

文 | 編輯部

圖 | 行政院農業委員會（《豐盛與甘甜》, 林如萍主編）



## 從料理開始恢復體力

Sesame Oil Good for Women After Childbirth



麻油雞是產後補給聖品，味道、營養兼備，其中麻油功不可沒。麻油的原料——芝麻，以嘉南地區培育的品質最佳，經烘炒、壓榨製成麻油，能夠促進子宮收縮，幫助產婦排出多餘經血，縮短調養時間，但也要聽取醫師建議適度享用，別補過了頭才好！麻油還可用來將老薑爆香，只要盛一碗麵線，拌進溫潤滋補的麻油，再放上香氣撲鼻的薑片，便是一份暖心的月子料理了。

Sesame oil chicken is generally regarded as a nutritious food for women after childbirth. It is at once tasty and nourishing. Sesame seeds produced in the Chiayi-Tainan area are especially good for extracting quality edible oil. The seeds are baked and pressed to produce oil. The oil is believed to be able to help women better recover after childbirth, but it has to be consumed based upon medical advice. Aside from being cooked with chicken, sesame oil can also be used for cooking with old ginger and rice noodles to produce another nourishing dietary supplement for women.

