



紅蟳豐腴的季節

Time to Enjoy Mud Crabs



秋季是饕客們引頸期待的季節，因為大啖肥美螃蟹的機會來了！紅蟳是家喻戶曉的美味，其為已完成交配的母蟳，我們在喜宴上常看到的螃蟹米糕，便以紅蟳做成，象徵對新婚夫妻早生貴子的祝願。而在秋冬之交，熱騰騰的紅蟳粥更是滋補身體的一時之選。紅蟳粥湯底以多種海鮮熬煮而成，讓飯粒吸收濃郁的湯汁，與豐腴的蟹肉、蟹黃相結合，給您挑剔的味蕾帶來巨大滿足。

Autumn is the season for feasting on crabs. Fertilized mud crabs are especially popular. Steamed glutinous rice with mud crabs is a dish often offered at a wedding feast to wish the newly-wed good luck in having a baby. Porridge cooked with mud crabs is regarded as particularly nutritious. This kind of rice porridge is also cooked with various sea foods, which make it really delicious.