10年的農友吳榮文表示，高品質的牛番茄顏色呈現鮮紅色、果形渾圓、果肉細緻且硬度高。他說，想栽種高品質的牛番茄得讓土地休耕、不連作，蘊育下一年的豐收。他選在2012年農曆8月20日開始栽種，避開颱風和雨季，70天後可採收，採收期從2012年12月至2013年4月。

仁武區牛番茄栽植面積達4公頃，產銷班成員有30多人，為牛番茄品質嚴格把關。在番茄園區上搭起細網，防止鳥

## 六龜 黑鑽石蓮霧

◎文/侯雅婷 ◎攝影/鮑忠輝

**台**灣蓮霧產區從屏東枋山到宜蘭，高雄六龜區為其中出色的產區之一，並以「黑鑽石」為品牌建立市場口碑，每年10月中旬至5月中旬是六龜蓮霧的生產季節。

南臺灣終年陽光普照，但位處山區的六龜區，氣溫降低、提早入冬，日夜溫差大，提升蓮霧開花的成功率和果實品質，使得六龜區11月第一批上市的蓮霧品質一枝獨秀，成為批發市場上的當紅炸子雞。

荖濃溪水緩緩流經六龜，為這片沃土獻上祝福，富含石灰質的荖濃溪水讓土壤酸鹼值維持在5.5~6.5的最佳狀態，有助於蓮霧正常吸收養份，並增加果實的甜度和脆度。

現任台灣蓮霧發展協會理事長林益生是六龜子弟，他表示，他的蓮霧套袋45天後採收，製作生產履歷、取得歐盟認證，外銷至加拿大。他向農業改良場專家請益且與蓮霧發展協會成員密切交流，林益生說透過改良農業資材，讓蓮霧更健康的生長。

林益生表示，健康的蓮霧色澤亮麗，管理和肥料培育佳者，其口感較脆、較有香氣，甜度達12~13度，反之若管理不佳者，蓮霧瑕疵多，蓮霧果實海綿質多也不紮實、顏色較淡，且容易裂果。其中六龜11月採收的蓮霧重約4~5兩，3~4月時，沉甸甸的蓮霧重達5~7兩，甜度約12度，富含水份且口感紮實，讓人吃了大呼過癮。

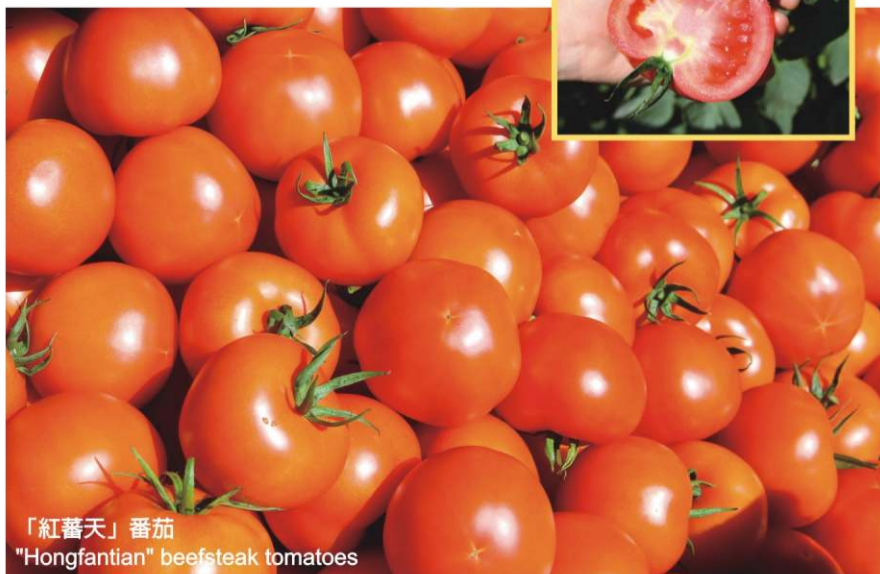
In recent years, Renwu Farmers Association has held a Beefsteak Tomato Fair, in which the best tomato is selected. The farming team picks 12 tomatoes of similar size for the panel to judge on the following criteria: color, shape, firmness, and whether they are succulent and full once cut open. The results are provided to the association for future reference.

Renwu's "Hongfantian" beefsteak tomatoes have a light, crisp sweetness when eaten raw, and they add complex flavors to dishes when used as a cooking ingredient. Right now is the season for beefsteak tomatoes. Do try them when you see them!

