



木鱨果氣泡飲 Carbonated Gac Beverage

氣泡飲調製

Making the beverage

材料 Ingredients

木鱨果檸檬糖漿 / 25 公克

Gac-lemon syrup / 25 g

綠檸檬片 / 2 片

Green lemon slices / 2

香水檸檬片 / 2 片

Citron slices / 2

新鮮薄荷 / 1 公克

Fresh mint / 1g

氣泡水 / 100 毫升

Carbonated water / 100 mL

冰塊 / 80 公克

Ice / 80 g

製作方法 Directions

1. 將綠檸檬及香水檸檬洗淨後，切成 2mm 圓切片，並加入木鱨果檸檬糖漿。

Rinse and slice the lemon and citron into two 2-mm-thick slices each. Mix the slices with the syrup.

2. 加入冰塊與氣泡水。

Mix in the ice and carbonated water.

3. 加入新鮮薄荷即完成。

Add the mint and serve.

深具發展潛力的木鱨果

Immense Developmental Potential

木鱨果除種子外，是全果均可利用的天然健康食材，除可利用嫩葉及青果入菜，更可將成熟程度不一的果肉及成熟果實的假種皮，運用於製作美味的料理上；透過三低一高的健康調理手法，讓高纖營養的本地特色食材，以溫和淡香、爽口滋味及鮮豔吸睛的美食，呈現在喜愛自然健康養生的饕客前，相信在視覺、味覺及嗅覺上，都會有難以言喻的驚喜。希望藉由簡單及易上手的料理食譜，推薦在地特有及營養豐富的生鮮食材，不僅增加家庭料理的多樣性，更鼓勵休閒農場、旅宿及餐飲業者多加變化利用，讓在地食材的美味佳餚，帶動區內原民特色作物生產量能，更將健康、多元文化特質，融入區域樂活產業當中。

Besides the seeds, each part of the gac fruit can be used as a natural, healthy food ingredient. Just like the young leaves and green-stage fruit, the pulp and aril at different stages of maturity can be used in making tasty dishes. This special local fruit, with its mild, refreshing taste and brilliant color, works well in dishes for those who love natural, healthy food made with the “3-lows, 1-high concept” (low in sugar, salt, and oil, and high in fiber). With their appeal to the senses of sight, smell, and taste, these dishes are sure to be a pleasant surprise to all who try them. We look forward to these simple recipes serving as a means of promoting this local, highly nutritious fruit. It can not only add diversity to home cooking but is also great for use at farms, B&Bs, and restaurants. Such local delicacy will promote Taitung’s special indigenous crop industry and will integrate health and cultural diversity into the local LOHAS industry.

