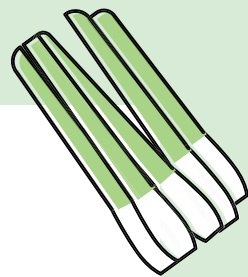


文圖 | 行政院農業委員會



怎麼吃都清爽的茭白筍

Water Bamboo Shoots—Popular Summer Delicacy



《詩經》說「所謂伊人，在水一方」，對身在水的另一頭的心上人表達了牽掛。但在南投，你卻可以在水中央遇見那個「她」！又甜又鮮脆的茭白筍，其實是生長在水裡，因剝殼後外型細嫩白皙，也被稱為「美人腿」。茭白筍的主要產地在南投埔里，一大片綠蔥蔥的水田，看得整個人都清涼了起來。光用看的當然不夠，茭白筍無論是清蒸、鹽烤、涼拌，還是以鹹蛋拌炒而成的「金沙茭白筍」，都是好上手的清爽料理，絕對是炎炎夏日中，餐桌上的低調明星。

In the Book of Songs there is a line which says, "So, there is my lover on the other side of the river." It conveys love for the one loved. In Nantou you can actually see the lady in the water—the sweet, crisp and white water bamboo shoot, which is popularly known as the leg of a beauty. The shoots can be prepared in a number of ways—steamed, baked with salt, or cooked with salted egg. They are popular treats in summer.

