

臺東慢食指南

TAITUNG SLOW FOOD SELECT 2018



臺東慢食指南

Taitung Slow Food Select

優質、純淨、公平的真食味，臺東風土與文化孕育的美食。

Delicacy of Good, Clean, and Fair. Taitung Local Cuisine and Recipe.

目錄 CONTENTS

前言 Introduction

慢食，讓臺東美味更遠近綻放 6
Slow Food, Making Taitung Gourmet Widespread
慢食，帶您認識臺東的真滋味 8
Slow Food, Leading You to Learn the True Taste of Taitung
關於臺東慢食指南 10
About Taitung Slow Food Select

三星店家 Three Stars ★★★

Sinasera 24 Sinasera 24 14
MATA 家屋 MATA Indigenous Culture Hotel 16

二星店家 Two Stars ★★☆

曬穀場手作坊 Buda Banai Coffee 20
舒食男孩池上二號店 Veggie Boy No.2 22
麵包山烘焙坊 Mountain Bread Bakery 24
烏尼囊多元文化工作坊 Wuninang Daluhan 26
宜興園民宿 Eshine Homestay 28
南島咖啡部落廚房 Austrousian Coffee 30
七里坡紅藜養生料理 Seven Quinoa 32
好港覺 Yirga Tt 34
拉勞蘭小米工坊 Lalauran Millet Workshop 36

一星店家 One Star ★☆☆

Bike De Koffie Bike De Koffie 40
田味家手作工坊 House 4 P.M. Paddy Memory 42
崁頂咖啡養生輕食館 Hudas' Kitchen 44
雁窩民宿 Goose House 46
32 鄰咖啡 / 巴蒂崗工作室 Pa'tikul 48
翠安儂甜點餐酒館 Trianon Cafe & Bistro 50
目目咖啡 MuMu Coffee 52
飴屋 Ameya Cafe 54
草月咖啡館 Mese Coffee 56
海風咖啡 Sea Breeze Cafe 58
WOW’S 邦查 WOW's Pangcha 60
少妮媱手工烘焙坊 Sauniyau Bakery 62

明日之星店家 Future Stars ☆☆☆

弋式風莊園民宿 ITSF B&B 66
愛嬌姨茶餐廳 Aijiaoyi Tea Restaurant 66
青鳶菓子咖啡 Blue Bird Coffee Shop 67
人 X 人 Ren X Ren 68
伊亞咖啡 Oia Cafe 68
打個蛋海旅 Dagedan House 69
講蜜蜜小餐館 Jiangmimi Bistro 69

慢食，讓臺東美味更遠近綻放

追求國際化的臺東，一方面要連結世界，一方面也要凸顯在地特色。「臺東慢食節」很具代表性。

臺東「慢食」是我任內發起的運動，初期的「產地餐桌」計畫，以輔導縱谷五鄉鎮的素人餐廳為主，近年擴大至全縣各地，六年來已累積令人驚喜的成果，在地的素人料理展現豐沛活力和無比魅力。這兩年，鐵花聚落草地上一季一次的「臺東慢食節」，以市集形態讓縣府輔導、平常散佈各地的小店家們交流、展售產品，獲得極高的評價。

臺東慢食節是我個人非常期待的節目，不論淡旺季，只要是慢食節舉辦時鐵花新聚落總是人潮滿滿，我也一定抽空和民眾一起逛市集，品嚐這些用心又美味的料理，享受現場悠閒的氛圍。我看見「吃在地、吃當季」的理念下，產品不斷朝著優質、多元、有創意的方向升化，一個新的臺東飲食文化已經悄悄被型塑出來。

這一次《臺東慢食指南》也是慢食計畫中的一環，我們邀請在料理領域中傑出的專業評審來到臺東，很多都是為臺灣得過國際冠軍榮耀的師傅，包括吳寶春在內，他們一一訪評參與慢食評鑑的在地店家，並給予星等頒獎肯定，我們將店家們的介紹收錄在這本《臺東慢食指南》，希望常態性以符合國際慢食標準「Good、Clean、Fair」的面向來鼓勵優質店家維持品質、永續經營，持續提升臺東慢食料理的水準。

臺東縣縣長 黃健庭

Slow Food, Making Taitung Gourmet Widespread

Taitung Slow Food Festival is one of the unique representative proof to show our “glocalization” efforts on the way to being international.

Taitung slow food movement was initiated from my term of county governor. In the beginning, it started out as “From Farm to Table” Project, focusing on restaurants and chefs in Taitung valley area, gradually expanded to the whole county. After nearly six years promotion, the achievements are surprisingly great. It discovers abundant local gourmet and breeds numerous chefs. Taitung Slow Food Festival, which occurred seasonally on the grass field of Fantasy Tiehua, Taitung downtown, has received great feedbacks from visitors and vendors. It is not only a local cuisine paradise, but also a platform for chefs, producers, and consumers.

I personally enjoy Taitung Slow Food Festival a lot. It always brings the crowded people to Fantasy Tiehua whether in low or high season. I am sure to spend time being there with our citizens, enjoy the gourmet well-prepared and the relaxing atmosphere in the venue. Through this festival, I can see increasing diversity, creativity and better quality of our local cuisine. Under the ideal of “Eat Locally, Eat seasonally”, a new Taitung trend and food concept has eventually formed.

“Taitung Slow Food Seclect” is part of the slow food project. We invited outstanding gourmets and chefs to Taitung as evaluators, many of them are world champion in their field—including Pau Chun Wu, champion of the Bakery Masters in the Coupe Louise Lesaffre bread-baking competition. They visit restaurants which attending Taitung Slow Food Evaluation and do tasting, giving suggestions and evaluation. This brochure collect qualified restaurants which pass the evaluation as a guide book for all. We hope to encourage restaurants constantly maintain the management and food quality under the international slow food principle of “Good, Clean, Fair”, hence to increase the level of Taitung slow cuisine.

Mayor of Taitung County Justin Huang

慢食，帶您認識臺東的真滋味

2012 年開始，臺東在縣政府的鼓勵下，開始推動「慢食」(slow food) 運動。除了「從產地到餐桌」、「地產地銷」的概念，鼓勵店家使用當季、在地食材外，也引導透過料理，展現臺東的生活故事與飲食文化。於是廚人們開始追本朔源，瞭解食材的生產方式和生產者理念，挖掘部落的傳統與烹調習慣，也開始探尋料理的意義，更有甚者，開始透過料理說故事。投身臺東慢食運動的廚人，不僅注重料理美味，更對環境土地、對自身文化多了份關懷，也對前來品嚐料理的朋友們，多了份真誠交流的心。

臺東慢食指南，精選介紹認真實踐慢食精神的廚人，帶您在臺東深度地吃、享受地吃。吃舌尖上的酸、甜、苦、辣，各種風味的層次交疊，感受無添加的新鮮食材，所展現的真實美味。吃一種生活態度，真誠踏實、不汲汲營營，臺東人獨有的生活態度。吃文化的肌理，原生的食材與烹調手法，土地上、世代間傳承的精神與智慧。

指南中的廚人各有不同的樣貌與生命故事，但對料理有著相同的熱忱與堅持。讓我們帶您透過吃，來認識臺東美麗風景中，生長於此的「人」的故事，也歡迎您來臺東，細細品嚐這片土地的滋味。

Slow Food, Leading You to Learn The True Taste of Taitung

From 2012, Taitung Slow Food movement began under the leading of Taitung government. Not only focusing on the concepts such as “from farm to table”, “eat locally” and encouraging restaurants to use local ingredients, the movement also emphasizes on presenting Taitung lifestyle and food culture through local cuisine. Since then, chefs in Taitung are more often to find food traditions and culinary habits in tribes and the meaning of a dish, even more, to tell stories through food. Chefs devoting into the slow food movement are especially being aware of environment and local culture. They are willing to share their own tradition and more willing to interact with customers.

“2018 Taitung Slow Food Select” introduces restaurants which are truly practicing slow food concepts, and give you an in depth guidance to Taitung gourmet. It leads you to enjoy the combination of flavor and the pure taste of fresh natural food. It brings you to learn the wisdom of traditional ingredients and culinary skills. It takes you to experience a slow, humble and simple lifestyle which uniquely belongs to Taitung people.

Each selected chef owns different story and personality, but the same passionate and persistency to food. Welcome to enjoy the taste of this pure land. Through dining, let us introduce you the stories of people who live in this beautiful Taitung.

關於臺東慢食指南

「慢食」(slow food) 是從義大利開始的國際運動，最核心的原則為「Good(優質)、Clean(純淨)、Fair(公平)」，強調廚師、美食家和消費者們透過食物所能創造的社會價值。Good 除了美味，也代表料理與地方、文化的連結性；Clean 意指料理從產地到餐桌的每個環節，都注重對環境的友善；而 Fair 則是從生產者、製造者到消費者之間，能達到公平對等的互動。

臺東縣政府自 2016 年起推動「臺東慢食評鑑」，每兩年舉辦一次，根據慢食三大原則制定評鑑標準，並由認同慢食理念之廚人、美食家，和臺東在地人組成評審團，實際至店家試吃、交流，根據「Good、Clean、Fair」三個面向綜合評分，通過標準並符合基本衛生安全條件之店家，即收錄在本指南中。

在每一個店家的版面中，除了可以透過簡介認識店家故事，也有評審團與評鑑團隊走訪試吃後分享的「行家推薦」，不妨做為點餐時的參考。此外，由於每個店家的經營型態、方向皆有所不同，除了星等的評鑑，也特別標誌出店家們不同面向的特色，並以顏色深淺表示店家在該面向的強度，饗客們可依其喜好前往。

2018 臺東慢食評鑑

Taitung Slow Food Report

優質、純淨、公平的真食味，臺東風土與文化孕育的美食。

Delicacy of Good, Clean, and Fair. Taitung Local Cuisine and Recipe.

慢食星等

依據整體用餐經驗和店家慢食概念所給予的總評，星星越多，代表該店家在美味度、食材選擇、經營理念等各方面表現越成熟。

Stars

Total evaluation under the whole dining experience, including taste, ingredients, concepts…etc. The greater one gets more stars.

About Taitung Slow Food Select

Slow food movement is an international movement started from Italy. The main principles are “Good, Clean, and Fair”, which emphasize the social value that chefs, gourmets, and consumers can create through food. “Good” focuses on the connection between food and culture. “Clean” means to be environmental friendly through the whole process from land to table, and “Fair”, on the other hand, focuses on social equality between consumers and producers.

Taitung Slow Food Evaluation is hosted by Taitung government once every 2 years since 2016. The jury is composed by chefs, gourmets, and Taitung locals who recognize the idea of slow food. They visit restaurants to do tasting and make evaluation according to the criteria which set up under the slow food principles. Restaurants which meet the criteria and the food safety requirements will be selected into this Taitung Slow Food Select.

Under the page of each restaurant, you can find “Recommendation” which is written according to the jury’s tasting experience. Other than stars, different icons are also marked to highlight the good aspects of each restaurant. The darker the icon, the higher level of the aspect is reached.

店家特色面向　Other Aspects



文化連結性，代表該店家的料理，特別能呈現地方飲食文化。
Cultural Connection. The cuisine of the restaurant highly presents local food culture or the chef's origin culture.



食材友善度，代表該店家在食材選用上，特別重視對環境的友善。
Environmental Friendly. In terms of the attention to environmental friendly food selection .



代表該店家有特別出色的點心。
The restaurant provides outstanding dessert.



代表該店家提供有在地特色的飲料。
The restaurant provides beverages with local character.

三星店家
Three Stars

店家與料理相當符合慢食精神，頗具代表性，並在優質、純淨、公平與空間各方面的評鑑指標上，表現優異。

Exellent performances on slow food principles. Providing visitors high quality dining experiences.

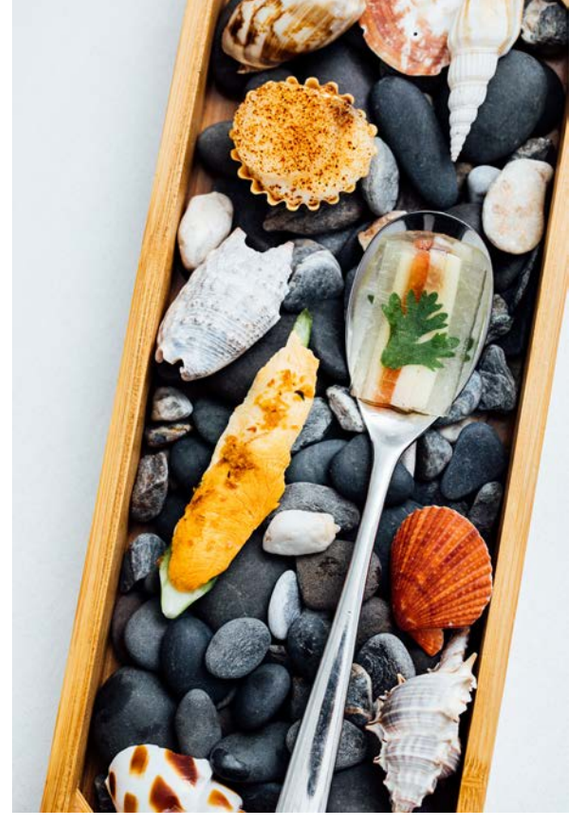




高級餐廳 High-end Restaurant

Sinasera 24

一切緣分從 2015 年開始，才華洋溢又有理想的廚師 Nick（楊柏偉）來到長濱擔任替代役，運用烹飪專業協助長濱國中開始了餐飲技藝教育課程，指導國二女學生一舉拿下臺灣國際廚藝美食挑戰賽銅牌，又深入社區協助婆婆媽媽們精進廚藝，獲得當地人的喜愛。退伍後 Nick 按計畫到法國的餐廳工作，決心與毅力讓他成為馬賽米其林三星餐廳的首位華人主管，當一切正要開始時，他又毅然放下了法國的工作，受邀回到長濱，在畫日風尚會館的支持下，於 2017 年底開設了以在地食材結合法餐呈現的法式餐廳－－ Sinasera 24。



The story started from 2015 when Nick (Powei Yang), a talented and ambitious chef, came to Changbin to serve the military as a substitute civilian serviceman. He helped Changbin Junior High School offer cooking course. Under his guidance, two girls of the 8th grade won the third place of Taiwan Culinary Arts Challenge. He also helped local women improve their cooking skills and became a popular figure in the local community. After he was discharged from military service, he went to France as previously planned and worked in a local restaurant. With determination and perseverance, he became the first Chinese manager of a Michelin 3-star restaurant in Marseilles. Shortly after he celebrated this milestone of his career, he quit the job after he was invited to open Sinasera 24, a menuless French restaurant in Changbin, under the support of Dawn Resort in 2017.

