

TAITUNG *Slow Food* 2022 SELECT



指南
臺東慢食





TAITUNG
Slow Food
SELECT

臺東慢食指南

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慢食十年 美味料理背後的「慢食關係」

The Strong Network Behind Local Cuisines After Ten-Year Promotion of Slow Food

2022年，是臺東推動慢食運動的第十年。十年之前，如果旅人們來到臺東，會品嚐到什麼樣的料理？

臺東坐擁山海，有著豐富的自然環境及多元族群文化，因為距離都市遙遠、開發相對緩慢，反而成為臺東的「後發優勢」，有機會探索一條不同於都會城市的發展之路。於是，相對於效率、效益所代表的「快」，我們選擇了「慢」。

從義大利來到臺灣的慢食運動，重視地方食材的留種保種、持續種植，以及傳統飲食文化的探索。「慢食」本質上是一種對全球化、工業化飲食的省思，以及對於自身文化的肯定守護。循此思路，我們發現「慢」能成為臺東的關鍵字，不僅是步調悠閒緩慢，更強調善待人與環境、認同與再發現地方文化，也成為臺東獨特的「慢經濟」。

於是十年前臺東開始了慢食運動，鼓勵地方廚人運用在地食材，以料理訴說生活、風土、家族故事。而兩年舉辦一次的「臺東慢食評鑑」，則在專業評審走訪品評後，嚴選出慢食星等餐廳，期待旅客循著《臺東慢食指南》一一造訪，從餐桌開始認識臺東。

除了美味的料理，《2022 臺東慢食指南》想傳達呈現支撐起餐廳的「慢食關係」——廚人、農人與土地之間的緊密連結。無論是支持環境友善耕作方式、與農友建立合作，或是不斷學習、將傳統特色化為當代演繹，都是美味料理背後關於「慢」的實踐途徑。

十年之間，變化已緩緩成形，臺東成為最受國內外旅客嚮往之地。來到臺東，誠摯邀請您走進慢食餐廳，在一頓飯的過程中認識地方物產、品嚐美味料理、體驗臺東生活，一起經驗「慢」所帶來的深刻與滿足。

We launched the slow food project in Taitung in 2012. With ten-year efforts, Taitung now offers a variety of “slow” cuisines to its visitors.

Blessed with mountains and sea, Taitung has a rich natural environment and multi-ethnic culture. Thanks to its remoteness, Taitung has an “late-mover advantage” as it gives Taitung the opportunity to take a different path for its “development”; instead of pursuing urban growth, which is characterized by efficiency and performance, we have chosen to embrace slow culture for our development.

Originated in Italy, the slow food movement in Taiwan features preservation and continued growing of local ingredients and exploration of traditional food culture. Slow food, in its essence, is a result of reflection on food culture in the era of globalization and industrialization and earnest endeavors to protect local culture. In this context, we have decided to place emphasis on slow culture as we strive for local development. Our slow food projects highlight not only promotion of slow living, but also people-friendly communities and environment as well as appreciation and re-exploration of local culture. Such efforts have in turn driven the development of the “Slow Economy” in Taitung.

That’s why we launched a slow food project in Taitung ten years ago by encouraging chefs in the county to use local ingredients and tell the stories about local culture, traditions and families with their food. We have published *Taitung Slow Food Select* based on the results of biennial Taitung Slow Food Report for choosing restaurants of different ratings with the evaluation of professional judges, in order to help visitors, find their own way to desired restaurants with this food map and know more about Taitung through their dining experience.

With the *2022 Taitung Slow Food Select*, we want to present not only local cuisines, but also the strong network formed by local chefs, farmers, and land. Our approaches of embracing slow culture with local cuisines include environment-friendly farming practices, partnership between chefs and farmers, and restaurant menu innovation through continued learning.

Gradual changes produced by our endeavors over the last ten years have turned Taitung into a very attractive destination for domestic and foreign visitors alike. We sincerely invite you to walk into a slow food restaurant during your visit to Taitung for the deeply satisfying experience of slow living in Taitung with a delicious meal made with local ingredients.

臺東縣長
Magistrate of Taitung County



臺東慢食評鑑 評審的話

Judges' Words About Taitung Slow Food Evaluation

徐仲 Andy Chou | 飲食文化工作者 Food culture worker

評鑑餐廳時，我很在乎主廚的觀點，依著慢食的精神，除了讓食物能符合美好 (Good)、純淨 (Clean)、公平 (Fair) 的原則，同時需透過餐桌傳遞風土文化的獨特性。因此，主廚必需對食材有自己的見解，烹調菜餚需能詮釋在地生活，最後還要展現個人的美感，簡單而言，這個評鑑的關鍵，在於是否能表現當代的臺東餐桌。

When I evaluated a restaurant, I attached great importance to the perspective of its chef; does the chef's perspective reflect the principles of "Good," "Clean," and "Fair"? Are distinctive elements of local food culture incorporated into the food preparation of the chef? In my view, good chefs must have their own perspective about the selection of the ingredients. Their cooking must express their personal aesthetics and present features of different ethnic groups. All in all, the restaurant has to advocate local culinary culture in modern society in order to be selected.