類進入，並阻隔蝴蝶因產卵衍生蟲害問題，番茄棚架上搭起網子，讓番茄枝幹攀爬，番茄葉茂盛，綠意盎然，一排排的番茄棚架有如綠色隧道般，垂掛著一顆顆紅咚咚的牛番茄，番茄走道寬敞、通風良好，能讓番茄更健康地生長。

仁武區農會近年開始舉辦牛番茄評鑑比賽，產銷班成員自行挑選出12顆尺寸相當的牛番茄參賽，評比項目包括：牛番茄的顏色鮮豔、果形渾圓、硬度以及切開後，果肉是否飽滿，提供產銷班成員交流學習的機會。

仁武區「紅蕃天」番茄品嚐起來清甜爽口，用於烹飪和料理時更是滋味無窮，當季「紅蕃天」牛番茄新鮮上市，請您也嚐嚐。



「紅蕃天」番茄  
"Hongfantian" beefsteak tomatoes

## Lee Chang Jae Discovers Kaohsiung to be a Land of Potential

◎English translation: Lin Fang-ju  
◎Photo by Hou Ya-ting

Lee Chang Jae is from Jeju Island, South Korea. At first he only planned to stay in Kaohsiung for three months to study Chinese, but ended up staying for four and a half years. He even studies Japanese at the National University of Kaohsiung and is now in his junior year. He is the store manager of the Korean coffee shop franchise Caffé bene.

After his first three months in Taiwan, Lee cycled around the entire island with his friends. He received a lot of help from friendly Taiwanese locals and made a lot of friends, many of whom he still keeps in touch with. He believes this bike tour was the turning point of making the decision to stay in Taiwan. He chose to settle in Kaohsiung because it was where his aunt's husband came from and found people to be as friendly as they were in his hometown. Kaohsiung has certainly become a land of new discoveries and potential for Lee.

Lee would like to see Kaohsiung have more chic coffee shops, and he is glad that the Caffé bene he manages in Kaohsiung is the first location in Taiwan and that it contributes to the diversity of Kaohsiung's culinary culture.

Lee Chang Jae is not afraid of attempting anything that he is interested and isn't afraid of failure. When he first came to Kaohsiung, he always carried an electronic dictionary with him because he didn't speak any Chinese. At that time he felt speaking Chinese was more difficult than listening, reading or writing. He was often scared of speaking Chinese to the local people and always regretted it when he got home. One day, he realized he could communicate with locals for ten minutes, then twenty minutes and even an hour without using the dictionary. He discovers that he has managed to do something he thought he would never

be capable of.

Lee Chang Jae recommends that if people want to learn Chinese they should come to Kaohsiung. The locals are happy to converse with foreigners and enjoy making friends with them. Lee has always wanted to work in international trade since he was very young, which is one of the reasons he decided to go to university to study Japanese in Taiwan. Knowing a variety of languages is a great asset for his future career. He also feels his job at Caffé bene is related to international trade. His hard work and studies in Kaohsiung have made his parents proud of him.

## 開發自己潛能的李昌財

◎文、攝影／侯雅婷

來自韓國濟州島的李昌財最初只打算在高雄學習3個月的中文，選擇高雄是因為姨丈是高雄人，李昌財說高雄人給他的感覺就像家鄉濟州島居民般的親切，就這麼在高雄長住下來，一晃眼4年半過去了，他現在就讀國立高雄大學日文系大三，同時也是Caffé bene韓國連鎖咖啡店的店長，在高雄不斷開發自己的潛能。

李昌財什麼都不怕，特別是不怕失敗！他常掛在嘴邊的話是：試試看，失敗沒關係。不會說中文的他一開始到哪都

帶著電子字典，「說」中文對他而言，比聽、讀、寫都還困難，有時想說的話會卡在喉嚨，回家還會懊悔怎麼沒勇敢的說中文，有天他發現，沒用字典他也可以跟台灣人聊天！從10分鐘、20分鐘，再增加到1個小時，做到了不知道自己可以做到的事，越來越愛中文，也就越學越好。來台的第3個月，李昌財與朋友展開騎單車環島，熱情的台灣人會主動幫助他，環島旅行途中，結交許多朋友，到現在都保持聯絡，他想了一會說，也許就是那次旅行讓他愛上台