行家推薦

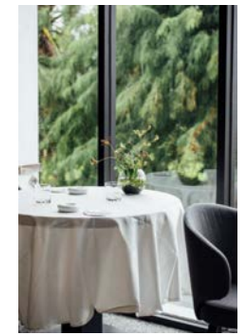
不論是在地食材的運用，或者食材和在地生活的連結，都做出讓人驚嘆的表現。菜餚的呈現方式屬於新派西餐，但味道上有注意到傳統派在意的滋味分明，調味輕柔有韻。





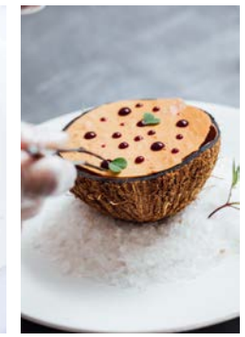












無菜單的法式饗宴，食材取自當地，由餐廳團隊親自至市場、農家、契作菜園挑選，將東臺灣大山大海的氣息，萃取精煉成餐桌上的美味，將在地食材獨有的味道，以法餐方式細膩呈現，並應用食補概念，嘗試以中藥材與香草入菜。從餐前的山泉水到最後的甜點，無一不用心講究，擺盤也擅用鵝卵石、稻禾等自然素材呈現臺東意象，搭配窗外的海景，帶給訪客身心上的頂級享受。

Nick uses local ingredients from the mountains and the sea, which are selected by the restaurant team in person at the market, farm or contracted vegetable garden, for preparation of the French delicacies that bring out original flavor of local ingredients. Nick has also attempted to use Chinese medicine and herbs in his cuisine based on the Chinese concept of improving health with food ingredients. From the mountain spring water before the meal to the dessert, the exquisite delicacies here are served with meticulous attention to detail. The presentation using natural materials like pebbles and rice branches has Taitung features. The ocean view outside the window gives extra enjoyment to guests in their luxurious dining experience.

Recommendation

This is an amazing western restaurant when it comes to selection and use of local ingredients. The dishes are presented in new style and distinctively flavored, which is a characteristic of traditional western food. The seasoning is gentle and pleasant.

Info.

- (089) 832-558
- 臺東縣長濱鄉南竹湖 26-3 號
  26-3, Nanhzhuhu, Changbin Township, Taitung County
- 預約制，入座時間 12:00-13:00、18:00-19:00 (週二公休)
  Reservation required. Enter from 12:00 to 13:00 and 18:00-19:00 (closed on Tuesday)





部落風情 Tribal Restaurant

MATA 家屋

MATA Indigenous Culture Hotel

前身為臺東原住民文化會館，2016 年由年輕的團隊進駐經營，以 Mata 家屋之名重新開幕。團隊成員皆為臺東孩子，其中大多數來自部落，家屋外的各種食材都由青年們栽種照顧，餐廳裡的木頭桌子、餐具、石砌酒吧、茅草屋等，也由大家齊心協力製造搭建，他們所建構的不是一家餐廳，而是部落的家屋，而他們所希望的，是把部落自給自足的生活精神帶到家屋，取名Mata（南島民族語中「眼睛、看見」之意），則是希望讓外界看見臺東。

In 2016, this hotel run by a young team was open with a new name of MATA Indigenous Culture Hotel at the site of Taiwan Indigenous Cultural Resort. The team members are local young people, mostly from indigenous tribes. Many ingredients of the restaurant are grown by these young people outside the hotel. The team also worked together to make wood table and build the stone-clad bar and the thatched hut in the restaurant. The restaurant they built is not just an eating place, but a venue for the tribal group to get together, in the hope of reviving the spirit of self-sufficiency. The hotel is named Mata (which means "eyes" and "see" in Austronesian languages), with a connotation of attracting people's attention to Taitung.

行家推薦

在這裡可以享受到臺東原住民各個族群的飲食文化。經典傳統的小米阿拜、鮮嫩多汁的馬告竹雞與山豬肉，都展現了原民獨有的熱情滋味。

Mata 家屋的餐點，以原住民傳統料理手法為主，用簡單的水煮、川燙、醃漬等方式，帶出食材原始天然的滋味，融入臺東阿美、排灣、布農及魯凱等民族的特色及文化故事，運用當季食材和原民慣用的香料，再加上主廚的巧思，將料理提升到另一層次。白柚汁提味的野菜、刺蔥斯馬林蒸蛋，以及烤竹雞佐酸辣筍，再再令人驚喜，各種原民味道的搭配，也令人回味無窮。

The dishes of the Hotel are mainly prepared with traditional culinary techniques of indigenous people to bring out the natural flavor of the ingredients, featuring characteristics and stories of different tribes, including the Amis, Paiwan, Bunun and Rukai. The chef turns seasonal ingredients and common culinary herbs into local delicacies with his creativity. Vegetable seasoned with white pomelo juice, egg steamed with fries and Aralia decaisneana Hance and roasted bamboo partridge with sour and spicy bamboo shoot are all pleasant surprises. Other dishes with various indigenous flavors also leave a lingering pleasant aftertaste in your mouth.

Recommendation

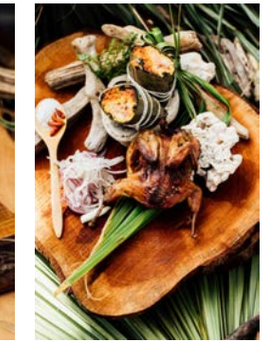
People can enjoy delicious dishes of different indigenous tribes in Taitung here, including traditional millet "A-bai", juicy, tender bamboo partridge seasoned with mountain pepper and wild boar meat. Savoring these delicacies is one of the best ways to enjoy the hospitality of indigenous people.

Info.

- (089) 340-605
- 臺東市中山路 10 號
  10, Zhongshan Road, Taitung City
- 早餐 07:00-09:30、午餐 12:00-14:00、晚餐 18:00-20:00
  Breakfast: 07:00-09:30, Lunch: 12:00-14:00, and Dinner: 18:00-20:00.







二星店家
Two stars

店家與料理符合慢食精神，並在評鑑指標上表現優異。

Good performances on slow food principles, Providing visitors pleasant dining experiences.

曬穀場手作坊 Buda Banai Coffee
舒食男孩池上二號店 Veggie Boy No.2
麵包山烘焙坊 Mountain Bread Bakery
烏尼囊多元文化工作坊 Wuninang Daluhan
宜興園民宿 Eshine Homestay



南島咖啡部落廚房 Austrousian Coffee
七里坡紅藜養生料理 Seven Quinoa
好港覺 Yirga Tt

拉勞蘭小米工坊 Lalauran Millet Workshop



臺東日常 Local Cafeteria

曬穀場手作坊

Buda Banai Coffee

池上鄉

行家推薦

池上一片稻海中的桑葉小店，一路走來不斷成長，令人感動；桑葉茶是主角，桑葉米蛋糕健康無負擔，蕃茄乳酪米湯種麵包則是店內的人氣商品，除此之外，季節限定的桑葚點心也叫人驚喜。

池上火車站旁的手作小店，由返鄉的阿美族姊妹潘金英及潘冬花經營，以父母的阿美族名作為店名，並由整個家族協力支持。妹妹金英熱愛烘焙，一次因緣際會下喝到桑葉茶，想起小時後池上到處都是養蠶的桑葉，如今卻只剩蠶絲業沒落後的滄海桑田，於是決定重新利用家鄉的桑葉。她自學又四處取經，學習製茶技術，把桑葉製成桑茶，後來又發現，桑茶磨粉後像極了抹茶，便靈機一動與烘焙結合，再加入自家種的碎米、池上的水果、農產，研發出獨有的桑葉米蛋糕。

This family business started off as a small homemade bakery next to Chishang Train Station run by two sisters from the Amis tribe, Jinyin Pan and Donghua Pan, with full support from their family. They returned to their homeland and named the bakery after their parents' Amis names. Younger sister Jinyin has a strong passion for bakery, and the experience of mulberry leaf tea has brought back her childhood memories of the glorious past of local sericulture industry and mulberry trees at every corner of Chishang. With the decline of the local sericulture industry, they came up with an idea to develop products made with mulberry leaves. Jinyin sought instruction from people with tea-making experience to learn how to make tea with mulberry leaves. At a later stage they realized that mulberry leave powder had a taste similar to matcha, and this gave them the inspiration to develop rice cake with mulberry leaves, a unique product using fragments of rice grains grown by the family and local fruit and produce as the ingredients.

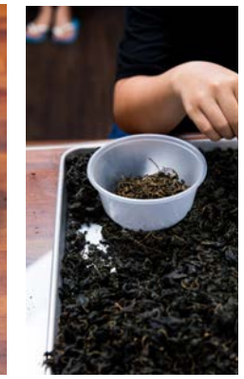












走進曬穀場，兄弟們種的池上米在這兒賣，阿嬤做的辣椒、蘿蔔乾、甜酒釀，是架上最地道甘美的農村味。桑葉茶從阿嬤領頭上山找野生桑葉開始，採摘、蒸熟、揉製、曝曬、烘焙，都由家族協力完成，茶湯透出綠茶與玄米茶的清新與焙茶的後韻，搭配店裡的桑葉米蛋糕、米湯種麵包等，健康無負擔，還吃得到池上多樣的在地物產；桑葚結果後，各種季節限定的桑葚甜點，也是可遇不可求的好滋味。

When you walk into Buda Banai Coffee, you can see local rice grown by brothers of the two sisters; along with chili sauce, dried radish, sweet fermented rice, and traditional side dishes made by their mother. The first step in making mulberry leaf tea is searching for mulberry trees in the mountains, and this was carried out under the instruction of the mother. The whole family work together to pick, steam, roll, dry and roast mulberry leaves. The final mulberry tea has a refreshing fragrance akin to green tea and brown rice tea and a lingering aftertaste of baked tea and is a good pairing with low-calorie rice cake with mulberry leaves and soft bread made with multiple local ingredients. Seasonal desserts made with mulberry are also must-try cuisine.

Recommendation

This specialty cafeteria in the middle of rice field features food made with mulberry leaves. The owner has put tremendous efforts for continuous improvements. Mulberry leave tea is the major product of the store. Rice cake with mulberry leaves has low calories. Tomato cheese bread is very popular . Seasonal mulberry desserts are pleasant surprises as well.

Info.

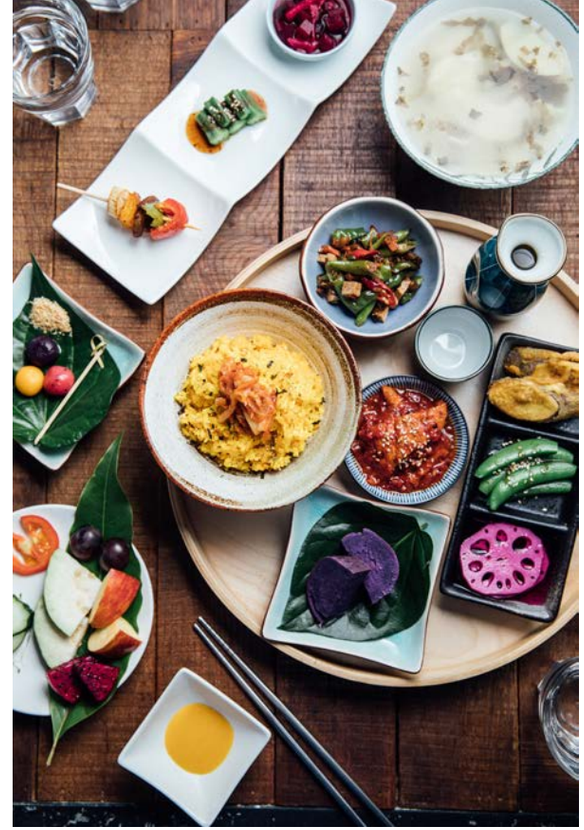
- 0988-358-005
- 臺東縣池上鄉中山路 316-1 號
  316-1, Zhongshan Road, Chishang Township, Taitung County
- 平日 11:00-20:00、週末 11:00-20:30(週三公休)
  11:00-20:00, weekdays. 11:00-20:30, weekend. (closed on Wednesday)

池上鄉

臺東日常 Local Restaurant

舒食男孩 池上二號店

Veggie Boy No.2

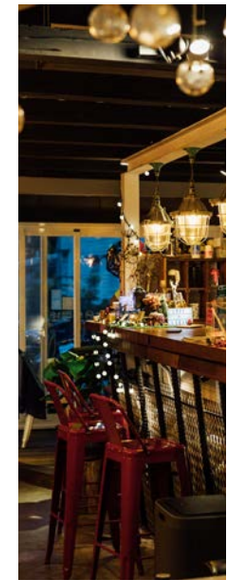


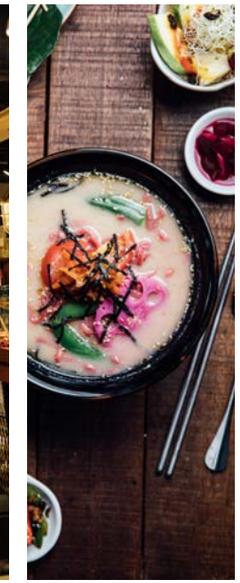
關山有個舒食男孩，蔬食饗宴頗具名氣，一餐能吃到25種不同的蔬果，池上舒食男孩二號店，是這個蔬食家庭的新延伸，也是妹妹舒食女孩怡卿返鄉的新開始。以前怡卿在哥哥吃素救地球的理念下一起茹素，更是舒食男孩廚房中，媽媽的得力助手，一開始對料理沒有特別興趣的她，在日積月累的薰陶下，也逐漸玩出了熱情，在哥哥舒食男孩和媽媽瑞雲姐的相助下，舒食男孩二號店在池上誕生了。

Veggie Boy is a famous vegetarian restaurant in Guanshan and guests can have 25 different vegetable and fruits with one meal. This vegetarian restaurant in Chishang is Veggie Boy No. 2 run by the same family. This restaurant is a starting point of Yiching, a member of this vegetarian family after she returned to her homeland. She became a vegetarian under the influence of her brother, who decided to choose vegetarian diet for environment protection. She was also a capable assistant of her mother in Veggie Boy No.1. At first, she was not particularly interested in gastronomy. However, her passion was gradually awakened through this learning experience as time went by. With help from her mother Rueiyun and her brother, Veggie Boy No.2 came into existence.