高靜玉 Esther Kao | 資深媒體人 Senior media worker

臺東慢食評鑑是過往所知的評鑑活動中，最用心、認真且執行力最強、與店家互動與建議最誠懇的主辦方。多年下來，影響力已慢慢在臺東開花，這影響是對當地食材深化活用、與生產者互動、在「吃在地、品當季」基礎下相互感染，延伸至各樣美味中且綻放光芒的能量，甚至讓永續環保觀念深植，有幸參與過程中的一部分，深感榮幸。

I think the publisher of *Taitung Slow Food Select* is the most dedicated, hard-working, and competent organizer of similar food events; its team has advised and interacted with the selected restaurant owners most frequently. Over the years, it has gradually made a difference to Taitung with its efforts. Such difference is manifested in multiple dimensions, including increased creative use of local ingredients and more interaction between restaurant/store owners and local food producers, which have resulted in development of a variety of cuisines prepared with seasonal local ingredients and even promotion of environment sustainability. I feel privileged to be part of the evaluation team.



簡國書 A-kok Chien | 阿國味農食堂 主廚 Chef of In Season A-kok Private Kitchen

同為料理工作者，我總羨慕臺東的朋友：把大山大海當依靠、有多族群交流豐富味覺與美感！人在臺東，不論主客，最享受的就是好好生活、好好吃飯。2022 慢食餐廳的評鑑旅程，有幸遇見更多的慢食主廚，不只菜飯馨香讓人喜悅，更努力用料理演出生命和土地的故事，一口品嚐同時滋養胃與心！幸福的臺東，邀請大家一起慢慢食現！

As a chef, I have always envied people in Taitung for being blessed with a variety of ingredients provided by the mountains and the sea as well as cultural heritages of multi-ethnic culinary traditions. The greatest delight for residents and visitors of Taitung alike is simply enjoying local life and food! During the process of evaluating local slow food restaurants, I had the wonderful opportunity to meet more slow food chefs, who not only serve delightful cuisines, but also tell stories about local communities and culture with their food that fill the guests' stomach and touch their heart. If you want to arrange a delightful slow food tour, Taitung is definitely an ideal destination!



王琴理 Ginny Wang | 芒果女王 & 芒果咖啡共同創辦人 Co-founder of Mango Café

有人形容慢食精神是一場溫柔而強悍的飲食文化革命。在短暫的評審過程中，深刻感受到參與的店家都是真誠地透過飲食與別具巧思的料理方式呈現臺東特色，帶領我們了解不同樣貌的臺東之美。呈現方式略有不同，但大家都堅信臺東慢食文化可以柔軟而堅強，這是讓我印象最深刻的地方。

所謂眾志成城，臺東慢食運動在這幾年的深耕與眾人努力下，慢食精神不知不覺已融入在地生活，變成日常。沒有刻意卻時刻感動人心，讓人自然而然體驗到獨特的臺東生活與文化，著實讓我感動不已。

Some people describe the slow food movement as a quiet but fierce revolution of food culture. During the short period of time of evaluation, I strongly felt that all the participating restaurants and stores had made genuine effort in presenting local characteristics by serving food prepared with culinary creativity to help us feel the beauty of Taitung, which is expressed through a variety of gourmet food. The faith people have in the development of local slow food culture because of its warmth and energy is the most impressive part of my experience working as a judge.

As the saying goes, unity is strength. The slow food movement in Taitung has gradually become part of everyday life of local communities after years of concerted efforts of various parties. Such success was inspiring and naturally touched my heart through the experience of Taitung's unique culture and lifestyle.



鄭畚軒 Yu Hsuan Cheng | Yu Chocolatier · 畚室 主廚 Chef of Yu Chocolatier

西部人總稱讚臺東是一塊寶地，有山有海，環境優美。評審期間當然深感臺東之美。但更令我感動的，是在這裡生活的人們，真切地在夢想、工作與生活間探求平衡。這個過程未必一帆風順、美好輕鬆，但決定在此耕耘生命的人們，展現柔韌的毅力，踏實探索著——這是我此次在臺東感受到的獨特精神。

Many people living in western Taiwan always see Taitung as a pure land with a beautiful natural environment of mountains and sea, which was certainly impressive to me during my stay here for the evaluation. What's even more impressive was the genuine efforts made by local people for pursuit of their dream, as they seek balance between their lives and work at the same time. Although they have had their ups and downs along the way, they have shown tenacity as they work hard for the place they call home and vigorously explore different possibilities. This is the unique community spirit I witnessed throughout my stay in Taitung.