灣，繼續留在高雄。

李昌財推薦外籍朋友到高雄學中文，因為友善的高雄人樂於與外國朋友交談、做朋友。從小就想從事貿易工作的他決定在台灣學中文，同時進大學學習日文，為日後蓄積能量。在Caffé bene擔任店長一職，圓了他想從事貿易工作夢想。李昌財說他在高雄認真就學、努力工作，讓原本擔心他的父母親，感到驕傲。

談起Caffé bene引進台灣首點落腳高雄，他說，他一直希望高雄也能有氣氛很好的咖啡店，很開心Caffé bene提供高雄民眾更多元的飲食文化選擇。

## A Dazzling Life Lit By Splendid Lanterns

◎English translation: Lin Yi-chun  
◎Photo by Pao Chung-hui

"I want every child to be so amazed by my lanterns that they exclaim 'wow!' when they lay their eyes on them," says Huang Min-fang, a renowned lantern artist from Kaohsiung City's Meinong District. Every year since 2007, Ms. Huang's works have been displayed in the Creative Lantern Area of Taiwan's Lantern Festival. She laughs and says her lanterns can be spotted because they are the most colorful or romantic ones, often decorated with lace trimmings.

Ms. Huang is an elementary school teacher. A lantern-making camp she joined in 1999 inspired her interest in creating figurine lanterns. She has loved painting since she was a child, and this hobby gave her a strong foundation of fine arts, allowing her to be more creative when styling her lanterns, and able to inject different styles of vitality into her works. Her abundant creativity has manifested in more than 150 lanterns so far.

The material Ms. Huang uses for the lanterns' frames has evolved from bamboo sticks with steel wires and paper-wrapped steel wires to welded large steel wires. The scale of her creations is expanding, too. Such is her devotion to the art form that she

purchased a welding gun for welding the wires. Her works range from individual lanterns to whole sets which, viewed together, tell a story. To vividly express the unique, exquisite character of her work, Ms. Huang has traveled to Taipei's Yongle Fabric Market to find suitable fabrics, and Changhua's Ribbon King Cultural Area in search of unique materials. She spends so much on materials that her husband worries whenever he hears she is planning another shopping trip. However, Ms. Huang says that her lantern work is art, and she insists on attending to every detail of it.

Ms. Huang's work is romantic and heart-warming. She uses elements such as Hakka floral fabrics to decorate, reflecting her Hakka cultural

background. She uses simple steel wires to frame the figurine's face. After mastering the shape of the lantern, she addresses the challenge of how to let the audience detect the facial expressions on large figurine lanterns. She once used two cats as her theme, and managed to unfold the charm of two felines snuggling up to each other. She

## 繽紛花燈 點亮璀璨人生

◎文／侯雅婷 ◎攝影／鮑忠暉

「我想要小朋友一看到我的花燈作品就會驚喜不已，發出Wow的一聲！」美濃知名花燈創作者黃敏芳說。從2007年起，黃敏芳的花燈作品每年都在台灣燈會創作燈區展出，她笑著說，顏色最絢麗、或是裝飾著蕾絲呈現浪漫風格的花燈，就是她的作品。

任教於國小的黃敏芳1999年參加竹編燈籠研習營接觸花燈，開啟了她對花燈人偶創作的濃厚興趣，從小喜愛畫畫，累積美術創作底子，讓她在塑造外形上更加靈活，賦予花燈不同的生命力，豐沛的創作力，迄今累計製作超過150件作品。

黃敏芳的創作花燈，骨架材料從竹子結合鐵絲、包著紙的鐵絲，進展到焊接大型鐵線，規模日漸宏大，更遑論連焊接鐵線的噴槍都買到第二隻，可見她投入程

is excited by the progress she has made in her art.

Although each lanterns requires a great amount of work, Ms. Huang enjoys her creations. She says that making lanterns lights up her life. For her, making a lantern from scratch is like breathing life into a work of art. The moment one of her lanterns is lit up, she is always deeply moved by gasps of amazement from the crowd.