行家推薦

運用了大量自家種的在地食材，蔬食舒食，讓人的身、心、靈都喜悅了起來。火龍果炒飯、咖哩飯調味柔順，套餐則是精緻美味的蔬食饗宴。









以舒食女孩為主角的二號店，除了有傳承自媽媽的精緻蔬食套餐，原本擺攤時才會出現的火龍果炒飯、南瓜咖哩等料理，也成為店內常態供應的簡餐，而女孩也自己嘗試開發西式蔬食料理，多樣的簡餐選擇，加上年輕人的創意，讓二號店的料理更多了點青春活力，店內氛圍也多了些自由奔放的潮流感。這是舒食男孩的池上新據點，舒食女孩返鄉打拼的新夢想，要擴大舒食版圖，讓更多人享受好吃無負擔的美味蔬食。

Operated by “Veggie Girl” Yiching, this restaurant serves not only delicate vegetarian set meals of Veggie Boy No.1, but also set meals of fried rice with dragon fruit and pumpkin curry. These two dishes on the set menu were only sold on food market which the family occasionally joined. The Veggie Girl has attempted to develop new menu of western vegetarian dishes. Wide choices of set meals, coupled with creativity of the young owner, adds youthful vigor to the restaurant filled with lively ambience. This is the second restaurant of Veggie Boy in Chishang and the Veggie Girl hopes to expand the family business by serving more light, delicious vegetarian food.

Recommendation

The chef uses a lot of local ingredients grown by his family to prepare comfort food for vegetarians and bring delight to their bodies, heart and soul. The restaurant serves tender seasoned dragon fruit with fried rice, curry with rice and delicate vegetarian set meals.

Info.

- 0928-704-076
- 臺東縣池上鄉中華路 59 號
  59, Zhonghua Road, Chishang Township, Taitung County
- 預約制，用餐時間 10:00-20:00
  10:00-20:00. Reservation required.

臺東日常 Local Bakery

麵包山烘焙坊

Mountain Bread Bakery

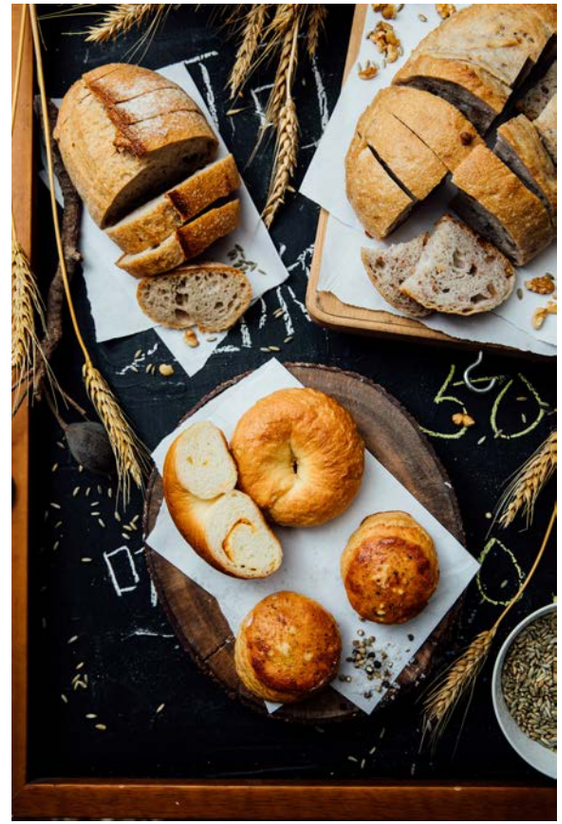


三年前，離關山火車站的不遠處，一間民宅的廚房裡開始飄起了麵包香，這是返鄉青年小白（許惠晴）利用自家空間建立的麵包山烘焙坊。對食物和環境都有所堅持的小白，在有了孩子後決定回到汙染較少的臺東生活，並且自己培養酵母、尋找在地純淨食材，想做出能放心讓孩子享用的健康麵包。從最初自家客廳裡的一個小麵包櫃，到現在已經創造出一間小店面，讓訪客能坐下來用心品嚐、聊麵包。

Three years ago, bread fragrance started to fill the kitchen of a house close to Guanshan Train Station. This is where Xiaobai (Huiching Hsu) started her bakery business. Xiaobai returned to Taitung, a pure land with little pollution, for her child because she wants the child to grow up with healthy food in a clean environment. She cultivated yeast by herself and searched for natural local ingredients in order to make healthy bread for her child. From a humble beginning of a small bread cabinet in the living room, she now has a small store for the consumers to sit down to enjoy her bread and chat about it.

行家推薦

自養酵母結合酒麴，展現出濃厚的職人風範，麵包風味纖細，酒粕貝果、吐司、可可蔓越莓麵包口感紮實，尾韻悠長，令人難忘。



小白的麵包製作從養酵母、磨麵粉開始，不同於單一的商業酵母，麵包山光酵母就有好多種，紫米養的、裸麥養的、水果養的…，且吃著有機砂糖和蜂蜜長大。每種酵母各具風味，搭上不同的麵粉、食材，創造出擁有豐富韻味和香氣的麵包。一開始麵包山多使用法國麵粉，找到在地農友後，也嘗試使用臺東小麥，自己挑麥、磨麵粉，再加上自然無毒的洛神、柑橙、檸檬、野生番茄等食材，為標準的歐式麵包，賦予了濃濃的臺東靈魂。

Xiaobai makes her bread from the beginning - yeast cultivation and flour grinding. Instead of using one single yeast for commercial uses, the bakery uses multiple yeasts, including those cultivated with purple rice, rye, and fruit and feed additives of organic sugar and honey. Different types of yeast create distinctive flavors and are added into the dough to make different bread with rich flavor and strong fragrance. In the beginning, Mountain Bread Bakery used French flour. After the owner found a local wheat farmer, she has attempted to use local wheat, screen grains and grind flour by herself. Natural, innocuous ingredients, like roselle, orange, lemon, wild tomato, are added to make classic European bread with a strong “Taitung” flavour.

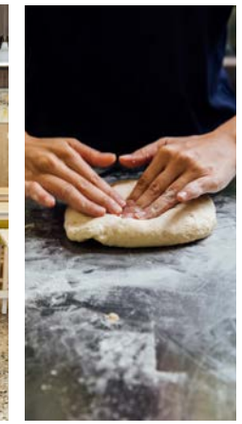
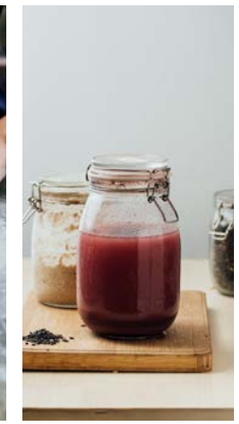
Recommendation

The professional baker uses self-cultivated yeast and brewer’s yeast to bake the bread with delicate flavor. Bagel with wine dreg, toast, cocoa and cranberry bread are all impressive with firm texture and rich aftertaste.

Info.

- 0915-812-998
- 臺東縣關山鎮和平路 36 號
  36, Heping Road, Guanshan Township, Taitung County
- 週二至週六 14:00~20:00（連續假日營業時間以臉書發佈為主）
  14:00~20:00, Tuesday to Saturday (business hours of consecutive holidays are announced on the Facebook)




部落風情 Tribal Restaurant

烏尼囊多元文化工作坊

Wuninang Daluhan



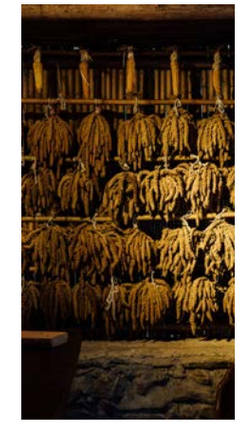
烏尼囊，布農族語「感謝你、祝福你」的意思，是王美華一家人以感恩之心成立的文化工作坊。返鄉近五年，他們致力於推廣布農族傳統文化，一切從無到有，幾年下來，工作坊的空間環境愈趨完備，文化體驗活動也越來越成熟，即便遇到尼伯特颱風肆虐，美華依然保持著樂觀開朗的態度。不僅如此，他們也樂於分享，帶著志同道合的夥伴一同經營、努力，並回饋部落，一路走來始終保持著感恩的初衷，真誠面對每一天，以及每個來訪的朋友。

"Wuninang" means "thank you and bless you" in Bunun language. With gratitude, Meihua Wang's family used this term to name the restaurant. Since Wang returned to her homeland about 5 years ago, the family has been dedicated to promotion of traditional culture of Bunun tribe from a humble beginning. Over the years, the environment has become better equipped and the cultural experience activities are better designed. Meihua has been optimistic about development of this place even after typhoon Nepatak caused serious devastation here. With a spirit of generosity, Wang's family has worked hard together with like-minded partners, given back to their tribe, greeted every guest with gratitude and embraced everyday with sincerity.

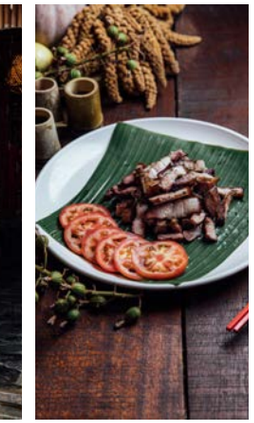
行家推薦

真誠的表現、善的循環、美好的傳遞，以感恩懷念之心日益精進的布農料理。樹豆湯美味平衡，烤肉串上青菜、洋蔥，和柴燒七個小時的鳳梨，是一大亮點，竹筒飯香氣與Q度具佳。









搭配部落體驗提供的布農風味餐，以養生創意料理為主軸，注重養生又熟知布農族智慧的美華，常將自家種的菜做不同的創意變化，各種食材的搭配，時有原漢交融的巧思，令人驚喜不已；而「懷念父親的八部合音」套餐，則是由布農族傳統的飲食文化發展出來的傳統布農套餐，滋味原始純樸，讓客人透過餐桌瞭解布農族的文化故事與祖先的智慧。

The restaurant serves Bunun tribal food and provides culture experience activities. Meiwhua is a health-conscious chef familiar with traditional knowledge of the Bunun tribe. Characterized by healthy food and creativity, her creative dishes often use the vegetable she grows and various ingredients with creativity of combining Chinese and indigenous recipes. The set meal in the name of "8-part polyphony in memory of father" is a traditional Bunun set meal that is derived from traditional Bunun food culture, featuring original and simple flavors. Guests can know culture, story and ancestral wisdom of the Bunun tribe through their visit.

Recommendation

Bunun tribal food of the restaurant is served with sincerity, good will and grace and prepared with gratitude and continuous improvement. Delicious pigeon pea soup with delicate flavor and kebab with green vegetables, onion and pineapple baked with woodfire are must-eat dishes. The rice in bamboo tube is also recommended for its fragrance and chewy texture.

Info.

- 0933-495-730
- 臺東縣延平鄉永康村泰平路 82-2 號
  82-2, Taiping Road, Yongkon Village, Yenping Township, Taitung County
- 採預約制，不定期公休，以臉書發佈為主
  Reservation required. Closed irregularly. Closing days are announced on the Facebook.



民宿家常 B&B

宜興園民宿

Eshine Homestay



宜興園民宿成立於 1999 年（民國 88 年），至今已近 20 個年頭，是臺東老字號的優質民宿，也是主人花了近十年心血建構出的理想生活。位於延平部落旁的世外桃源，環山群繞、寧靜清幽，園內還有自家的菜園、雞舍，不時能看到母雞帶小雞在草地上散步的優閒景象，晴朗的夜晚，則有滿天星斗相伴。民宿主人呂大哥（呂增興）和莊姐（莊玲宜）是這兒的靈魂，夫妻倆的好客與親切，是民宿得以長久經營的最大原因，呂大哥樂於分享生活樂趣與人生經驗，而莊姐的好手藝則撫慰了訪客們的身心。

Opened in 1999, Eshine Homestay is a high-quality private lodge with a long history of nearly 20 years. The hosts have spent almost ten years on continuous improvements in order to create an ideal living environment here. As a secluded paradise next to Yenping tribal group, this quiet homestay surrounded by mountains has a serene ambience with its own vegetable garden and chicken coop. The visitors can easily see a hen walking slowly on the lawn with little chicks behind. In a cloudless night, the guests can see a sky full of stars . The owners Oscar and his wife Grammy are the soul of this place. Hospitality and warmth of this couple are the main reason behind smooth operation over these years. Oscar loves to share his passion and life experiences with others and Grammy's gourmet food provides comfort to the guests' bodies and soul.

行家推薦

非常有家庭感的餐點，用在地食材做出的好味道，透過這樣的餐點闡述出臺東生活。莊姐的麵包和果醬，隨季節變化有不同滋味，值得一試；除了一般的西式早點，中式早餐也非常美味。

曾為護理師的莊姐注重飲食健康與養生，親手做的餅乾麵包，取材自自家菜園和部落朋友、小農，沒有人工添加，吃得出純淨美味；民宿早餐中除了有莊姐的麵包，還有季節性手作果醬、野菜飯糰、雞蛋、豆漿雜糧飲等，善於烹飪的她，總能將各種當季食材做完美的搭配，結合出令人驚喜的滋味，用心調味的料理充滿著家的感覺，沒有山珍海味或名貴食材，卻能給人平凡生活的幸福與感動。

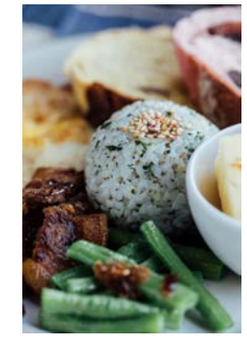
Health-conscious Grammy was a nurse. Without artificial additives, cookies and bread she makes by hand use ingredients from her vegetable garden and agricultural produce of her tribal friends and small farmers to provide natural flavor. The breakfast has bread made by Grammy, hand-made jam of the season, rice ball with vegetables, eggs, soybean milk with grain powder, etc. As a good chef, she is always able to combine seasonal ingredients perfectly to present impressive dishes. Without rare, expensive ingredients, the family dishes here can still touch your heart.