鄭畚軒

葉杏珍 Hsinchen Yeh | 風土飲食工作者 Food culture worker

「臺東慢食餐廳」評鑑歷程中，主辦團隊用心協助店家精進提升：初審過程需要評核廚房的管理、節能環保的做法；店家報名前先得有培訓課程，以增進對於食材生產方式來源的認識，更鼓勵連結農友運用在地食材，共同打造臺東成為慢食生活的好地方。

兩年一次的評審，我們看著店家一起進步提升，實在很感動，也好羨慕臺東慢食店家，一群成為夥伴的團隊。

During the process of evaluating local restaurants and stores in Taitung, I saw how the publisher's team actively assisted the owners with further improvements. During the initial stage of the evaluation, we had to assess kitchen management of candidate restaurants/stores as well as their energy saving and environmentally friendly practices. The owners had to take courses on farming practices and sources of their food ingredients before they signed up for the competition. Meanwhile, they were also encouraged to work with local farmers for their use of local ingredients in order to promote slow food culture in Taitung.

It was a heart-touching experience for me to be a judge of the biennial event as I observed significant enhancement of the selected restaurants and stores. It was a great pleasure to see them work together as a team for cultivation of slow food culture in Taitung.

葉杏珍

王南琦 Nan Chi Wang | 《戰鬥媽媽的餐桌與家書》作者

Author of the book *A Warrior Mom's Dinner Table and Home Letters*

一間營運良好的餐廳可以養活 25 個小農，2022 臺東慢食評鑑總共選出 31 個店家，使用臺東在地、優質、純淨與公平的食材，代表至少有 700 個以上的小農，因為我們的消費獲得了支持，也間接提高了臺灣的糧食自給率與國土永續！後疫情時代，全球掀起新一波的糧食保衛戰，歡迎朋友們來臺東，跟我們一起，用吃守護臺灣！

A well-managed restaurant can provide for 25 small farmers. 2022 Taitung Slow Food Select recommends 31 restaurants and stores using local ingredients and following the principles of "Good, Clean and Fair." This means over 700 small farmers have benefited from the operation of selected stores and restaurants and your patronage of them will increase food self-sufficiency rate and environment sustainability of Taiwan. As COVID-19 pandemic rages on, a new wave of food war has erupted throughout the world. Together we can make a difference with our consumption in local slow food restaurants/stores in Taitung!

王南琦



臺東慢食 關鍵數字

Key Figures of Slow Food Movement in Taitung

10 年 Years

自 2012 年「產地餐桌」計畫開始，臺東縣政府持續推展慢食運動已有 10 年。

Since the Farm to Table campaign was launched in 2012, Taitung County government has promoted slow food culture for ten years.

4 屆 Times

爲了鼓勵認同慢食精神的臺東餐飲店家，2016 年起兩年舉辦一次「臺東慢食評鑑」，評選出最具代表性的店家並給予星等獎勵，2022 年爲第 4 屆慢食評鑑。

In order to encourage local restaurants and stores that have embraced slow food culture, Taitung County government has carried out evaluation every two years since 2016 for selection of representative restaurants and stores, which are given their ratings based on their performance. The fourth slow food report is produced in 2022.

31 間 Restaurants and Stores

「2022 臺東慢食評鑑」經過書審、初審走訪、複審品評試吃，共評選出三星、二星、一星、明日之星共 31 間最具指標性的慢食星等店家。

According to preliminary review of application documents, on-site visit of the restaurants and stores and sampling their food for selection of a total of 31 representative restaurants and stores, which were selected and given different ratings, including 3 stars, 2 stars, 1 star and “rising star.”

14 場 Events

除了造訪慢食星等店家，每年春天、秋天還可以來臺東參加「臺東慢食節」。自 2017 年起至 2022 年春天，以風土食材、飲食文化、食農教育爲主題，共舉辦過 14 場各有特色的飲食節慶活動。2022 年秋天即將舉辦第 15 場次「臺東慢食節—很香餐桌」。

From 2017 to spring of 2022, Taitung City government held 14 Slow Food Festivals featuring local specialties, food culture and food and agriculture education. The 15th Slow Food Festival will be held in autumn of 2022.

150 間 Restaurants and Stores

近年來，共有 150 間以上的臺東店家參與過臺東慢食節。認同慢食理念的店家，也形成彼此支持、相互打氣的在地社群。

Over 150 restaurants and stores in Taitung have participated in the Taitung Slow Food Festival in recent years. Local restaurants and stores embracing slow food culture have created a social network that gives support and encouragement to each other.

