

木 鱘 果 食 材

Gac as a Food Ingredient

嫩 葉 篇

- ◆ 陳盈方
- ◆ 薛銘童

木 鱘 果 於 冬 季 生 育 遲 緩，甚 至 會 進 入 休 眠 狀 態，最 適 種 植 時 機 通 常 為 春 季 氣 溫 回 暖，新 株 約 於 每 年 3 月 至 4 月 定 植 於 田 間，二 年 生 以 上 植 株，此 時 不 定 芽 萌 發 並 抽 梢 生 長，於 夏 季 5 月 至 9 月 達 植 株 生 育 旺 盛 期 並 開 花 結 果，生 育 旺 盛 期 之 嫩 芽、嫩 葉 或 嫩 梢 皆 可 食 用，老 葉 則 由 於 組 織 較 硬，適 口 性 較 差，較 不 建 議 作 為 葉 菜 食 用。木 鱘 葉 片 略 帶 微 苦 味，通 常 以 野 外 採 集 或 自 家 種 植 為 主，葉 片 處 理 採 用 一 般 葉 菜 類 蔬 菜 清 洗 方 式 即 可，阿 美 族 傳 統 處 理 葉 片 方 式，則 像 洗 衣 服 般 搓 揉 葉 片，待 葉 片 經 搓 揉 出 汁 液 後，汆 燙 食 用。嫩 梢 及 葉 片 與 黑 木 耳、胡 蘿 蔔 絲、薑 絲 等 配 料 汆 燙 後 撈 起，淋 上 芝 麻 醬 後，成 為 清 爽 可 口 的 開 胃 前 菜。

(材料提供：青農郭明哲)



1

摘採嫩葉及嫩梢
Pick young leaves and shoots.



2

清洗及備用
Rinse and strain.



3

嫩葉及嫩梢與配料
一同汆燙後撈起
Blanch all ingredients together.



4

嫩葉佐芝麻醬
Top with sesame seed sauce.

Young Leaves

- ◆ Chen Ying-fang
- ◆ Hsueh Ming-tung

Gac plants produce fruit slowly in winter and can even enter states of dormancy. The best time to grow them is in spring as temperatures begin to rise. New plants are usually planted in March and April, and they last for two years or more. At this time, they continually produce and intermittently sprout new growth. May through September are the months in which the plants grow rapidly, flower, and produce fruit. The young shoots and leaves that sprout at this time are edible (mature leaves are harder and thus unpalatable). The leaves are slightly bitter. They are usually gathered in the wild or planted in yards. The leaves are rinsed in the same manner as other leafy vegetables. The traditional Amis method of rinsing is comparable to the scrubbing of clothes. They are first rubbed to the point of expelling juice and are then blanched. Blanching shoots and leaves with wood ear (an edible fungus), grated carrots, and grated ginger, and then topped with sesame seed sauce makes for a great, refreshing appetizer.

(Young leaves provided by Kuo Ming-zhe.)



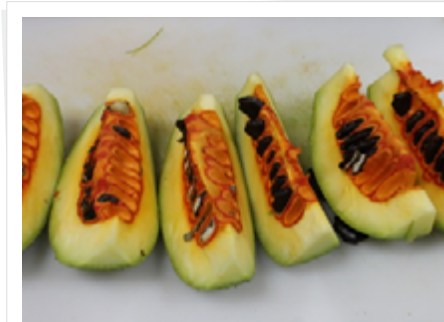
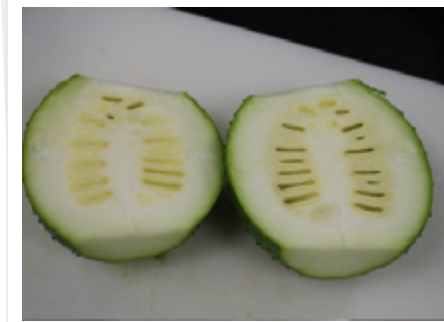
青果篇 Green-stage Fruit



木鱉果於3月至4月為抽梢生長期，時序進入5月植株開始開花，青果成熟度約可分為2~3階段，第一階段約為授粉後14天，此時種子尚未成熟，果肉清脆，煮湯後似大黃瓜口感；第二至三階段初估為授粉後60天至70天，果實外觀由青綠略轉黃綠色，種子已成熟並開始膨大，且假種皮形成，此時青果果肉口感最佳，可作為煮湯及鑲肉料理之食材。

Gac shoots sprout in March and April, and in May they start to bloom. The maturity of green-stage fruits may be divided into two or three phases. The first phase is the first 14 days after pollination. At such time, the seeds are not yet mature and the pulp is crisp. After being cooked in soup, it gains a texture similar to cucumbers. The second and third phases extend until 60 or 70 days after pollination. At this time, the exterior of the fruit turns from green to a slightly yellow color. The seeds are mature and have begun to swell, and the aril has begun to form. In addition, the pulp has reached its most pleasant texture. It is suited to making soup or being stuffed with meat.