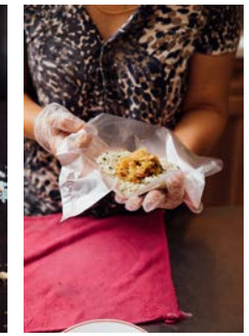
Recommendation

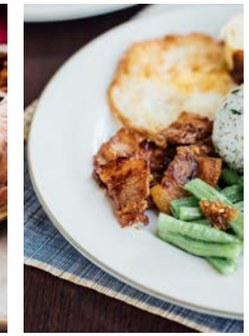
The homestay serves delicious family food with local ingredients and presents Taitung's characteristics with its dishes. Bread and jam made by Grammy with seasonal ingredients are must-try choices. In addition to western breakfast, the homestay also serves tasty Chinese breakfast.

Info.

- 0932-662-381、(089) 561-487
- 臺東縣延平鄉桃源村昇平路 6-1 號
  6-1, Shenping Road, Taoyuan Village, Yenping Township, Taitung County
- 民宿早餐 7:30-10:30
  Breakfast for B&B guests 7:30-10:30



部落風情 Tribal Restaurant

南島咖啡部落廚房

Austronesian Coffee

臺東市



南島咖啡的主人溫秀琴，人稱 Lily 姐，來自臺東唯一的純魯凱族部落——達魯瑪克部落，她是資深的部落文化工作者，也是外界與部落交流的橋樑。曾擔任英文老師的她，時常協助部落與南島語系族群交流，是南島族群文化交流中重要的轉譯者，而 Lily 姐本身，也對南島飲食文化的發揚推廣有著重大使命感。過去在臺東糖廠經營餐廳，許多特色的餐點都受到歡迎與好評，2017 年，受史前文化博物館之邀，南島咖啡部落廚房正式進入博物館，讓訪客在遊覽博物館、認識南島文化的同時，也能品嚐南島族群的飲食，親身經驗其文化之美。

The owner of Austronesian Coffee Lily came from Taromak tribal group, the only place where residents all belong to Rukai Tribe in Taitung. She is a senior tribe cultural worker and the only “bridge” of her hometown with the outside world in regard of communication. As a former English teacher, Lily has often assisted with cultural exchange with other Austronesian tribes as an important translator. She has a strong sense of mission to promote Austronesian food culture. In the past, she ran a restaurant in Taitung Sugar Refinery and served many well-received special dishes there. In 2017, Lily opened Austronesian Coffee at the invitation of National Museum of Prehistory, allowing visitors to enjoy Austronesian cuisine and experience beauty of the culture while they see the exhibitions to know Austronesian cultures.

行家推薦

餐點不僅美味，且擺盤有著原始的美感，菜色清雅乾淨，讓人想一來再來。美味與文化性兼具，無論芋頭阿拜、血腸或燻烤肉，都是展現魯凱飲食文化的最佳代表。

在這裡，菜單上的每一道菜背後都有精彩的故事。傳統的燻烤肉和血腸，製作方式、製作時間有什麼樣的社會意涵？又代表了怎樣的生活哲學？魯凱族特有的芋頭阿拜跟其他族群的阿拜有什麼不同？芧葉水餃的誕生，與地方產業的關聯又是什麼呢？若有機會遇到 Lily 姐，她將會熱情地為您解說。若只想單純品嚐一頓原民美食，南島咖啡部落廚房也是少數提供一人份餐點的部落餐廳，讓想深度旅遊的散客們，也有機會認識原住民精彩豐富的飲食文化。

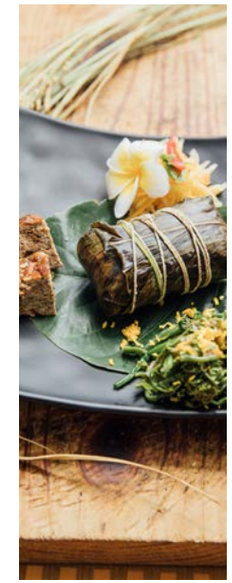
Every dish of this restaurant has a story. The way and time to make Traditional Wakam(smoked barbecue) and Ledre(blood sausage)have specific cultural connotation and reflect special life philosophy. Taro and A-bai are cooked in a unique way by the Rukai Tribe and dumplings made with Piper betel leaves have something to do with local industry development. If you have a chance to talk to Lily, she will share all this information with you. If you simply want to have an indigenous feast, the restaurant is one of few tribal restaurants that serve food for one guest, giving individual visitors a chance to experience rich food culture of indigenous people.

Recommendation

The dishes are not only delicious, but also presented beautifully. The dishes are light, clean and fresh which makes people want to come over and over again. The gourmet dishes, like taro A-bai, Ledre (blood sausage), Wakam (smoked barbecue), features the food culture of the Rukai Tribe.

Info.

- 0921-271-883
- 臺東市豐田里博物館路 1 號
  1, Museum Road, Fengtien Village, Taitung City
- 10:00-16:00（週一、二公休）
  10:00-16:00 (closed on Monday and Tuesday)









臺東日常 Local Restaurant

七里坡紅藜養生料理

Seven Quinoa



七里坡是臺東人的共同回憶，從 1999 年（民國 88 年）開始，最早在熱鬧的博愛路起家，用華麗的裝潢、新穎的服務吸引了大家的注意，後來搬到海濱公園，白色的建築、大片的玻璃，成為海濱公園新景點，也是臺東人到海邊散步必去的餐廳茶館，幾乎每個臺東年輕人，都有在七里坡聚餐聊天的經驗。直到 2016 年尼伯特颱風侵襲，臨海的七里坡幾近全毀，但也因此有了轉型的契機，如今在中正路上的七里坡餐館，依舊是臺東人的愛店。



Seven Quinoa is an old restaurant that brings back memory of many people in Taitung. It was first opened at Bo-ai Road in 1999 and attracted a lot of attention with its baroque decoration and new service then. The restaurant was later relocated to Seashore Park and became a new attraction there with the white building and big pieces of glass. It is also a must-visit restaurant for many local people when they take a walk at the beach. Almost every young person in Taitung has the experience of eating and chatting here. In 2016, this seaside restaurant was almost completely destroyed due to serious devastation caused by typhoon Nepatak, which gave the restaurant a chance of transformation. Now the restaurant is located at Zhongzheng Road and remains popular with people in Taitung.

行家推薦

紅藜專門餐廳，選擇多樣，食材新鮮自然。胡麻海藻沙拉、清燙野菜，分外具有在地特色，德國豬腳可圈可點，特製的肉燥不論葷素都很經典，大紅袍辣椒香麻有勁，也很到位。

轉型後的七里坡，以臺東有名的紅藜作為主角結合在料理中，餐點以麵、飯為主，另有以在地食材和紅藜研發的各式小菜，及創意飲品、甜點，有葷有素、選擇多樣。招牌的紅油椒香嫩雞乾拌麵，使用香辣有勁的大紅袍製作紅油，與雞肉和紅藜麵完美結合，女主人親手調製的紅藜肉燥也非常下飯，配上清脆爽口的胡麻海藻沙拉，有時還可吃到季節限定的清燙紅藜葉，而德國豬腳搭配紅藜飯，也是許多訪客的最愛。轉型後的七里坡，一如往常，將帶給臺東人新的飲食經驗和觀念。

Since the owner chose the transformation to a specialty restaurant, red quinoa has been used as the major ingredient and the main courses are mainly served with rice and noodles. The restaurant also offers many choices of meat and vegetarian side dishes, special beverages and desserts with red quinoa and other local ingredients. Noodle with fragrant spicy chili and tender chicken is a signature dish; it perfectly combines red quinoa noodles with chicken. Rice minced pork sauce and red quinoa prepared by the female owner is also very appetizing and goes well with light, crispy sesame and seaweed salad. The restaurant also serves boiled red quinoa leaves in specific season. German Ham hock served with red quinoa and rice is the favorite meal of the guests. The transformed restaurant will continue to provide new food experiences and concepts for people in Taitung.

Info.

- (089) 325-777
- 臺東市中正路 203 號
  203 , Zhongzheng Road, Taitung City
- 11:00-21:00 (週三公休)
  11:00-21:00 (closed on Wednesday)

Recommendation

This specialty restaurant features dishes using red quinoa and other fresh natural ingredients. Sesame seaweed salad and boiled vegetables have local characteristics and German pork hock is authentic. Sauces with minced pork and minced soy meat are classic and the chili sauce is deliciously spicy.







臺東日常 Local Restaurant

好港覺

Yirga Tt



行家推薦

人是這家店最大的魅力，用心、真誠又親切，令人感到輕鬆自在。港式點心的功夫自不在話下，叉燒批、豬仔包尤其美味，香港懷舊的碌仔糕，改用臺東在來米漿製作，滋味更好又不失真，令人印象深刻，絲襪奶茶滑順不膩口，亦屬佳作。

阿德（陳永德）跟阿四（梁敏兒）是住在臺東的香港人，他們不習慣香港的煩囂快速，反而在旅行中愛上了臺東的慢，於是便定居下來。阿四在香港是一位烘焙師，她發現，香港很多傳統點心因為製作過程費工，慢慢受到速食文化的影響而不復見，許多兒時的回憶也跟著消失，對他們而言，味道承載了回憶，因此把地道的香港味帶來了臺東，希望保留這些在香港也快要消失的傳統味道，在臺東的慢生活中，與大家分享。

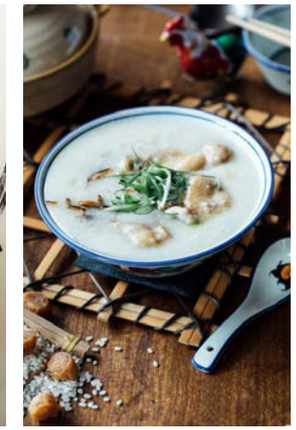
A-de (Yongde Chen) and A-si (Min-er Liang) are a Hong Kong couple who did not like the noisy, busy city of their birth. They chose to settle down in Taitung after they fell in love with slow pace here during a visit. When A-si was a baker in Hong Kong, she found that many traditional dim sum dishes had gradually disappeared due to the increasing popularity of fast food culture and due to the time and effort it took to prepare dim sum. With their disappearance, a lot of delicious food she used to eat as a child became little more than a sweet memory. Because traditional cuisine is part of this couple’s past, they decided to introduce authentic Hong Kong dim sum to people in Taitung in order to preserve traditional Hong Kong dishes that had almost been lost in Hong Kong and share them with local people.











叉燒批、雞批、椰撻、豬仔包、西多士、絲襪奶茶、凍檸茶、餐蛋麵…，在好港覺復古又帶點港味的空間中，兩人準備了多樣化的港式點心和料理，除了菜單上的餐點，也不定時推出季節、節慶特餐，如端午節才有的港式鹹肉粽、配合芒果季的楊枝甘露，還有阿四思鄉時興起而做的叉燒酥，從用料到擺盤，都吃得出夫妻倆的用心，地道的香港味，也為臺東美食地圖增添了新的色彩。

The couple serves a variety of dim sum and gourmet dishes at this Hong Kong d é cor dining place, including BBQ pork pie, chicken pie, coconut tart, piggy bun, Hong Kong style French toast, Hong Kong-style milk tea, ice lemon tea, and Hong Kong Style instant noodles with meat and egg. In addition to dishes on the set menu, they also serve seasonal cuisine and festival food on an irregular basis, such as Hong Kong-style sticky rice dumplings for the Dragon Boat Festival, sago with mango and pomelo in mango season, and barbecue pork puff that A-si makes when she gets homesick. From the ingredients selected right the way through to the presentation, the guests can feel the couple’s efforts on the preservation of traditional Hong Kong cuisine. As such, this authentic dim sum restaurant is a good destination on Taitung’s culinary map.

Recommendation

The hard-working, sincere and friendly owners are the biggest attraction of this Hong Kong dim sum restaurant because the guests feel relaxed and comfortable in their presence. Classic dishes of this restaurant include delicious BBQ pork pie and piggy bun. Pudding cake, an impressive traditional Hong Kong dessert, which is made with Taitung indica rice pulp to improve the taste without sacrificing the authentic flavor. Velvety Hong Kong-style milk tea is also recommended.

Info.

- 0970-034-665
- 臺東市新生路 593 巷 11 弄 15 號
  15, Alley 11, Lane 593,
  Hsingsheng Road, Taitung City
- 11:30-19:30 (週四、五公休)
  11:30-19:30 (closed on Thursday and Friday)

部落風情 Tribe Restaurant

拉勞蘭小米工坊

Lalauran Millet Workshop

太麻里鄉

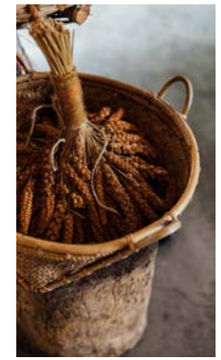


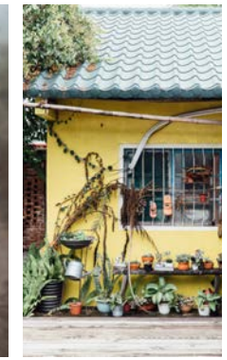
拉勞蘭在排灣族語中，是「土地肥沃之處」的意思，由戴明雄牧師帶領部落青年成立，以恢復排灣族飲食與文化為目標，同時作為族人推廣農產的平臺，工坊的盈餘則用來支持部落課輔班，或其他社區服務的需要。成立至今十年有餘，維持小米工坊運作的重要人物，便是在最初就加入的利曉鳳，她從小在部落長大，部落的飲食文化對她而言就是日常生活的一部分，許多傳統食物都是兒時的記憶，她很希望將這些飲食文化保存下來，加上本身對烹飪的熱忱，讓曉鳳能持續為小米工坊努力，帶著部落媽媽們一起向前走。

"Lalauran" means "a piece of fertile land" in the language of the Paiwan tribe. Lalauran Millet Workshop was opened by priest Minghsiung Dai who leads a team of tribal young people, with an aim of reviving traditional food and culture of Paiwan tribe and creating a platform of promoting local agricultural produce for the tribe. The profit of the restaurant is used to finance after-class programs for the tribe or other community services the tribe needs. The Workshop has existed for over ten years and Xiaofeng Li, who joined the team right after its creation, is an important figure in its operation now. She grew up in the village and tribal food culture has been part of her daily life. Many traditional dishes were a part of her childhood memory and she really hopes to preserve the food culture of her tribe. The aforementioned reasons and her passion for cooking have driven Xiaofeng to continuously work hard for the restaurant and help some mothers in the village to make a living with their cooking skills.