55,000 人次 Visitors

隨著慢食在臺東受到認同，臺東慢食節參與人次節節攀升，14 場臺東慢食節累計約有 55,000 人次參與其中。

As slow food culture gets increasingly popular in Taitung, the number of visitors to Taitung Slow Food Festival has gradually increased. A total of about 55,000 people have visited 14 bazaars of the Taitung Slow Food Festival.

2 項獎座 Awards

2021 年「臺東慢食節」從世界各地 5835 件作品中脫穎而出，獲得日本優良設計獎 Good Design Award 前 20 名的「Gold Award 金獎」；也榮獲臺東首屆指標性設計獎 Action Taitung Award 「Jury Prize 年度評審團大獎」。

2021 Taitung Slow Food Festival was given Gold Award of Good Design Award in Japan, a special honor granted to the top 20 award winners among 5835 candidates. It also won the Jury Prize of the first Action Taitung Award, a representative local design award.

慢食指南使用說明

User Information for Taitung Slow Food Select

星星所代表的意義 What does the number of stars mean?



三星店家 Three Stars

店家與料理相當符合慢食精神，具代表性，且能透過料理充分傳達臺東風土。

The restaurant/store and its food faithfully follow the spirit of slow food. Their dishes are representative and express the local food culture of Taitung.



二星店家 Two Stars

店家與料理符合慢食精神，且在優質、純淨、公平的評鑑指標上表現優異。

The restaurant/store and its food generally follow the spirit of slow food and have outstanding performance in terms of the indicators of "good," "clean," and "fair."



一星店家 One Star

店家與料理具慢食概念，並部分達到評鑑指標。

The restaurant/store adopts slow food principles for food preparation and satisfies specific criteria of the evaluation.

明日之星 Rising Star

店家認同慢食概念，且深具發展潛力。

The restaurant/store accepts slow food ideas and has great potential of development.

星星如何產生 How are the ratings generated?

Good 優質

- 料理美味
- 不使用化學添加物或過度加工之食品
- 料理可呈現臺東的生活方式
- 料理對保存臺東飲食文化有正面幫助
- Gourmet food.
- Avoiding use of chemical additives and over-processed foods.
- Incorporating local characteristics into food preparation.
- Promoting local food culture with the menu design.

Clean 乾淨

- 食物里程數低
- 食材以對環境友善的方式生產
- 料理對保存臺東原生物種有正面幫助
- 食器或包裝選擇安全、永續、環境友善之產品
- Low food miles.
- Use of ingredients produced with environment friendly ways.
- Contributing to preservation of native species in Taitung.
- Use of safe, sustainable, and environmentally-friendly products for tableware or packaging.

Fair 公平

- 清楚食材來源
- 了解食材的生產方式
- 與在地生產者建立長期穩定的合作關係
- 主動宣傳在地食材、小農與農產品等友善資訊
- Sourcing ingredients that are supplied with information about their producer and ways of production.
- Establishing long-term, stable partnership with local food producers.
- Active promotion of environmentally friendly local ingredients, small farmers, and agricultural products.

慢食標示 Slow Food Tags

在地食材 Local ingredients

店家積極選用地、友善環境生產的食材
The restaurant/store actively uses local, environmentally friendly ingredients.

傳統文化 Traditional Culture

店家能夠透過料理傳達臺東的傳統飲食文化
The restaurant/store promotes traditional food culture of Taitung with its menu design.

創意演繹 Creativity

店家善於運用創意手法，展現食材的無限可能
The restaurant/store explores various possibilities of the ingredients innovatively.



三星店家 Three Stars

店家與料理相當符合慢食精神，具代表性，且能透過料理充分傳達臺東風土。

The restaurant/store and its food faithfully follow the spirit of slow food. Their dishes are representative and express the local food culture of Taitung.

長濱鄉 Changbin

Sinasera 24

臺東市 Taitung City

漁采時令料理

Yu-Cai Seasonal Japanese Cuisine

M'LOMA

Sinasera 24

店家資訊 Info

089-832-558

臺東縣長濱鄉南竹湖 26-3 號
No. 26-3, Nanzhuhu, Changbin Township, Taitung County

午餐 12:00-15:30，晚餐 18:00-21:30 | 預約制
Lunch: 12:00-15:30, Dinner: 18:00-21:30 | Reservation required.

週一至週五提供晚餐；週六及週日提供午餐與晚餐
Dinner only from Monday to Friday.
Lunch and dinner on Saturday and Sunday.