度。她的花燈作品也從單個擴大到一整組，展現豐富而完整的故事；而為了傳神地表現花燈的精緻性和獨特性，黃敏芳會至台北的永樂市場選購布料，或是到彰化緞帶王找尋獨特材料，採買材料所費不貲，陪在一旁的先生每回聽到黃敏芳又要採買布料不免覺得膽顫心驚。但，黃敏芳表示，花燈是藝術創作，她堅持把作品的每個環節都做到位。

黃敏芳的花燈作品風格浪漫而溫馨，使用客家花布等元素裝飾，反映著客家文化背景。她以簡單鐵絲線條展現花燈人物臉型，在駕馭花燈外型後，她進一步挑戰如何讓觀眾從偌大的花燈中，感受出人物表情，她曾以二隻貓為題材，表現貓咪互相依偎的神韻，這個進步讓她興奮不已。

儘管製作花燈的工作量超大，黃敏芳卻甘之如飴，她說，創作花燈讓她的人生更為燦爛，對她而言，花燈創作過程從無到有，有如賦予花燈生命一般，點亮燈剎那，在眾人的驚呼聲中，她滿是感動。



## Yang's Mantou and Their Marvelous Pork Baozi with Mushroom and Pickled Egg Yolk

◎English translation: Peng Hsin-yi ◎Photos by Lin Yu-en

Yang's always opens its doors at 3p.m., but people begin lining up long before then. The staff of Yang's patiently repeat the time when the next batch will be ready, but the yeasty fragrance of freshly made mantou (plain steamed bread) and baozi (steamed buns with meat or vegetable fillings) teases the crowd. Customers shift anxiously, waiting for the beep that signals the steamer is opened. The moment has finally come: Some of those who were waiting leave happily with bagfuls of baozi, while others buy only a few and sit down on stools in front of the store to enjoy super-fresh baozi.

Inside, the operation moves at full steam. The mouthwatering scent of pork and scallion perfumes the air, while pillow-sized lumps of dough are rolled



將餡料鎖在包子裡  
Folding the dough with the goodies secured inside

out on the counter, cut and quickly pressed into rounds. With practiced speed and precision, they are filled with just the right amount of pork-scallion mixture, layered in a whole shiitake mushroom. Finally, half a pickled duck-yolk is added to the top. In a matter of seconds, the dough is folded to create a baozi, with all the goodies secured inside.

Ms. Shih Yin-fang, one of the bosses, says the only secret to Yang's baozi is using top-grade ingredients. The mushrooms are from Puli in central Taiwan; when Puli mushrooms are not available, they use mushrooms imported from Japan or Korea. The pork used is picnic shoulder, part of the pig which always has great texture and is very juicy when ground. The pickled duck yolks are fully roasted to induce an exceptional aroma, and the mushrooms are braised to enhance their flavor. Each baozi weighs around 300 grams (0.66 lb), and is a most satisfying snack that can be enjoyed any time of day.



內餡真材實料  
Only top-grade ingredients are used



熱騰騰的包子，剛出爐  
Pork Baozi, coming out of oven!

## 楊記傳統饅頭之香菇蛋肉包

◎文/侯雅婷 ◎攝影/林育恩

下午三點，楊記傳統饅頭開賣，排隊的人潮不曾中斷，只聽見店員不停地宣佈著下一爐的出爐時間，現場伴隨著包子出爐的嗶嗶鳴笛聲，空氣中飄著濃濃的包子味和一縷凝重的緊張氣氛，這些人全衝著店裏的招牌「香菇蛋肉包」而來，只見民眾大包大地扛著包子匆匆離去，少數民眾不貪多，拿著剛到手、熱騰騰的香菇蛋肉包坐在店門口的小凳子上，立即享用起來，顯然於這「鮮」字體會最深。

工作區正處於尖峰時刻，豬肉和著青蔥，一股鮮味襲來，員工迅速將麵糰大氣地疊上豬肉，豬肉上再疊一塊香菇，香菇上再疊上半顆鹹鴨蛋，只見員工將那麵糰轉得飛快之際，不著痕跡地細細捏著大包的摺線，將餡料紮紮實實地全鎖在麵皮裏。

老闆娘施吟芳談起店內招牌「香菇蛋肉包」好吃的秘訣在於用料實在。位居包子排序第一的香菇，選用埔里香菇或是日、韓進口的香菇，使用前腿胛心豬肉使其釋出軟嫩多汁、自然鮮甜的口感，鹹蛋結合適過的香菇散發迷人的香氣，軟Q的包子皮加之飽滿的餡料，將每顆重達4兩至4兩半的香菇蛋肉包送入，是最平實、也是最美味的庶民小吃。