行家推薦

料理手法成熟有熱情，洛神花豬排，以花醬之酸甜平衡酥炸油膩，頗具巧思。以百香果、蜂蜜等涼拌過貓，搭配烤肉堪稱一絕。酒釀醃肉與酒釀香腸則可見排灣飲食文化之親族溫暖。

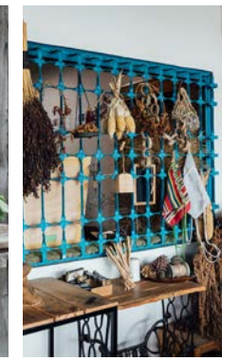












Info.

- (089) 782-547
- 臺東縣太麻里鄉香蘭村 10 鄰 21 號
  21, Neighborhood 10, Xianglan Village, Taimali Township, Taitung County
- 週二至周六 11:30-14:00
  11:30-14:00, Tuesday to Saturday

拉勞蘭小米工坊推出餐點，主要是為了讓訪客品嘗部落農產的滋味，透過美食認識部落故事，店內常態供應簡餐，其中洛神豬排飯仿照藍帶豬排的做法，將起司替換成洛神蜜餞，吃起來清爽不膩，令人驚艷；而祈納福，則是曾得過全國 A-bai 風味餐競賽冠軍的傳統小米粽，黏 Q 的糯米混搭粒粒分明的小米，夾著醃漬炒香的豬肉，外層包上解膩的甲酸漿葉，再用充滿香氣的月桃葉包裹，是部落的經典美味。如果預約風味餐，則可見到曉鳳應用當季食材的功力，以及在傳統飲食上，融入創新表現的渾然天成。

The restaurant gives the guests a chance to try cuisine prepared with agricultural produce of the tribe and to know tribal stories that accompany the cuisine. There are several set meals on the set menu, including rice with pork chop with roselle filling. The pork chop is cooked in the similar way as pork cordon bleu, which is different form this dish featuring pickled roselle filling and a delicate flavor. "Chinafu" (which means "pray for and accept blessing") is traditional dumpling of sticky rice mixed with millet and fried pickled pork, which is first wrapped Khasya Trichodesma leaves to absorb oil and then by fragrant shell-flower leaves. This classic tribal cuisine has won championship of a national A-bai competition. If you make a reservation for a tribal meal, you will be also to enjoy the feast cooked by Xiaofeng with seasonal ingredients and her amazing creativity with traditional food.

Recommendation

The food of this restaurant is cooked with sophisticated techniques and passion. Fried pork chop seasoned with roselle sauce is a creative dish as the sour and sweet flavor of the sauce creates a perfect balance with the greasiness of the pork. Vegetable fern with sauce of passion fruit and honey is another creative dish that goes well with the barbeque. Bacon and sausage marinated with millet rice wine are traditional family foods of the Paiwan tribe.

1

一星店家
One Star

店家與料理具有基礎慢食概念，並達到評鑑指標的標準之上。

Reaching the basic standards of slow food principles and providing good food for the guests.



Bike De Koffie Bike De Koffie
田味家手作工坊 House 4 P.M. Paddy Memory
崁頂咖啡養生輕食館 Hudas' Kitchen
雁窩民宿 Goose House



32 鄰咖啡 / 巴蒂崗工作室
Pa'tikul

翠安儂甜點餐酒館 Trianon Cafe&Bistro
目目咖啡 MuMu Coffee
飴屋 Ameya Cafe
草月咖啡館 Mese Coffee
海風咖啡 Sea Breeze Cafe
WOW’S 邦查 WOW's Pangcha

少妮媱手工烘焙坊 Sauniyau Bakery

臺東日常 Local Cafeteria

Bike De Koffie



出池上火車站沿著右手邊的石磚路走，會發現一間老屋翻修的可愛小房子，藍綠色的窗框、雪白的牆，兩旁的大樹成蔭、綠意盎然，屋前還放了臺復古的腳踏車。走進店內，大理石板在地上畫出幾何，紅磚砌的吧檯堆出了古意，一個復古小巧又時尚的空間，桌椅不多卻處處看得到用心，舒適的感覺讓人可以坐一整個下午。這裡是阿洋、家禎這對年輕夫妻，以及烘焙夥伴婉婷共同打造的米貝果天地。

Walk along the road at the right hand side of Chishang Train Station and you can find an old cute little renovated house with turquoise window frames, white walls, and big, shady trees at both sides, with an old-fashioned bicycle in front of it. The limestone floor with geometrical pattern and brick-clad bar in traditional style creates a cozy, small space in old-fashion style. There are not many tables and chairs inside. Visitors can understand the attention that the owners have paid to decoration through the small details which make this place a comfortable environment to spend an afternoon. This cafeteria serves rice bagels made by a young couple, Jiazhen and Ayang, and their baker Wanting.

行家推薦

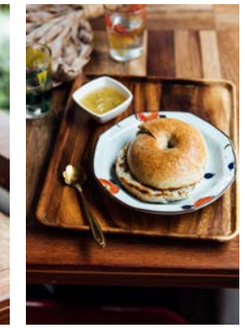
很有慢食概念，整體設計讓人有到池上的放鬆感，米貝果、米沙拉醬把池上的在地食材表現得很漂亮，果醬也讓人驚豔，值得品嚐。

















返鄉青年阿洋（郝朝洋），一開始以食農教育為目的，用自家的有機米做成貝果，搭配體驗活動提供給訪客。對食材認真用心的他，更進一步拜訪許多友善環境的小農，把各種食材加進貝果中，目前已研發出十幾種口味的貝果，小米、紫米、地瓜、海鹽、紅烏龍…臺東各地的滋味都被網羅進來，不論單吃、焗烤，或搭配用鹿野鳳梨特製的果醬，都令人驚喜。除此之外，阿洋更精益求精，著手研發新品項米雞蛋糕，在外出擺攤時販售，希望讓小朋友們也可以品嚐到不同的米食滋味。

As a young local man, A-yang returned to his hometown to settle down. Initially, he only wanted to promote food and agricultural education by serving the guests bagels made with organic rice his family grows and providing them farm experience. Later on, he took one step further to visit many local environmentally friendly farmers and use their produce as ingredients in his bagels. So far, he has developed bagels of over a dozen new flavors with local ingredients, including millet, purple rice, sweet potato, sea salt, and red oolong tea. These bagels taste great when they are baked with or without cheese and pair perfectly with special jam made with pineapples grown in Luye, Taitung. Ayang has even developed rice cake and sold this new product as a street vendor to give children a chance to try a different kind of rice snack.

Recommendation

With characteristics that adhere to the concept of “slow food”, the overall design of cafeteria can easily help people to relax. Rice bagels and rice salad dressing using local ingredients are beautifully presented. The heavenly jam is also a must-eat.

Info.

- 0980-868-945
- 臺東縣池上鄉鐵花路 14 號
  14, Tiehua Road, Chishang Township, Taitung County
- 08:30-18:00 (週二公休)
  08:30-18:00 (closed on Tuesday)



池上鄉

臺東日常 Local Dessert Shop

田味家手作工坊

House 4 P.M. Paddy Memory

田味家女主人張力尤算是池上較早期的返鄉青年，從事過許多不同行業，發現自己最喜歡的還是「吃」，於是接下家裡的瓦斯行後，便趁著暑假瓦斯淡季時賣起冰、飲品，冬天時也販售暖呼呼的客家點心。郵局對面的小店舖，陳設樸質簡單、溫馨復古，是在地人夜晚聚會話家常的所在，也是旅客認識池上的溫暖角落，從簡單的點心中，可以感受到鄉間樸實的人情味。

Female owner of House 4 P.M. Paddy Memory, Liyo Chang returned to her homeland earlier than many local youth. Before she found her passion for gastronomy, she had many job experiences. After she started to take charge of the family business of gas supply, she began to sell shaved ice and beverages in summer, a low season for the gas supply business, and hot Hakka desserts in winter. This small store opposite the post office is decorated in a simple, traditional style. Local people like to come here at night to chat with each other and visitors can feel the hospitality of country folks at this cozy place at Chishang through these simple desserts and snacks.

行家推薦

自己泡米與杏仁，每天花半天時間備食材，足具用心、手法細膩。杏仁茶、杏仁紅茶、杏仁甜湯都是傳統中見創意的佳作，剉冰配料用心，份量也非常有誠意。



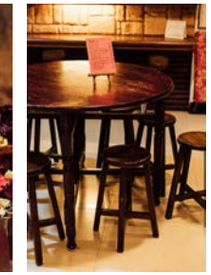












每天早上，力尤都要親手熬煮一大鍋的杏仁茶和酸梅湯。杏仁茶以純杏仁熬煮，沒有一般杏仁茶刺鼻的化學香味，隱隱而發的是溫醇的天然杏仁香氣，連平時不愛杏仁的人也容易接受；創意搭配的杏仁紅茶，混和了杏仁與茶香，也是店內人氣商品之一。酸梅湯則運用多種中藥材，加上臺東特產的洛神，淡淡烏梅香融合洛神的酸甜，呈現出獨到風味。除此之外，力尤也跟母親學了客家麻糬、牛汶水、客家小粽等傳統客家點心，讓小店裡除了好喝的飲品，更增添了有在地風情的小點。雖然開店還不到十年，但力尤希望發揮客家人一步一腳印的硬頸精神，不斷傳承，讓小店成為百年老店。

Every morning Liyo cooks a big pot of almond milk and sour plum soup by herself. The almond milk is cooked without any other pungent chemical additives and has a natural subtle aroma. Even people who do not like almond can easily accept it. Black tea with almond milk is a popular creative beverage and has a mixed fragrance of black tea and almond. Sour plum soup is made with multiple Chinese herbs and roselle, a special produce of Taitung. It has a distinctive flavor with the mixture of fragrances from dried plums and the sweet, sour taste of roselle. Liyo learned from her mother how to make traditional Hakka snacks, including “Niu-wen-shui” (which means a cow playing in water), Hakka glutinous rice balls and Hakka rice dumplings, which are served with delicious beverages. Although this dessert shop is less than ten years old, Liyo hopes that her diligence, a characteristic of Hakka people, will allow her to maintain operation of this dining place for as long as possible.

Recommendation

The owner of the shop soaks rice and almond by herself and spends half a day on preparing the ingredients, which are handled with attention and care. Traditional delicacies here include almond milk, black tea with almond milk and almond milk with sweet ingredients, which are all made with creativity. The shop also serves large shaved ice delicacies with sweet toppings.

Info.

- 0963-394-474、(089) 865-566
- 臺東縣池上鄉中山路 242 號
  242, Zhongshan Road, Chishang Township, Taitung County
- 冬季 15:00-22:00 夏季 11:00-22:00 (週四公休)
  15:00-22:00 in winter and 11:00-22:00 in summer (closed on Thursday).

部落風情 Tribal Restaurant

崁頂咖啡養生輕食館

Hudas' Kitchen



邱初美長期離鄉工作，三餐總是在外，後來驚覺身體亮起紅燈，於是決定照顧好自己的身體，回到部落的天然環境，傳遞健康飲食的重要，並創立了崁頂咖啡養生輕食館。而布農族傳統社會「共享」的生活觀，也讓初美期許自己，好好維護祖先傳承下來的智慧，讓更多人認識平凡飲食背後，所蘊含的布農族飲食文化。

The owner of this restaurant, Chumei Chiu, suffered a health problem after working far away from home and constantly eating out for a long time. Later on, she decided to return to her Bunun tribe to live in the natural environment to improve her health condition and promote healthy diet. That’s why she opened Hudas' Kitchen. The Bunun Tribe has a tradition of sharing between tribe members. This cultural tradition makes Chumei want to preserve wisdom of her ancestors and give more people a chance to understand Bunun food culture through home-style cooking.



行家推薦

料理簡單清爽，調味協調，漂亮的運用食材，滋味靈活堆疊。雞胸肉和鳳梨是巧妙的搭配，傳統的布農烤肉搭入洋蔥、小黃瓜生菜捲，也成功轉化成現代人能接受的清爽口感。







初美家裡種菜，菜園即以母親的族名命名，有傳承、感謝的意味，初期她跟著母親在菜園中工作，現在已完全接手管理。肥沃的土讓她富足：近一層樓高的玉米，吊滿各種瓜果的綠色隧道、信手可拈的野菜、還有雞呀、鵝呀、豬的，初美的家沒有冰箱，每每接到預約，便到菜園裡走一圈，出來時就抱著一堆新鮮蔬菜了。無毒自種的在地食材，簡單的烹調方式，加上天生對裝飾、擺盤的美感，布農族的飲食特色在初美的巧手下繽紛重現，加上原住民的熱情魅力和農園體驗，更能讓人感受到餐桌上的美食與土地的連結。

Chumei’s family grows vegetables and they have named their vegetable garden after Chumei’s mother as a symbol of their heritage and gratitude. Initially, Chumei worked in the garden under her mother’s guidance, and now she completely takes charge of its operations. The fertile land gives her abundant produce, including corn stacked up to the height of one floor, different vegetables hanging down from inside the “green tunnel”, and various vegetables in the garden, not to mention chicken, geese and pigs. In the name of freshness, Chumei’s house does not have any fridge. Before she greets her guests, she would go to her garden and walk out of it with a bunch of fresh vegetables. She uses fresh and innocuous local ingredients, cooks her food in a simple way, and presents her dishes beautifully, serving cuisine with Bunun characteristics. Visitors would feel the connection between cuisine on their tables and the land around them through this food culture experience and hospitality of indigenous people.