(材料提供：青農郭明哲)
(Fruit provided by Kuo Ming-zhe.)



依照授粉後日數，種子成熟度可概分為2~3階段，授粉後14天青果(上圖)，授粉後45天至60天青果(中、下圖)。
The maturity of green-stage gac seeds may be divided into two or three phases. Here are pictured gacs within 14 days of pollination (top) and at 45 – 60 days after pollination (middle and bottom).



木鱉果種子未成熟之青果處理方式
Handling green-stage gac with immature seeds.

青果果實帶有微刺，建議戴手套處理食材，依果皮軟硬可利用蔬果削皮刀或菜刀去除果皮，若果皮組織偏硬且具有韌性時，建議參考削鳳梨之去皮方式處理較為安全。

1. 種子未成熟之青果處理流程為清洗果實→利用蔬果削皮刀去除果皮，或將果實去頭尾後對切，利用菜刀削去果皮→切成塊狀備用。
2. 種子已成熟之青果處理流程為清洗果實→將果實去頭尾後削皮→縱向剖開果實後，沿果實稜線微切→掰開果實→剔除成熟種子→切成滾刀塊備用。



1 清洗 Rinse.



2 去頭尾後對切
Cut in half breadthwise
after cutting off the top
and bottom.



3 削皮 Remove the skin.



4 切塊 Dice.

Green-stage fruit has small spines on the exterior, so we recommend using gloves when handling it. Depending on its hardness, the skin may be removed with a vegetable peeler or other knife. If the skin is quite hard and difficult to peel, we recommend using the same method used for removing the skin of a pineapple to ensure your safety.

1. Green-stage fruit with immature seeds should be handled in the following manner: Rinse. → Remove the skin with a vegetable peeler or knife. Or, as with a pineapple, cut off the bottom and top and then cut the fruit in half breadthwise. Then use a knife to remove the skin. → Dice the pulp.
2. Green-stage fruit with mature seeds: Rinse. → Cut off the bottom and top and then remove the skin. → After cutting the fruit in half lengthwise, make shallow cuts along the lengthwise ridges of the fruit. → Pull the fruit apart with your hands. → Take out the mature seeds. → Dice by roll-cutting.

青果處理方式 Green-stage Handling
(授粉後 14 天 Within 14 days of pollination)



木鱉果種子已成熟之青果處理方式
Handling green-stage gac with immature seeds.



青果處理方式 Green-stage Handling
(授粉後 45-60 天 At 45 – 60 days after pollination)





熟果篇 Mature Fruit



木鱨果實具有後熟特性，種子已成熟之青果，採收後儲藏溫度 13°C 以上，可促進果實後熟及轉色。於田間掛果成熟或採收後經後熟作用之熟果，外觀呈現鮮艷之橘紅或橙紅色，其假種皮及果肉皆可利用。

假種皮提取流程為：果實對半剖開→取出假種皮及種子→加水並利用電動攪拌器低速攪拌，此步驟須特別注意種子不可破裂→利用漏勺過濾假種皮與種子→分離種子及假種皮→以果汁機均質假種皮液→假種皮液稀釋並加熱調配，煮沸後備用。

假種皮提取之稀釋比例，其添加水量可為假種皮與種子重量之 1~5 倍，主要以方便攪拌及脫除假種皮為主，稀釋 9 倍之木鱨果假種皮汁可做為料理食材原料，原料濃淡可依個人喜好調整。若食材處理量少時，亦可徒手剝除假種皮。