以餐盤為畫布 描繪長濱大地的光線與多彩

Sinasera 24 主廚 Nick (楊柏偉) 的料理，就像一幅畫，畫裡面有春天的稻色、田埂邊盎然的綠，接著在味蕾的引導下，彷彿穿越來到了稻田裡，在一陣又一陣的青草與香草氣味中，經驗穿越餐桌直抵田邊的獨特體驗。

從法國馬賽回到長濱五年，Sinaser 24 從「節氣」、「在地食材」出發，獲得無數關注與肯定，然而對於長時間合作的農友而言，Nick 依然是那個對食材充滿好奇心與熱忱的陽光大男孩。南溪幽谷裡的蓮花田邊，農友採集帶有微微嗆辣感的水田芥給主廚入菜；永福部落裡製作的香草田，隨季節栽種馬鬱蘭、左手香、茴香等香草，傳遞土地的香氣。墾橋養白蝦的農友、白桑安養白玉蝸牛的小農，每一位合作夥伴只要提起主廚 Nick，都露出「他是我朋友」的笑容，而如此堅實的在地生產系統，正是支持 Sinaser 24 不停創作、創新的堅實基礎。

A restaurant where gastronomy meets art in Changbin

The dishes presented by chef of Sinaser 24 Nick Yang are just like a colorful painting, which gives you not only visual pleasure, but also a unique sensory banquet of fragrance and flavors of different fresh ingredients, including vegetables and herbs.

Since Nick opened Sinaser 24 five years ago after he returned to Changbin from Marseille of France, he has now become a distinguished chef as his restaurant has drawn a lot of attention and acclaim. In the eyes of local farmers who have worked with him over the last five years, however, he is still a sunny big boy full of curiosity and passion for exploration of various ingredients. The restaurant's suppliers include a lotus farmer in a valley at Nanxi tribal village who would collect wild watercress, a local plant with slightly spicy flavor, for him, a contract herb farmer at Yongfu tribal village, who grows seasonal fragrant herbs, including fennel, coleus amboinicus, and marjoram, an aquafarmer of whiteleg shrimps in Jiechiao and a snail farmer in Baisanan. All of Nick's business partners see him as a "buddy" and support the operation of his restaurant and his culinary experimentation and innovation with the products of their hard work.



不出餐的日子，主廚和團隊就到產地學習，無論是參與長濱金剛米插秧，或拜訪草莓園了解農友照顧作物的方式，透過雙手的觸摸、雙腳的踩踏和鼻尖的嗅聞，真正親身感受各地風土、記住農夫的面容與汗水。接著回到廚房裡，將每個節氣稍縱即逝的滋味，以精湛手藝萃取、凝鍊、轉譯為餐盤上的獨特作品。

主廚 Nick 的心目中，長濱因為遙遠、交通不便，保留了美得不可思議的大自然，然而「每個地方一定都有自己獨特的食材和味道。最理想的應該是臺灣每個小鎮都有一間在地餐廳，去發掘自己身邊珍貴的食材和地方滋味。」

When the restaurant is not open, Nick and his team would visit local farmers for “educational purpose” and participate in the farming activities, including seedling of King Kong rice at Changbin and learning agricultural practices at a strawberry farm, in order to feel the distinctiveness of the environment where their food ingredients grow through the physical and sensory experience of agricultural labor. Keeping the sweat and tears of these farmers in mind, they then return to the kitchen to turn all the seasonal ingredients into great delicacies with outstanding gastronomic skills.

For Nick, Changbin is blessed with incredible endowments of beautiful mother nature, thanks to its remote and inconvenient location. “Every place has its unique food ingredients and special flavors. It will be great for every small town in Taiwan to have a local restaurant that serves food prepared with special local ingredients,” said Nick.



行家推薦 Gourmet's Recommendation

當代的 Fine Dining 餐廳，最讓人欣賞的莫過於對「觀點」的展現，這是將餐桌藝術化，讓用餐者有著思想上的啟發，在臺東的代表，就是 Sinasera 24。 — 徐仲

The most extraordinary feature of this fine dining restaurant is “presentation” of the chef's “perspective,” which turns the dining experience into a gastronomic feast and an inspiring adventure. Sinasera 24 is a truly iconic restaurant in Taitung. By Andy Chou

在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity



漁采時令料理 Yu-Cai Seasonal Japanese Cuisine

店家資訊 Info

089-332-885

臺東市更生路 573 巷 40 號
No. 40, Ln. 573, Gengsheng Rd., Taitung City, Taitung County

11:30-13:30 ; 17:30-20:30





日式餐桌上的農漁采風、四季風景

擁有二十多年純熟日本料理經驗的林師傅，深受臺東自然環境與緩慢步調吸引，決定與妻子 Cindy 及家人一同移居臺東，於 2018 年開設漁采時令料理，延續主廚的好手藝以及對料理的熱情。