Info.

- 0955-544-977
- 臺東縣海端鄉崁頂村中石路六鄰 100 號
  100, Neighborhood 6, Zhongshi Rd.
  Kanding Village, Haiduan Township, Taitung County
- 預約制（需四天前預約，週四公休），
  用餐時間 17:00-21:00
  Dinning time 17:00-21:00. Reservation required 4 days before the meal. Closed on Thursday.

Recommendation

This restaurant serves simple, refreshing food with balanced seasoning, beautiful presentation of the ingredients, and layered flavors. Chicken and pineapple are an interesting combination. Traditional Bunun BBQ with onion and cucumber and lettuce roll have a refreshing taste that modern people can easily accept.

民宿家常 B&B

雁窩民宿
Goose House



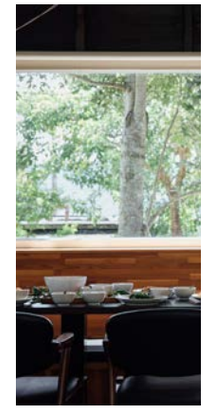
行家推薦

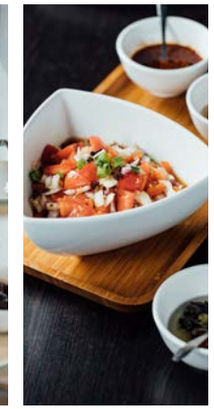
新鮮的在地家常早餐，簡單的清粥小菜，展現細膩與體貼的心意，可以吃出主人的心思，吃完有身心安頓的感受。

雁窩民宿是臺東老牌民宿，老主人從雲南而來，三個女兒的名字都有個「雁」字，民宿取名雁窩，便是希望在外飛翔的小雁們，累了可以回家休息。幾年前，二女兒南雁真的飛回了家鄉，接手家中的民宿，也為老字號的雁窩帶來了新氣象。雁窩民宿占地廣大，森林般的環境原就令人放鬆，但南雁並未封閉於園內的經營，反而積極向外走動，認識地方農友，進而安排農事體驗活動，帶訪客走進地方生活。原本因人手不足，民宿早餐只能向附近早餐店買，由於南雁歸鄉，雁窩民宿的早餐也開始精彩起來。

Goose House is a B&B with a long history in Taitung. The old owner is came from Yunnan, China and named the private lodge “Goose House” because his three daughters all have “yen” (goose) in their names, and he hoped that his daughters could come home for a rest when they are tired of the world outside. Several years ago, his second daughter Nanyen did “fly back home,” and started to take charge of the private lodging business, injecting new vitality to the old B&B. A huge space and a relaxing forest-like environment create a relaxing atmosphere for guests. Nanyen has not confined herself to the B&B’s operations; she has actively visited local farmers and arranged local farming experience activities for her guests. Before her return, Goose House had to buy breakfast from a breakfast store nearby because they were short-handed. Now, the B&B prepares delicious breakfast for their guests with Nanyen’s help.









女兒回來幫忙後，釗媽媽便有空能親手為客人做早餐，每天提供中式清粥小菜，菜色則依當日食材變化。清粥是大清早現熬的，常加入小米、紅藜增添香氣與口感；小菜是兩盤青菜、一盤蛋和一盤肉，另有開胃的醬菜一碟，青菜總選新鮮現採的，有時龍鬚有時菠菜，也有地方常見的野菜；蛋可以炒番茄、炒農家曬的蘿蔔乾，或原住民常用的刺蔥；肉則有鹿野的放山雞或臺東豬肉；醬菜除了常見的醬瓜、麵筋，偶爾還會出現雲南口味的醃薑。幾道簡單的清粥小菜，盡是在地文化與雲南口味的影子，若想品嚐更多道地的雲南味，也可電話詢問看看喔！

Since Nanyen joined the team, her mother has had time to cook a traditional Chinese breakfast of rice porridge and side dishes, which change every day according to available ingredients. The rice porridge is cooked in early morning, often with red quinoa and millet to improve its texture and fragrance. The side dishes include two plates of vegetables, one plate of eggs, one plate of meat, and one plate of appetizing pickled vegetable. The vegetables include chayote leaves, spinach or other local fresh vegetables. Eggs are fried with tomato or dried radish made by local farmers or Aralia decaisneana Hance, a common ingredient for indigenous people. Other dishes include pickled cucumber and gluten. Occasionally, the B&B would serve pickled ginger with Yunnan flavor. The B&B uses local ingredients to prepare simple dishes in Yunnan style. All the side dishes feature local food culture and Yunnan flavors. If you want to try more classic Yunnan dishes, you can call the private lodge to try your luck.

Recommendation

This B&B serves traditional Chinese breakfast for its guests. The simple comfort food here is prepared with the host’s warmth and hospitality.

Info.

- 0937-389-953
- 臺東縣鹿野鄉鹿寮路 51 巷 5 號
  5, Lane 51, Luliao Road, Luye Township, Taitung County
- 民宿早餐 7:30-9:00，非住宿客人需用餐前一天前預約
  7:30-9:00. People that are not guests of the B&B have to book a table one day before the meal.



部落風情 Tribal Cafeteria

東河鄉

32 鄰咖啡 / 巴蒂崗工作室

Pa'tikul

東河都蘭國小旁，有間阿美族傳統的茅草家屋，是阿美青年布告・阿里，在部落長輩的協助下搭起的咖啡館。早年叛逆離鄉的他，在部落哥哥的帶領下，慢慢找回對自身文化的認同，並為了照顧家鄉的阿公阿嬤而回到家鄉。一開始返鄉要做什麼，布告並沒太多想法，剛好家裡有閒置的空地，又得到家人支持，於是便打造了這間傳統家屋，家屋建造好了，答案似乎也清楚了，現在，他以「食在地」、「遊在地」為主要概念來發展，希望透過 32 鄰咖啡，不僅讓外來的旅客認識部落文化，也讓部落的長輩看見青年回鄉的希望。

The traditional cottage is constructed in Amis style, and sits next to Dulan Elementary School in Donghe is Pa'tikul, a cafeteria built by an Amis young man Bugau with the assistance of elder members of his tribal village. When Bugau was younger, he was rebellious and left his homeland. Under the guidance of his older brother, however, he gradually assumed his cultural identity and returned to his homeland to take care of his grandparents. At first, Bugau did not have any idea about what he would do for a living. With his family’s support, he built the traditional cottage on idle land. After the construction work was completed, he decided to promote local food and tourism with this venue by giving tourists a chance to learn more about the culture of his tribe, giving the elder people of his tribe the hope to see more young people return to their homeland.

行家推薦

看得出用心，以及活用生活周遭食材的熟練度。燙地瓜葉撒上黑胡椒鹽是神來一筆，苦茄煮熟串上鳳梨，去除苦味又增添風味，食材新鮮、取之在地，烹煮方式健康，值得稱許。

食在地的概念，是「食材取之在地、用之在地」，原住民族天生以採集維生，到山上散步逛一圈就有一餐的食材，布告利用散步之餘所採集的天然食材，信手拈來便做成無毒健康的部落風味餐。在他的餐桌上，苦茄、地瓜葉是山上採的，魚是去海裡抓的、雞是自己養的，燉、燙、醃、拌，全用部落習慣的方式烹調，滿桌的菜餚心意十足，在細微處，又可看到對不同文化飲食者的貼心，如阿美族傳統的「喜烙」生豬肉生腸，能依需要先適當川燙。除此之外，他也喜歡烘焙和咖啡，沒有預約餐點，也可到店內享用他做的甜點，若對部落文化有興趣，不妨跟他多聊聊喔！

The cafeteria uses local ingredients to benefit the local community through preservation of the aboriginal tradition of collecting food in mother nature. Bugau uses natural ingredients he collects during walks in the mountain to prepare healthy, tribal meals for his guests. The dishes served by his restaurant are made with vegetables he picks in the mountain such as sweet potato leaves and bitter nightshade fruit, fish caught in the sea, and chickens he raises. The food is cooked with the traditional culinary techniques of his tribe, including stewing, boiling, pickling and mixing. The feast is served up with warm hospitality, and it also shows the owner’s respect for cultural differences. For example, “Xilo”, a traditional Amis dish of pickled raw pork and raw intestine, can be boiled on request before it is served. In addition to cooking, Bugau also likes baking and coffee. Visitors without reservation for meals can also enjoy the desserts he makes and chat with him about tribal culture if interested.

Recommendation

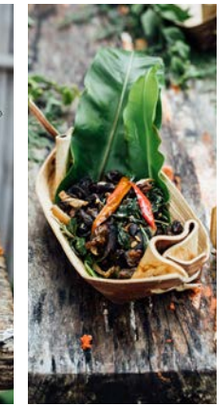
Guests can sense the amount of effort and preparation that the chef has put into preparing dishes with familiar local ingredients. Boiled sweet potato leaves with salt and black pepper is an interesting surprise. The dish of cooked bitter nightshade fruit with pineapple is not bitter and has a good flavor. The restaurant is recommended because it uses locally grown fresh ingredients and cooks them with healthy culinary techniques.











Info.

- 0973-463-097
- 臺東縣東河鄉都蘭村 274 號
  274, Dulan Village, Dongehe Township, Taitung County
- 09:00-18:00 (週二、三公休)
  09:00-18:00 (closed on Tuesday and Wednesday)

異國創意 French Cafe

翠安儂甜點餐酒館

臺東市

Trianon Cafe & Bistro

翠安儂前身為臺東老字號的月子中心，年輕一代接手後，為了一圓心中的旅館夢，將其重新改造，以法國風情為主軸，打造了翠安儂風旅。翠安儂是法王路易十四的行宮，主人將旅館取名翠安儂，希望帶給旅人輕鬆悠閒的「家」的感覺，而旅館從外觀、櫃臺到客房，甚至是小小的鑰匙圈，無不精心加入法國元素，讓人彷彿置身國外。旅館內設有法式甜點餐酒館，主要有甜點、餐點、調酒、咖啡四大主軸，其中最知名的，就是年輕老闆特別赴法國藍帶廚藝學院學習，所帶回的法式點心。

This place was previously a postpartum care center within Taitung. After the young owner started to take charge of the family business, it was transformed into a hotel in order to realize the owner’ s dream. Trianon was a chateau built by Louis XV of France and the young owner named this place “Hotel de Trianon” with the hope of making the guests feel at home. From the appearance and service counter to the guest rooms and the key rings, everything about this hotel is specifically designed with French elements in mind to make the guests feel that they have come to a foreign country. The hotel has a French caf é & bistro that serves desserts, meals, cocktails and coffee. The most famous dishes here are French desserts that the young owner learned how to make during his education at Le Cordon Bleu in France.

行家推薦

生乳捲系列使用初鹿鮮乳，搭配當季水果做變化，蛋糕體有時也會加入伯爵茶增添香氣，生乳綿密清爽，蛋糕體柔軟蓬鬆，搭配水果酸甜的滋味與伯爵茶香，可圈可點。



馬卡龍、法式檸檬塔、蒙布朗、千層派、生乳捲…各種經典的法式點心都可以在翠安儂找到，製作細膩精巧，各種味道的平衡感極佳，小小的點心，卻能帶給人大大的幸福感，招牌的生乳捲，更使用臺東初鹿鮮乳以及當季水果。除此之外，主人也嘗試使用陳年小米酒研發新調酒，期待在經典的法式風情中，多增添臺東氣息。

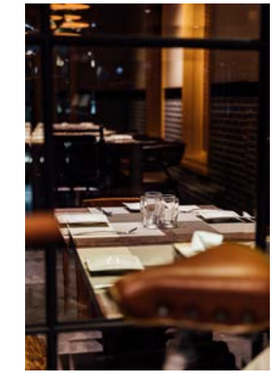
You can find all classic French desserts here, including macaron, French lemon tart, mont blanc, mille feuille and milk cake roll. All of these delicacies are made with sophisticated techniques that balance flavors. These small-sized desserts can bring people great pleasure. In addition to the milk cake roll, which is a signature dessert using fresh milk produced in Taitung’ s Chulu and seasonal fruits, the owner has also tried to develop new cocktails with old millet wine in the hope of adding “Taitung flavor” to the French dishes.

Recommendation

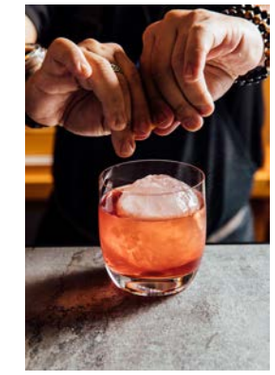
The milk roll cakes in different flavors make use of fresh local milk produced in Chulu and seasonal fruits. Sometimes, Earl Grey is added into the cake to increase its fragrance. The creamy milk filling is part of a soft and fluffy cake with sour, sweet fruit and Earl Grey fragrance.

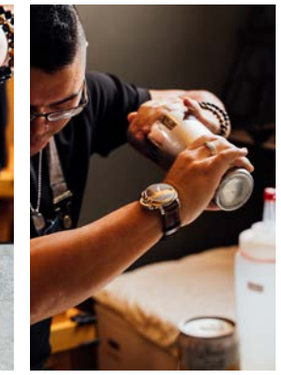












Info.

- (089) 229-971
- 臺東市四維路三段 150 號
  150, Section 3, Siwei Road, Taitung City
- 週一至週二 12:00-20:00、週三至週日 12:00-00:00
  12:00-20:00, Monday and Tuesday. 12:00-00:00, Wednesday to Sunday.

臺東日常 Local Cafeteria

目目咖啡

MuMu Coffee





目目咖啡有一位咖啡師老闆和點心師闆娘，老闆李承仰為藝術工作者，原本在美術館工作，後來誤打誤撞走上咖啡之路，回到故鄉開起了咖啡店。巷子裡的小咖啡店雖不好找，卻是臺東許多咖啡愛好者的必訪之地，從門外的水泥矮牆上，便可看到窗內的溫暖燈光，推開門，常可聞到咖啡香撲鼻而來，店內風格簡單明亮，洗石子地板帶了點復古，小小的空間座位不多，卻透著臺東標準的悠閒與自在。

The owners of this caf é is a couple; Chengyang Li is the barista and his wife Wenjuan is the pastry cook. Li was an artist and worked in an art gallery. He found his interests in coffee and decided to return to his homeland to open a caf é . Hidden in a small alley, MuMu Coffee is a must-visit destination for coffee lovers. Guests can see gentle light of the caf é from the short concrete wall fence outside, smell the aroma of coffee right after they open the door. Simple interior design with vintage old style flooring, coupled with bright space, a few tables and chairs , creates a relaxing and comfortable atmosphere of Taitung style.