楊記傳統饅頭 07-8221473

Mr. Chen has been in business for 30 years. He pays great attention to detail and is determined to uphold quality. Mr. Chen says that making delicious, high quality food is a matter of honor. In fact, he says, it is an art. The moment he puts duck meat in the wok, the challenge begins. He must adjust his cooking according to the meat's texture, and there is no set recipe telling him how long the meat should be cooked for or at what temperature. He judges this by instinct, feeling the condition of the meat as he stirs. When the duck reaches a satisfying consistency, Mr. Chen scoops the meat out of the pot and lets it drain. It takes about two hours for a batch to cool down and become the delicious treat loved by so many.

The Duck House (07)2115739

## Ginger Duck in the Summer? Yes Please!

◎English translation: Peng Hsin-yi ◎Photos by Lin Yu-en

Ginger duck is one of the most popular winter stews in Taiwan: gamey duck meat tempered with sesame oil and ginger is a sure cure for winter chills. But what is the appeal of dried-ginger duck stew?

The Duck House is one place making this very unique treat. Unlike other duck-stew restaurants start serving duck stew in October when the weather turns cold; the Duck House is open all year round thanks to this genius culinary invention. Chef-owner Mr. Chen Jin-shi originally named the dish "duck crisps" because the texture of the product is similar to the pork or fish crisps with which the public is familiar. However, because he uses the same seasoning as he does with the stew – ginger, sesame oil and rice wine – his customers started calling it "dried-ginger duck stew," and that name has stuck. When you put some in your mouth, at first it feels crispy feel like a cracker, but it is also a bit chewy, and it slowly releases the sweetness of the duck meat and the fragrance of ginger as you suck on it. This is a snack food which adults enjoy, and a perfect match for Taiwanese tea. Many people become hooked first time.

Approaching the Duck House in the afternoon, you can detect the warm scent of sesame oil even before you reach the door. Mr. Chen typically fries six woks of his signature dish at the same time, and as he walks from one wok to another, his hands never cease

moving. The work is physically demanding, and sweat runs down his neck as he works.

Mr. Chen uses "red face" ducks (Muscovy ducks) that are five months old or slightly older, and he starts the cooking process by frying the duck with sesame oil and rice wine. When the duck meat reaches a certain consistency, ginger is added. Finally, another generous splash of rice wine goes in the wok to heighten the fragrance of ginger. When the duck meat becomes crispy, the dish is ready.



拌炒鴨肉  
Frying the duck

## 夏天也不能錯過的「乾的薑母鴨」！

◎文/侯雅婷 ◎攝影/林育恩

由麻油和薑拌炒、熬煮而成的薑母鴨火鍋是驅走寒意的美食，但，您吃過「乾的薑母鴨」嗎？有別於許多薑母鴨店從10月天氣轉涼時開始營業，「鴨公之家」全年營業，靠的就是這道厚工的「鴨肉鬆」料理，顧客稱它為「乾的薑母鴨」似乎更貼切。即便是在夏天，客人忍不住嘴饞，處理成餅乾般的鴨肉鬆就像大朋友的零嘴，搭配茶吃很對味！越嚼越甘的鴨肉和薑片酥脆的口感，讓人一吃就上癮。

下午走近「鴨公之家」，一股暖暖的麻油香氣迴盪整個空間，老闆陳進仕正拌炒6鍋「鴨肉鬆」，一雙手不曾停，從一鍋移至另一鍋，由汗水涔涔可見拼搏的程



鴨肉鬆  
Duck crisps

度。

選用5至5個半月的紅面鴨公，以麻油和米酒不停地拌炒鴨肉，之後加入薑片一同拌炒，以米酒提出薑的味道來，拌炒至酥鬆的狀態就大功告成。

30年來，陳進仕都是如此悉心料理店裏的招牌，他說，製作出好吃且高品質的鴨肉鬆對他而言是一份榮譽感。陳進仕說，薑母鴨是有學問的，鴨肉下鍋就是挑戰的開始！烹煮的手法得隨著鴨肉肉質狀況調整，沒有時間表，拌炒時得憑著經驗去感覺鴨肉的鬆度和脆度，再調整拌炒的手法以及火候，起鍋後須等2小時，待熱度散去，鴨肉鬆冷卻後再品嚐，無論口感、風味都呈現最美味的狀態。

鴨公之家 07-2115739