秉持著日式料理傳達「旬味」的細膩心思，林師傅與 Cindy 投入許多心力尋找臺東四季食材，結識各地的生產者、漁商，運用在地食材來傳達臺東的時令流轉與當季滋味。

春季是枇杷、梅子的盛產季節，鰹魚、鬼頭刀也隨著黑潮抵達東海岸，主廚以稻草燒鰹魚增添煙燻香氣，鬼頭刀則是裹上麵包粉酥炸呈現鮮甜美味；夏天臺東的平地金針、高山金針陸續開放，成為揚物的最佳食材；秋冬美味的紅喉、

Japanese delicacies made with seasonal endowments of mother nature

Several years ago, Chef Lin decided to settle down in Taitung with his family, including his wife Cindy, for its beautiful natural environment and slow-paced lifestyle. With over 20 years of experience of preparing Japanese cuisines, he opened Yu-Cai Seasonal Japanese Cuisine in 2018 and has run the restaurant with his passion for fine food and outstanding culinary skills.

Following the spirit of Japanese food culture, Chef Lin and Cindy use fresh seasonal ingredients to cook their dishes. As the couple diligently search for seasonal ingredients to prepare seasonal cuisines, they have therefore become acquainted with food producers and fish traders in different parts of Taitung.

In Spring, loquat and plum are in season and bonito and dolphinfish come to the east coast with Kuroshio Current. Yu-Cai serves bonitos smoked with rice straw to increase the fragrance and crispy fried dolphinfish coated with breadcrumbs to bring out fresh flavor. In summer, the resultant serves delicious fried orange daylilies when they bloom on both the plains and mountains in Taitung. In autumn, it offers fine cuisines made with seasonal catch, including rosy seabass, black marlin, and greater amberjack. The chef buys his fish



白旗魚、紅甘陸續上場，漁采選擇一支釣、延繩釣、鏢旗魚等以海洋友善漁法捕獲的漁獲，既能確保漁獲鮮度，又能支持海洋永續。無論是刺身、煮物、鹽烤、蒸煮、揚物，有著純熟料理手藝以及對食材的充分理解，主廚就像身經百戰的打擊手，面對各種球路的食材，都能打出漂亮的美味安打。

Cindy 分享，日本料理中被視為配角的茶碗蒸、捲壽司，經常是客人回饋超乎期待的一品。茶碗蒸以時間熬煮的高湯和臺東土雞蛋製作，有著溫和而單純的美味；捲壽司則是在關山米中捲入部落小農採集的野菜，特殊的野菜口感和氣味，每每讓來到臺東的旅人耳目一新。

如何以日式料理傳達臺東風土？漁采深入探索臺東的山、海、田、野，將當季最優質的食材帶回廚房，透過和食的細膩調理，將臺東的農漁采風、季節感受，化為餐桌上一期一會的美好風景。

from fishermen using eco-friendly fishing practices, including pole-and-lines fishing, longline fishing, and spearfishing, in order to ensure freshness of the fish and support ocean sustainability. All the dishes of Yu-Cai, including raw, stewed, grilled, steamed, and fried food, are prepared by a chef with excellent culinary skills and comprehensive knowledge about different ingredients. With extensive experience of cooking, he is highly capable of handling a variety of food ingredients for preparation of different delicacies.

According to Cindy, Japanese egg custard and sushi roll, two common side dishes in Japanese food, are surprisingly impressive to their guests. The Japanese egg custard is made with local free-range chicken eggs and broth, which gives the dish a smooth and delicate flavor. The sushi rolls are made with local rice and wild vegetables collected by tribal farmers in their villages, which have unexpected texture and fragrance to their guests.

Yu-Cai serves delightful Japanese food made with excellent seasonal ingredients provided by mountains, sea, and fields of Taitung. The chef creates a wonderful culinary experience with a feast of exquisite Japanese delicacies.



行家推薦 Gourmet's Recommendation

善用臺東四季食材，巧妙變成美味日式料理。坐下慢食一餐，慢心感受味蕾帶你導覽，飄移在臺東、瞬間到日本！ —簡國書

The chef prepares Japanese delicacies with seasonal ingredients throughout the year with his excellent culinary skills. Having a "slow meal" here will "take you to Japan" without flying to the country! By A-kok Chien

在地食材 Local ingredients

創意演繹 Creativity



M'LOMA

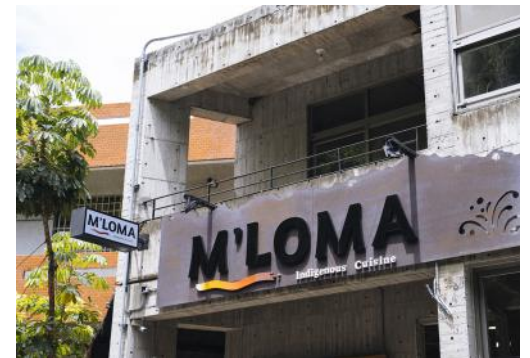
店家資訊 Info

m-loma.com

臺東市正氣北路 109 巷 60 號
No. 60, Ln. 109, Zhengqi N. Rd., Taitung City, Taitung County

18:30-21:00 | 週一、週二公休
18:30-21:00. Closed on Monday and Tuesday.