行家推薦

甘蔗檸檬咖啡用在地食材與西式咖啡結合，相當有層次，在咖啡風味的轉換上做出很棒的調整，甜酸苦甘逐次呈現，頗有人生療癒之效。焦糖鹽花蘋果派濃豔華麗，配搭黑咖啡正好。

目目以販售自家烘焙的咖啡豆為主，老闆自己選生豆，親手精挑細檢後才拿來烘，除了用直火烘豆，也有用手網烘的豆子，平常在店內可喝到的單品咖啡大約有十多種豆子，若是要訂購熟豆，則有 20-30 種的豆子可選。除了好喝的咖啡，美味的甜點也是目目的一大招牌，老闆娘文娟從馬來西亞來，熱愛點心烘焙，平常先生埋頭烘豆、試豆，她則窩在廚房裡研發點心，焦糖鹽花蘋果蛋糕、香蕉巧克力、戚風蛋糕…。每樣點心的功夫都不馬虎，用料紮實，與店裡的咖啡相輔相成。

MuMu Coffee selling coffee beans which were carefully roasted by Li. Before roasted there is a process of hand picking to remove defected bean for a better teste of coffee. The coffee beans are roasted with direct-fire roasters or manual sift roasters, and the caf é offer a wide range of single origin coffee to customer whether to use in the coffeehouse or to bring home. In addition to great coffee, delicious dessert is another feature of MuMu Coffee. Wenjuan is from Malaysia, and has a great passion in baking. While her husband is busy roasting and tasting coffee beans, she stays in the kitchen to develop new desserts. The salted caramel apple cake, banana chocolate cake, chiffon cake go well with coffee served here.

Recommendation

The coffee made with sugarcane and lemon juice is an interesting combination of local ingredients and western coffee. With layers of taste sensations from sugary, acidic, bitter to sweet, it perfectly creates a twist on the traditional flavors of coffee whilst retaining its comforting effects. The salted caramel apple cake is a perfect pairing for the black coffee here.

Info.

- (089) 346-016
- 臺東市更生路 404 巷 8 號
  8, Lane 404, Gensheng Road, Taitung City
- 13:30-21:30 (週一、二公休)
  13:30-21:30 (closed on Monday and Tuesday)











臺東日常 Local Restaurant

飴屋
Ameya Cafe



飴屋的主廚和麵包師傅是一對對料理有熱忱的夫妻檔，他們在香港居住 12 年後決定回臺定居，而早在到臺東前，便已經有了開店的想法。先生 Morning（周茂麟）是商業廣告攝影師，熱愛單車旅行，店裡放了好多台他的愛車；太太 Candy（謝燕萍）是香港人，來臺之前是坐辦公室的 office lady；他們倆人，一個愛下廚、一個愛烘焙，雖都不是本科出身，卻因著對料理的喜愛，開了這間令人讚不絕口的日式家庭料理屋，店內沒有固定菜單，因為每天都換菜單，不同的料理、多樣的麵包，足見主人的用心與熱忱。



The chef and baker of Ameya Caf é are a couple with passion for gastronomy. They decided to return to Taiwan and settle down here after living in Hong Kong for 12 years. They already had the idea of opening a restaurant before they got to Taitung. Morning (Maolin Chou) is a photographer for commercial advertisements and enjoyed travelling with his bike. The restaurant displays several of his cherished bikes. Morning' s wife Candy Tse is from Hong Kong and was an office lady before she came to Taiwan. Morning loves cooking and Candy has a passion for baking. Without any formal gastronomical training, they opened this menu-less restaurant to serve excellent Japanese family cuisine with their passion for delicious food. The dishes change every day and guests have different choices of bread and meals, illustrating the owner' s dedication and passion for his restaurant and for gastronomy in changing his dishes frequently.

行家推薦

非常驚豔的一家餐館，味道的轉折變化很細緻，主人展現了獨有的臺東生活態度，每一道菜從食材開始都有故事，每天變換的麵包、點心好吃到位具水準。

飴屋以無菜單的家庭日式料理為主，偶爾也會出現香港風格的餐點，為了滿足蔬食客人的需求，每周四也固定推出蔬食料裡。食材都由主人親自到市場採買，餐點就像日式定食，主菜之外另有六到八款配菜，再搭配以鑄鐵鍋耐心烹煮的米飯；如煎鮪魚肚、飴屋豬腳、檸檬鮭魚、麻油豆包、蜜汁叉燒等，都是店內曾出現過的主菜，精準的調味與豐富的層次，深受饕客喜愛。麵包點心的款式更是千變萬化，冰心維也納、海苔肉鬆馬鈴薯、和風起司堡、檸檬塔、巧克力塔…從法式點心到日式麵包，從甜點到鹹點，無不出自老闆娘之手，令人愛不釋手。

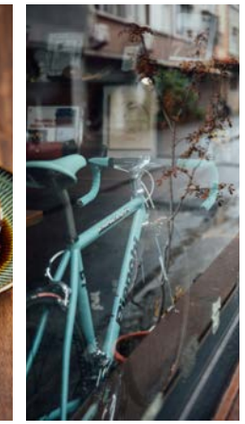
Menu-less Ameya Caf é mainly serves family-style Japanese cuisine and occasionally offers Hong Kong-style dishes. In order to cater for vegetarians, it serves vegetarian dishes every Thursday. The couple buy the ingredients in the market by themselves. The restaurant provides quasi-Japanese set meals; and a main course is served with 6-8 side dishes and rice slowly and gently cooked in a cast iron pot. Main courses that the restaurant has served include fried salmon belly, Ameya pork knuckle, lemon-rubbed salmon, dried Tofu with sesame oil and BBQ pork. Classic seasoning, coupled with multiple-layered flavors, turns this restaurant into a paradise for gourmands. Baking ranging from French desserts to Japanese bread, delicious sweets, salty delicacies, Vienna Cream Bread, bread with filling of seaweed, meat floss and potato, Japanese-style cheese burger, lemon tart, and chocolate tart are all a part of the variety of delightful desserts and bread made by Candy.

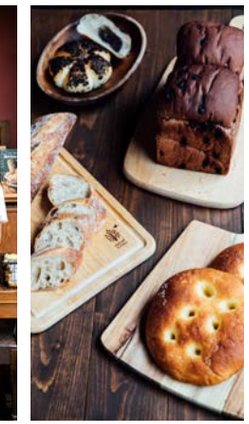
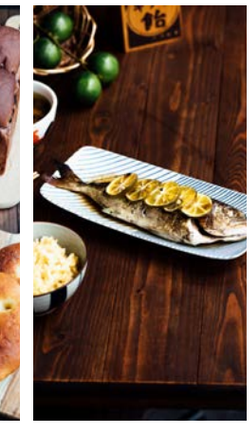
Recommendation

This is an amazing restaurant because of its delicacies with exquisite flavors. The owners embrace a unique way of life in Taitung through their restaurant. Every dish, including the ingredients, has its own story. The restaurant serves different breads and classic desserts every day.

Info.

- (089) 345-600
- 臺東市杭州街 128 巷 16 號
  16, Lane 128, Hangzhou Street, Taitung City
- 11:00-18:00 (週日公休)
  11:00-18:00 (closed on Sunday)

臺東日常 Local Cafeteria



草月咖啡館
Mese Coffee

行家推薦

空間溫暖有特色，主人對咖啡研究頗深，主力是淬出咖啡的甜味，不加糖的拿鐵也能喝出不同層次的甜，臺東本土的「野百合」柔順滑口，堪稱佳作。

臺東市的天后宮旁，有一間古色古香的老房子咖啡店，主人 Rory（李彥德）取外婆的閨名，名之草月咖啡館。Rory 熱愛咖啡成痴，原本在連鎖的星巴克工作，一次機緣下自己烘炒了生豆來喝，那杯微酸的果香令他又驚又喜難以忘懷，從此便愛上了自己選豆、烘豆，調出一杯好喝、有個性的咖啡的感覺，於是自己創業，開了這間咖啡店，享受絕對的創作自由，與客人分享他喜歡的咖啡，也希望藉由咖啡帶給人溫暖與療癒。



The cafeteria is located in a traditional old house next to Tien Hou Temple at Taitung City. The owner Rory named it after his grandmother’ s maiden name. With great passion for coffee, Rory had worked for Starbucks before he opened this cafeteria. At a time he roasted green beans to make his coffee and immediately fell in love with the slightly sour flavor with fruity fragrance. After this experience, he started to pick and roast coffee beans by himself and enjoy the hand-made coffee with distinctive flavors. Later on, he opened the cafeteria to secure absolute freedom of innovation and share his passion with his guests in the hope of bringing them comfort with his coffee.

Rory 對自己的咖啡很堅持，他不喜歡被烘得焦苦的豆子，因此依著每支豆子的特性，以中淺焙的方式烘烤，帶出豆子天然的甘甜、果酸與花香，每支豆子透過他的手，也得以綻放出獨特的風味。大部分咖啡店的豆子都是國外進口的，而草月的店中，有一支獨特的「野百合」，帶有百合花香、藍莓味和果香，調性非常明顯，這是他找到的臺東本土豆，表現出色，不輸國外的咖啡豆，列在菜單的最上排，若有機會造訪，不妨一試。

Rory has made a lot effort to maintain high quality in his coffee. He does not like the bitter flavor of burnt beans and handles different kinds of beans with light or medium roasting according to their characteristics in order to bring out their natural sweetness, fruity sour flavors and flowery fragrances. Each type of bean has a distinctive flavor and fragrance because of his hard work. Many cafeterias buy all their coffee beans through import and Mese Coffee is an exception. Made with local coffee beans Rory found in Taitung, “Wild Lily” features a distinctive taste with a blueberry flavor and fruity and lily fragrance. Its taste is just as impressive as other types of foreign coffee beans. “Wild Lily” is on top of the menu and is a must-try choice for the guests.

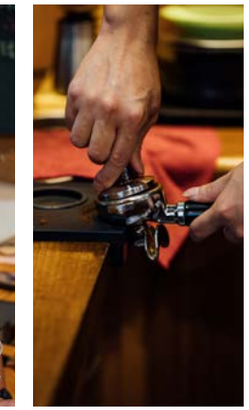
Recommendation

This is a cozy place with warm characteristics, and the owner has a deep knowledge of coffee. The main product is coffee with natural sweet flavors; and even Latte has a sweet flavor of different layers without sugar. Smooth, velvety “Wild Lily” made with local beans tastes fantastic!











Info.

- (089) 362-168
- 臺東市仁德街 60 號
  60, Rende Street, Taitung City
- 14:00-22:00，21:00 最後點餐
  （周四公休，逢月底週三、四公休）
  14:30-22:00. The cafeteria takes your order by 21:00
  (closed on Thursday and last Wednesday
  and Thursday of a month)

臺東日常 Local Restaurant

海風咖啡

Sea Breeze Cafe



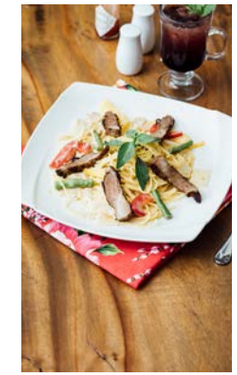
海風咖啡是臺東在地老店，女主人黃彩珍為關山客家子弟，店名海風，不是因為小店離海近，而是因為家裡操的是客家海豐腔。早年在外工作打拼，讓彩珍回到家鄉時，便希望以客家洋食為概念開一間咖啡店，一解近鄉情怯的憂愁。開業至今八年有餘，她一直嘗試創新、調整，始終不變的是推廣客家文化的初心，小店外表看起來是一間西式咖啡店，但店裡的食材、點心，卻隱藏著在地故事，而彩珍也努力想把客家傳統味與洋食結合，帶給客人新的飲食經驗。



Sea Breeze Caf é is a cafeteria with a long history in Taitung. In fact, its proximity to the sea was not the reason why its female owner Zaizhen Huan named it Sea Breeze. Growing up in a Hakka family at Guanshan, Zaizhen named her restaurant “Sea Breeze” (Haifeng in Chinese) to honor where she came from because her family speaks Hakka language with Haifeng tone. She worked far away from home in the early years of her career. When she returned to her hometown, she decided to open a cafeteria to serve western food in Hakka style. Since the cafeteria was opened 8 years ago, she has constantly sought inspiration to innovate and improve. What has remained unchanged is her original intention to promote Hakka culture. Although this dining place looks just like an ordinary cafeteria, its ingredients and desserts have their own stories and Zaizhen has worked hard to bring new dining experiences to her guests through a combination of western food and traditional Hakka cuisine.

行家推薦

用心使用關山食材，店內家庭式氛圍有著溫暖人情。食材新鮮品質好，除了一般西式的義大利麵、焗烤飯，客家鹹豬肉白醬燉飯使用關山米，將客家傳統味做西式結合，原創性十足。













Info.

- (089) 362-032
- 臺東市大同路 80 號
  80, Datong Road, Taitung City
- 08:00-18:00 (週六、週日公休)
  08:00-18:00 (closed on weekend).

菜單上的客家鹹豬肉拖鞋堡、客家鹹豬肉燉飯，是客家洋食的大膽嘗試，此外也曾推出期間限定的客家傳統點心牛汶水，主打牛汶水配咖啡的新穎組合，推出時，客人的回饋令她感動，更相信料理不只是填飽肚子，還代表了理念與堅持，也乘載了愛、回憶和思念。重視食材來源的彩珍，休假時都會回到家鄉關山採買，每每有好食材，便會成為店裡的蛋糕點心，或加進餐點之中，而在店內，也不時會看到彩珍自家種的水果，與瓶瓶罐罐的客家醃漬物，宣示著西洋小店的客家魂，還持續在燃燒著。

Ciabatta with salted pork in Hakka style and rice stew in white sauce with Hakka style salted pork on the menu are good choices for adventurous diners as they combine Hakka cuisine and western food. In the right season, the caf é will serve “Niu-wen-shui” (which means a cow playing in water), a traditional Hakka dessert, with coffee. Positive feedback from her guests about this creative combination makes her believe that her cooking is not just food that fill their stomachs, but an expression of her ideals, passions and memories. Whenever Zaizhen visits her family in Guanshan during her days off, she would buy good local ingredients whenever they are available and bring them back to the cafeteria for preparation of cakes and desserts or other dishes. From time to time, visitors can see fruits grown by her family and cans of pickled food in Hakka style in the restaurant. They are a symbol of a western cafeteria with Hakka soul.

