

文圖 | 農業部



健康、美味蓮蓮看

Lotus Seeds and Roots Make for Excellent Foods



每逢蓮花盛開，便可期待蓮子和蓮藕盛產期的到來了。夏日蓮子、秋日蓮藕皆為養生聖品，前者富含維生素，後者有高膳食纖維，加點手藝就能化作餐桌上的美食，好吃又顧健康。蓮藕排骨湯是媽媽的拿手好戲，先喝兩口讓鮮甜的湯頭暖暖胃；小巧的湯包卻大有來頭，是將蓮葉打成汁和入麵團做成包子皮，再於肉餡中加入藕丁，口感獨特令人難忘。餐後還有清爽的甜點——蓮子豆花，鬆綿的蓮子與軟嫩的豆花相得益彰，是老少咸宜的好滋味。

When lotuses are in bloom, it is time to harvest lotus seeds and roots. Lotus seeds and lotus roots are mostly harvested in summer and autumn. They are rich in vitamins and dietary fiber, respectively. Both turn into delicious dishes when properly prepared. Lotus roots are mostly cooked with pork ribs. Lotus leaves and seeds when mixed into dumplings make them mouth-watering. Lotus seeds combined with tofu pudding make for an excellent soup dessert.

