



序

Introduction

木鱨果在臺灣為原住民族傳統特色植物，原住民族如卑南族、阿美族及排灣族，喜食青果期果實，族人多以野外採集或於庭院以簡易式棚架栽培，供自家食用為主。木鱨果營養價值高，含有豐富類胡蘿蔔素，且茄紅素含量為蔬果之冠，為具發展潛力之原生蔬菜。

Gac (*Momordica cochinchinensis*) is a traditional, special crop of the Taiwan indigenous community, usually consumed in its green stage by the Puyuma, Amis, and Paiwan peoples. The fruit is mainly either collected in the wild or grown in simple canopy frames in gardens for family use. Gac is highly nutritious, rich in carotenoids, and the fruit/vegetable with the highest concentration of lycopene, making it a special indigenous crop full of developmental potential.

本場自 103 年積極投入生產技術研發，推廣栽培並提升品質產量，更進一步開發青果及熟果之多元應用，期能成為臺東地區特色作物，增加農友收益。目前已輔導在地青農、農會及餐廳業者進行生產及多元應用，且從一級栽培技術及二級加工產品開發，到三級創意料理、休閒農業之推廣行銷，初步建構木鱨果六級產業發展之價值鏈。

Since 2014, Taitung District Agricultural Research and Extension Station (TTDARES) has been actively involved in production technology research, promoting cultivation and working to boost quality and output for gac. We have developed a variety of uses for both the green-stage and mature fruit in an effort to make it a viable crop for Taitung and more profitable for growers. We are involved in helping young growers, the Taitung Farmers' Association, and those in the dining industry with regard to production and diversified use. In addition, we are working on the primary, secondary, and tertiary of six-level industrial sectors in the gac production-development value chain: cultivation techniques, development of processed products, and promotion and marketing for the creative cuisine/recreational agriculture industries.

為推廣木鱨果從產地到餐桌之多元應用，本場以其嫩葉、青果、成熟果實及其假種皮作為食材，開發營養美味的風味料理食譜；為強化木鱨果料理之應用，進而帶動轄區特色作物產業契機，本場特研發以木鱨果為食材之多樣食譜產品，編製成冊。食譜內容以健康養生為前提，並規劃料理、冷熱飲品及點心等製作方法，提供相關業者及有興趣民眾參考，期能形塑獨一無二、專屬臺東之美味餐飲，增加轄區業者烹調獨特性，為休閒產業盡一份心力。

In an effort to promote the use of gac, the TTDARES has developed nutritious, tasty recipes that use the young leaves, green-stage fruit (pulp and aril), and the mature fruit (pulp and aril). We have created this recipe pamphlet as a reference for those in the dining industry and anyone else interested. The ingredients for the foods, beverages, and desserts have been chosen with a focus on health and nutrition to form a compilation of dishes unique to Taitung that will benefit the local leisure industry.

本場未來對於木鱨果生產體系建立、農產加值及食材多元應用，亦將持續不斷地創新研發，鏈結各領域資源，擴增其附加價值，奠定臺東特色作物產業發展基石。最後感謝協助本冊能順利出刊的所有夥伴，並祈各界不吝賜教。

The TTDARES will continue with innovative R&D geared towards the establishment of a gac production system, increasing the value of gac as a crop, and developing more uses of it as a food ingredient by connecting to resources in various sectors, which will serve as a foundation for the development of special crops in Taitung. I would also like to thank all those involved in producing this pamphlet and gladly invite any recommendations for improvement.

Chen Hsin-yen
TTDARES Director

Council of Agriculture, Executive Yuan
JAN. 2020

行政院農業委員會臺東區農業改良場
場長陳信言 謹識
中華民國 109 年 1 月