



## 鮮享虱目魚，現在正對時

文圖 | 編輯部

### Milkfish Now in Season

適合炎熱天氣生長的虱目魚，已經進入豐收盛產的季節了，有「虱目魚的故鄉」之稱的臺南，虱目魚產量為全臺第一，漁民連袂將活跳跳的魚群捕撈上岸，水花飛濺，場面十分壯觀。虱目魚全身是寶，魚頭、魚皮、

魚柳、魚肚及魚腸皆可食用，從頭到尾都是優質好滋味，而其中最常見的是魚肚料理，臺南人吃早餐便喜歡來一碗虱目魚湯或虱目魚粥，細品魚肉的鮮味，用美食開啓一天的美好生活。



Milkfish grow best in summer and are best harvested in the summer months. Known as the Hometown of Milkfish, Tainan ranks as the No. 1 producer of the delicious food fish. Harvesting milkfish from a pond presents quite a spectacle. All parts of

a milkfish are edible delicacies when skillfully cooked. The belly is a favorite of Tainan's avid foodies when cooked in a soup or rice porridge for breakfast.