預約制
Reservation required.





說不盡也話不完，想家的味道

M'LOMA 是 Ma'ilol To loma 的縮寫——阿美族語「想家」的意思。主廚阿嶽來自花蓮豐濱的新社部落，而料理是他想家、詮釋心心念念的遠方，以及分享成長生活經驗的方式。

每晚 18:30 開餐時，阿嶽會來到客人面前，仔細說明菜單設計的靈感來源、食材與季節的關係，以及料理手法與部落傳統飲食文化的關聯。春季沙拉使用了 3 種醬汁、7 種熟菜、3 種生菜，幾乎沒有一樣是常見的沙拉食材。品嚐後或許仍記不住野菜的名字，但是會由衷佩服阿美族人採集、食菜的功夫，原來野地裡有那麼多值得認識的美味。

Traditional tribal cuisines with delicate flavors

M'LOMA is an abbreviation of Ma'ilol To loma, which means “homesickness” in Amis language. The chef Yue came from Xinshe tribal village at Fengbin of Hualien county and cooking is the way for him to share traditional food of his tribe and his life experience.

When the restaurant starts to serve food at 18:30, Yue would come to the tables of his guests and explain what gives him the inspiration of menu design and his use of seasonal ingredients as well as the connection between his culinary techniques and traditional tribal food culture. In spring, he makes three types of dressing for his salad and serves 7 kinds of cooked vegetables and three kinds of raw vegetables, none of which are common ingredients for salad. His guests would admire vegetable collection and preparation tradition in Amis food culture and get to know a variety of delicious plants in the wild after a meal here, even though they may not remember their names.



阿嶽說，部落因溪流而生，於是在餐盤中以灰色調帶有花椒味的慕斯作為基底，綴以蛤蜊、蚬仔、魷仔魚，描繪部落族人在溪流出海口進行捕撈的傳統生活；「燻烤」則是阿嶽拿手的料理方式，獵人在山上捕獲獵物之後，會先進行分切、煙燻，方便攜帶和保存。M'LOMA的肋排經過油泡、生燻、舒肥、二次煙燻，是一道費工、費時，向獵人致敬的阿美男子料理。

餐點之間佐餐的酒品，當然是選用部落酒釀：阿美族的糯米酒、魯凱族的紅藜小米酒、排灣部落以洛神釀的酒，都是阿嶽一一拜訪釀酒人，取得長輩信任後才得到的珍貴佳釀。

三杯酒、一杯飲料、八道菜、一道甜點，阿嶽就像一千零一夜裡說故事的人，以一道又一道的料

理，一杯又一杯的酒，帶著大家神遊在花東的海濱、溪邊與田野之間。離開M'LOMA的時候，身上還帶著一點點的煙燻味，你知道，那是家的味道。

According to Yue, creeks and rivers provide abundant food for Amis people and he honors the tribal tradition of fishing at estuaries with a dish of clams and whitebait in gray-colored, creamy sauce seasoned with sichuan pepper. In the past, Amis hunters used to cut and smoke their prey they caught in the mountain in order to easily carry and preserve them. As an Amis chef, Yue is good at preparing smoked food. One of the restaurant's signature dishes is smoked pork ribs prepared with lengthy, painstaking process, including oil-soaking, smoking of raw meat, sous vide cooking and re-smoking. It's an elaborate cuisine with which the Amis chef pays tribute to hunters of his tribe.

As a tribal restaurant, it's not a surprise that M'LOMA serves its food with vintage liquors of different indigenous tribes, including glutinous rice wine of Amis tribe, red quinoa and millet wine of Rukai tribe, and roselle wine of Paiwan tribe.

A meal at M'LOMA includes three glasses of wine, one glass of beverage, eight dishes and one dessert. Like the storyteller in The Arabian Nights, Yue tells the stories about the sea, rivers, and fields of east Taiwan with the delightful food he prepares. The delicious smell of smoked food on your body as you leave the restaurant is a pleasant reminder that you just attended a delicious tribal feast.



行家推薦 Gourmet's Recommendation

在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity

提到家鄉眼神便放光的感性主廚，透過西式烹飪與原民故事與食材，使料理立體化與生活化，讓部落被知悉並感動人心。 —高靜玉

With genuine passion for his homeland, the chef tells stories of his tribe through western-style dishes he prepares with traditional ingredients used by his tribe to touch his guests' heart. By Esther Kao





二星店家 Two Stars

店家與料理符合慢食精神，且在優質、純淨、公平的評鑑指標上表現優異。

The restaurant/store and its food generally follow the spirit of slow food and have outstanding performance in terms of the indicators of "good," "clean," and "fair."

