



林中的優質奶油——酪梨

Butter That Grows in Trees

文圖 編輯部

酪梨是金氏世界紀錄中最營養的水果，其果肉質地很像奶油，口感柔軟，富含植物性脂肪，因此被譽為「森林奶油」。國內酪梨品種多，大多在青皮、未熟時採收，需要後熟至紫色、紫紅色或黑色才能食用，但部分品種果皮不會隨著成熟而轉色，難以從視覺上判斷何時可食用，就連日本作家村上春樹也在隨筆裡提到，世界上最困難的事，莫過於判斷一顆酪梨成熟的時機。

其實，民眾在判斷酪梨是否成熟時，只要用拇指輕輕按壓，若果實稍微凹陷、觸感偏軟，代表已成熟可立即食用。有不少人喜歡混入蜂蜜做成香濃的酪梨牛奶，也有人習慣切成小丁蘸醬油吃，不論哪種吃法，那滑入喉間的綿密口感，絕對令人再三回味。

「你知道嗎？在酪梨原產地中美洲，以其為主食的傳統已有上千年歷史了。」

「原來如此！若只把酪梨當作餐後水果，還真是小看它了。」

The avocado is listed by Guinness World Records as the most nutritious fruit on earth. It tastes creamy and soft and is rich in vegetable fats. That is why it is called butter fruit. There are many species of avocados in Taiwan. They are mostly harvested when the skins are still green. These avocados are not edible until their skins turn purple, purplish red or black. But some species may not change color when they become ripe. Even the famous Japanese writer Hiroki Murakami once said that to tell if an avocado is ripe is the most difficult thing in the world.

In fact, one easy way to tell if a fruit is ripe is to gently press it with the thumb. If you can depress the fruit and it is soft, it is ripe. It can be served in various ways, like blending it with honey to make avocado milk, or dicing it and serving it with soy sauce. The texture is always creamy and the taste excellent.

“Do you know the avocado originated from Central America where it has been the staple food for a thousand years?”

“That’s amazing. Avocados are more than just fruit.”