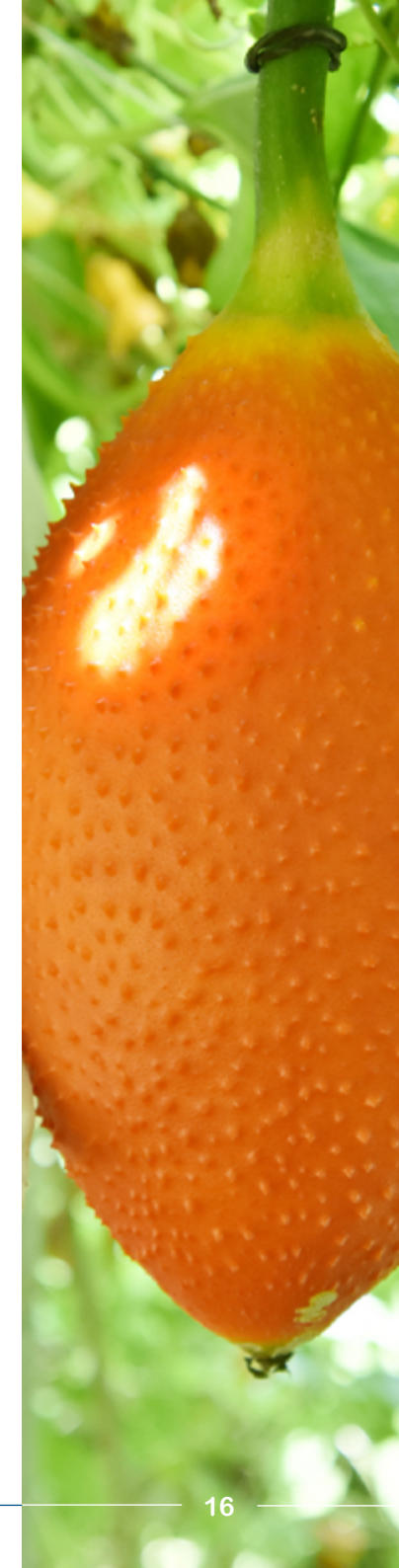
Mature Fruit



Green-stage fruits with mature seeds may be stored at a temperature of 13°C or greater, which will stimulate after-ripening and color change. For fruits that ripen on the vine or those that go through the after-ripening process after being picked, the exterior turns a bright orange-red, and both the pulp and aril may be eaten.

How to remove the aril: Cut the fruit in half breadthwise. → Take the aril (with the seeds) from the pulp and put it in a bowl. → Add water to the aril and beat with an electric mixer at low speed to loosen the aril from the seeds (DO NOT allow the seeds to break/fracture). → Use a strainer to strain the mixture and collect the juice. → Separate the aril from the seeds and put it into the juice. → Mix the aril and juice into an even consistency with a blender. → Dilute with water, heat, mix in other desired ingredients, boil, and set aside for use.

In diluting the aril mixture, add water of 1 – 5 times the mass of the original aril with seeds. The main purpose of this dilution is to make mixing easier. A 1:9 dilution may be used as a food ingredient (it can be made stronger or weaker as desired). For small portions of seeds, the aril may be removed by hand with a knife.



木鱨果成熟果實假種皮取用方式 Extracting aril from mature gac fruits.



1

原料處理

Take out the aril (with seeds) from the fruit.



2

攪拌

Beat with an electric mixer on low.



3

過濾

Strain.



4

分離假種皮及種子

Separate aril from seeds and add it to juice.



5

均質

Blend to an even consistency.



6

加熱調配及煮沸

Heat, mix in other ingredients, and boil.

木鱨果多元應用

Gac as a Food Ingredient

食材運用 Use in Food



◆ 陳盈方 Chen Ying-fang

◆ 吳菁菁 Wu Ching-ching

早期原住民族部落多食用木鱨果之嫩葉及青果果肉。其嫩葉及青果口感微苦，煮食後略微回甘；成熟果實內之假種皮帶有甜味及清淡瓜香。成熟種子之種仁具有微毒性，需注意不可直接食用。本次料理以嫩葉、青果、成熟果實及其假種皮作為食材，推薦給一般大眾認識與食用，同時也希望透過健康營養的風味料理示範食譜，推廣在地特色食材，進一步提供給區內休閒農業區、農場、民宿及餐飲業者參考運用，讓菜色選擇更具在地特色及多元風貌。

In times past, indigenous people mostly ate the green-stage fruit and young leaves, both of which are slightly bitter but gain a slight degree of sweetness upon being cooked. The aril of mature fruits has a light, sweet taste of melon. Mature seeds are slightly toxic and should not be eaten. These recipes include the use of young leaves, green-stage fruit (pulp and aril), and mature fruit (pulp and aril). The TTDARES is making them available to the general public to promote local gac as a special ingredient for healthy food. The recipes may also serve as references for local farms, B&Bs, and dining businesses to provide a greater selection of what is local, unique, and diversified.