Recommendation

The chef uses fresh, high-quality local ingredients from Guanshan and greets guests with hospitality in a family atmosphere. In addition to popular western food like spaghetti and rice with baked cheese topping, the cafeteria also serves other creative dishes. Rice stew in white sauce with Hakka style salted pork is a genuinely creative dish that uses locally gown rice and combines traditional Hakka cuisine with a western dish.

異國創意 Exotic Restaurant with Creative Dishes

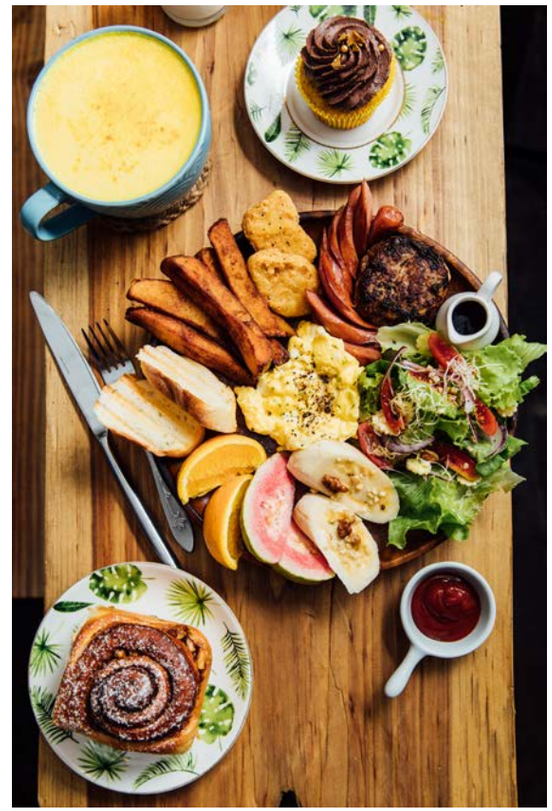
WOW’S 邦查

WOW's Pangcha



WOW’s 邦查由一群從成功鎮上來到市區的阿美族青年打造，隱身於鐵花新聚落的波浪貨櫃屋，工業風格中混搭了海洋的氣息。為了讓每個客人都能找到屬於自己的角落，店內座位有各種不同的設計，一個人沉思、兩個人甜蜜，到一群人聊天或開會，都可在此找到合適的空間，一邊的牆上，還展售著親朋好友們的手作品、農產品，讓身在臺東市的訪客，也能認識臺東其他鄉鎮的故事。

Located in an old container in Tiehua Music Village in downtown Taitung city, WOW's Pangcha is run by a young team from Cheng-gong Township. With industrial style decoration and marine elements, the restaurant can easily accommodate parties of different sizes, no matter they visit here alone, with someone special, or in a group to chat and hang out. Handicrafts made by friends and relatives of the owners are hung on one side of the wall, and local produce is displayed to help visitors of Taitung city learn more about the stories of local villages and towns.



行家推薦

料理用心到位，終極牛肉堡足具水準，手打肉排鮮嫩多汁，與特製的蛋黃醬完美結合；薑要芋見泥是用自家薑黃所研發的創意點心，頗具特色。

店內主打美式料理和手作甜點，部分食材則來自成功老家，家鄉的長輩在山上努力耕作，但不擅銷售，到市區打拼的年輕一代，便努力把家中的農產變成餐桌上的美食，與客人分享，如薑要芋見泥、檸檬派、香蕉巧克力派等，都是使用家中盛產的農作所製成的甜點。而他們對餐點的品質也非常要求，無論漢堡、軟法或吐司，店內的麵包都親自手作烘焙，配上獨門醬汁和手打肉排，深受顧客喜愛。邦查青年們期待，運用來自部落的好食材，透過創意轉化成美食，未來也能成為臺東有特色的餐廳。

Featuring American cuisine and hand-made desserts, the restaurant team uses ingredients grown on their native land of Cheng-gong. Their elders are hard-working farmers in the mountain and not good at marketing their produce. Therefore, these young people working in downtown Taitung City turn their families’ produce into cuisine through creative endeavors and share the results with their guests. They have made desserts with agricultural produce from their families, including turmeric pastry with mashed taro, lemon pie and chocolate pie. Their dishes are well received because all the hamburgers, soft French bread, and toast are made by hand and served with special sauce and hand-made ground pork or beef, which represent the team’s tremendous efforts in maintaining quality of their cuisine. These young people aim to turn the restaurant into a dining place with local high-quality tribal produce and their culinary creativity.

Info.

- 0988-136-559
- 臺東市新生路 105 號 1 樓（波浪屋 2 號櫃）
  1F, 105, Xinshen Road,
  Taitung City (Container Hou No. 2)
- 周日至周三 10:30-22:00 (周四公休)
  週五至週六 10:30-23:00
  10:30-22:00, Sunday to Wednesday.
  10:30-23:00, Friday and Saturday. (closed on Thursday)

Recommendation

The restaurant serves special cuisine prepared with attention to detail. The “ultimate beef burger” is a classic; tender, juicy hand-made ground beef goes perfectly with special mayonnaise. Turmeric pastry with mashed taro is a special, innovative dessert made with turmeric grown by the owner’s family.











部落風情 Tribal Bakery

少妮嫆手工烘焙坊

Sauniyau Bakery

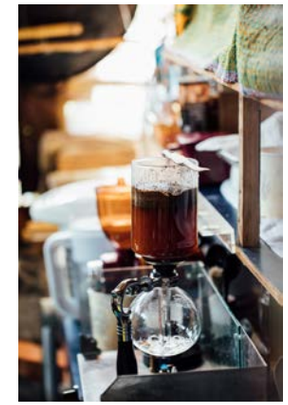


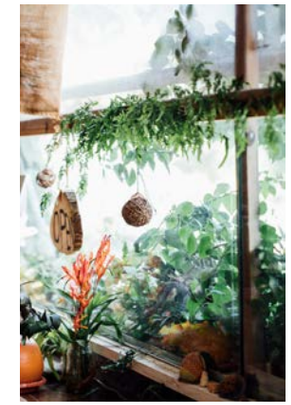
少妮嫆烘焙坊是返鄉的排灣青年小暄（李俞暄）所打造的部落甜點店，和父母親在都市成長的她，一直懷念兒時跟著外婆上山工作的時光，幾次回家幫忙整理房子後，便決定重新回到部落深耕。一開始小暄嘗試了各種工作，最後在烘焙中找到樂趣，便以自己的族名為名，成立了少妮嫆烘焙坊。目前，她和伙伴小杜共同經營這間歷坵唯一的甜點店，這兒不僅是旅人停駐的地方，也是社區的客廳，大家常聚集在此開會、閒聊。

Sauniyau Bakery is a dessert store run by Xiao Xuan, a young woman from Paiwan tribe who has returned to her homeland. Although she grew up with her parents in the city, she has cherished the childhood memories of going up to the mountain with her grandmother to work there. After she went back home to help her family clean up their house for several times, she decided to return to her tribe and settle down here. At first, she tried several jobs and finally found her passion in baking. So she opened the bakery and named the bakery after her tribal name. Currently, she runs the dessert-only store at Lichiu with her partner Xiao Du. This bakery has not only become a tourist attraction, but also a community venue for local people to meet and chat with each other.

行家推薦

剛起步的部落甜點店，熱情認真值得鼓勵。廣泛使用臺東在地食材，小米與紅藜口味的蛋糕為一大特色，部落產出的魯拉克斯咖啡也不妨一試。









小暄希望透過烘焙坊推廣更多部落農產，因此在決定走烘焙這條路時，就立志以歷坵在地農作物製成蛋糕、點心，店內也提供部落農產代訂的服務。烘焙坊中，以小米紅藜手工餅乾最具人氣，布朗尼蛋糕、戚風蛋糕、乳酪蛋糕等，都有小米、紅藜或洛神的口味，除此之外，小暄更進一步研發刺蔥烤肉弗卡夏等有部落特色的點心。而夥伴小杜則負責咖啡和飲品調製，除了刺蔥冬瓜茶、小米酒咖啡等，最具特色的，當屬部落自產的魯拉克斯咖啡，順口好喝，搭配小暄的點心剛剛好。

With the hope of promoting tribal produce within her bakery, Xiao Xuan has insisted on making her desserts and cakes with local produce ever since she opened the bakery. Customers can also place orders for tribal produce at her store. Hand-made cookies made with millet and red quinoa are the most popular products in the store. Her brownie cake, chiffon cake, and cheese cake all have millet, red quinoa and roselle flavors. In addition to these desserts, she has also developed other new products with tribal features, including Focaccia with Aralia decaisneana Hance and barbecue pork. Her partner Xiao Du is responsible for making coffee and beverages, including special beverages of white gourd tea with Aralia decaisneana Hance and coffee with millet wine. Smooth, tasty Rulakes coffee is the signature drink, which pairs perfectly with Xiao Xuan’s desserts.

Recommendation

This is a new dessert store operated by a young woman with a great passion for the craft. The desserts are made with local ingredients of Taitung. Cakes made with millet and red quinoa are signature dishes, and Rulakes coffee made with local coffee beans is also recommended.

Info.

- 0988-896-059
- 臺東縣金峰鄉歷坵村 37 號
  37, Lichiu Village, Jinfeng Township, Taitung County
- 預約制，09-00-20:00 (週日公休)
  09:00-20:00. Reservation required (closed on Sunday).

Future

明日之星店家
Future stars

具備慢食概念，並有意朝此發展。

Being aware of the concept of slow food and is willing to practice it.









弋式風莊園民宿

ITSF B&B

Info.

- 0961-013-193、(089) 814-553
- 臺東縣關山鎮崁頂 59 之 1 號
  59-1, Kanding, Guanshan Township, Taitung County
- 民宿早餐 8:00-09:30
  Breakfast time 08:00-09:30







愛嬌姨茶餐廳

Aijiaoyi Tea Restaurant

Info.

- (089) 550-678
- 臺東縣鹿野鄉永安村高臺路 109 巷 32 弄 9 號
  9, Alley 32, Lane 109, Gaotai Road, Yongan Village, Luye Township, Taitung County
- 預約制 (不定期公休)
  用餐時間 11:30-12:30、12:40-13:40 ; 17:30-18:30、18:40-19:40
  Reservation required. Dining time 11:30-12:30、12:40-13:40 ;17:30-18:30、18:40-19:40







青鳶菓子咖啡

Blue Bird Coffee Shop

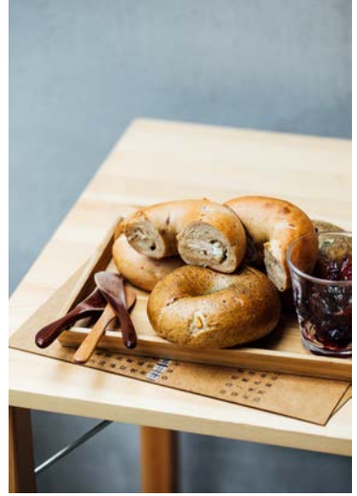
Info.

(089) 332-519

- 臺東市中正路 251 巷 19 號
- 19, Lane 251, Zhongzheng Road, Taitung City
  12:00-21:00 (週三公休)
- 12:00-21:00 (closed on Wednesday)







人X人
Ren X Ren

Info.

- (089) 340-487
- 臺東市上海街 14 巷 17 弄 2 號
  2, Alley 17, Lane 14, Shanghai Street, Taitung City
- 08:00-13:30 (週三、四公休)
  08:00-13:30 (closed on Wednesday and Thursday)

打個蛋海旅
Dagedan House

Info.

- (089) 771-551
- 臺東縣太麻里鄉金崙村 4 鄰 128 號
  128, Neighborhood 4, Jinlun Village, Taimali Township, Taitung County
- 預約制，用餐時間 11:00-16:00
  Afternoon tea time 11:00-16:00.
  Reservation required.













伊亞咖啡
Oia Cafe

Info.

- (089) 333-010
- 臺東市正氣北路 76 巷 62 弄 11 號
  11, Alley 62, Lane 76, Zhengqi North Road, Taitung City
- 週一至週五 08:00-14:00
  週六至週日 07:30-14:00
  08:00-14:00, Monday to Friday.
  07:30-14:00, Saturday and Sunday.

講蜜蜜小餐館
Jiangmimi Bistro

Info.

- (089) 771-520
- 臺東縣太麻里鄉金崙村 5 鄰 232 號
  232, Neighborhood 5, Jinlun Village, Taimali Township, Taitung County
- 11:30-14:00、17:30-20:30 (周一公休)
  11:30-14:00 and 17:30-20:30 (closed on Monday)







臺東慢食
Taitung Slow Food

《2018 臺東慢食指南》
Taitung Slow food Select 2018

發行：臺東縣政府
發行人：黃健庭
總編輯：臺東縣政府交通及觀光發展處
執行編輯：津和堂城鄉創意顧問有限公司
撰文：郭麗津、賴怡方
翻譯：朱玉玲
攝影：嚴葳
美術設計：柯嘉怡

106 年度地方產業發展基金
臺東縣「慢食臺東」產業整合及國際行銷發展計畫
指導單位：經濟部
主辦單位：臺東縣政府交通及觀光發展處
執行單位：津和堂城鄉顧問創意有限公司

出刊日期：2018 年 9 月 30 日

邀請您 以慢食為經緯，
展開一趟臺東風土與文化孕育的美食之旅。
Let’ s having a Slowfood ,journey of Taitung Local Cuisine and Recipe.





GOOD CLEAN FAIR

優質 純淨 公平

臺東專屬，
餐桌上的慢食幸福滋味。