

文圖 | 行政院農業委員會（《豐盛與甘甜》，林如萍主編）



午後點心，歇息片刻

Rural Refreshments



除了中午一餐，農村婦女還需準備下午的點心，有時，農家婦女們會使用盛產作物製備，既新鮮又能善待賣相不佳的作物，高雄大樹地區盛產鳳梨，就是使用新鮮鳳梨加入黑糖熬煮，冰涼後成為鳳梨米苔目醬汁，事先備妥，隨時都可以食用，省去不少烹煮的工夫。另外，還有中部地區獨特的麻芋湯，臺中南屯地區因氣候地勢，是麻芋原料——黃麻盛產地，因此農忙料理便有此一道點心。雖說是點心，但米苔目、麻芋湯中一定要加地瓜，屬主食澱粉類，兼顧消暑與飽足。

Rural women usually prepare some refreshments for use in the afternoon. They often make use of overproduced crops and turn them into delicious snacks. Pineapples in Kaohsiung, a major producing area, are often cooked with brown sugar into a sauce for blending with bi-thai-bak, a peculiar Taiwan rice noodle. In Taichung, young shoots from jutes are cooked in water to make a soup called mua-inn, a snack for hardworking farmers. Both bi-thai-bak and mua-inn are often mixed with sweet potatoes to be more substantial.