關山鎮 Guanshan

日出禾作社
HeZuo Friendly Crops

癡愛玉
Aiyu Passion : Jelly Specialty Store

延平鄉 Yanping

烏尼囊多元文化工作坊
Wuninang Multicultural Daluhan Workshop

東河鄉 Donghe

幸福食堂
Happiness Kitchen

鹿野鄉 Luye

恰比兔子
Chubby Rabbit

臺東市 Taitung City

艾蘭哥爾藝文咖啡館
Alanger Coffee Shop

台東有知鳥
hiii birdie wonderful

Tanya's 泰食餐桌
Tanya's Thai Food Table

Ameya 餡屋(台東)
Ameya Café

太麻里鄉 Taimali

力卡珈琲
LI.KA CAFÉ

拉勞蘭小米工坊
Lalauran Millet Workshop

日出禾作社

HeZuo Friendly Crops

店家資訊 Info

0934-254-225

臺東縣關山鎮電光里中興 25-1 號
No. 25-1, Zhongxing, Guanshan Township, Taitung County

預約制，2 人以上，15 人以下
Reservation required. Minimum: 2 people. Maximum: 15 people.





打開家門，分享電光的美好滋味

離開，是爲了回家。黃瀚大學時到外地學習精緻農業，畢業後立即返鄉投入稻米的有機耕作，更在家中闢出一區吧台，分享部落與土地的滋味。

日出禾作社位在關山鎮海岸山脈側的電光部落內，「日出」是部落舊地段名。黃瀚與妻子薰平打開家門，以禾作吧台歡迎旅客的到訪。「我的正職是水稻農，開店是斜槓。爲的是跟大家分享家鄉的味道。」雙手沖泡著自家手網烘焙的電光咖啡，而搭配咖啡的，是充滿「阿美式」風味的烤麻糬與炙燒 Silaw 飯糰。Silaw 是阿美族的傳統醃肉，發酵後帶有酸甜鹹香，放在電光米上直火炙燒，滋味讓人無法忘懷、回味再三。

黃瀚去年正式向奶奶學習 Silaw 製作，黃瀚充滿自信的說：「吃吃看，做出來跟奶奶的味道一樣！」吃下一口 Silaw 飯糰，會咬到那枚鑲在黃瀚心中的電光勳章。

Tasty home food of tribal flavors

The owner of the café Tiyanu Pawtawan left his motherland for study of quality agriculture only to return and stay here for good; he has grown organic rice at his village since his college graduation and run a home café to share traditional food of his tribe with his guests.

Located at Kaadaadaan tribal village at Guanshan Township in the Coastal Mountain Range, HeZuo Friendly Crops was named after the old name of a road at his village. Tiyanu Pawtawan and his wife Shiun Ping run the home café to receive their visitors. "I am a slashie and growing rice is my main job. We just manage this café to share our traditional food." The cafeteria serves home-roasting coffee and Amis-style snacks, including roasted rice ball with Silaw and roasted mochi. Silaw is a traditional cured meat of the Amis tribe, which has a sour, salty and sweet flavor after fermentation. Placed on top of rice grown at Kaadaadaan tribal village and roasted by fire, it releases a distinctive, pleasant flavor that impresses many of the café's visitors.

Last year, Tiyanu Pawtawan started to learn how to prepare Silaw from his grandmother. He takes pride in making the rice ball with Silaw, which tastes just like that made by his grandmother!

在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

最斜槓的阿美族返鄉青年黃瀚，他的手沖咖啡與炙燒 Silaw 飯糰是我在電光部落唯一的清醒推薦！ —王南琦

Tiyanu Pawtawan is a talented multi-tasking young man of Amis tribe. The pour-over coffee and Silaw rice ball are must-eat food at Kaadaadaan tribal village. By Nan Chi Wang

艾蘭哥爾藝文咖啡館

Alanger Coffee Shop

店家資訊 Info

089-335-123

臺東市浙江路 350 號小文創教室 1 樓
No. 350, Zhejiang Rd., Taitung City, Taitung County

9:00-17:30 | 週一公休，週日營業至 17:00
9:00-17:30. Closed on Monday.
9:00-17:00 on Sunday.





從種植到出杯，歡迎來到臺東咖啡知識寶庫

野放的咖啡樹，長在南大武山的金崙溪流域海拔 800 公尺處，咖啡從栽種到出杯，不到 50 公里的距離。臺東咖啡有什麼樣的風味？到艾蘭哥爾嚐一杯。

艾蘭哥爾「ALANGER」是葡萄牙人給臺東的美名，意旨遙遠而美麗的地方。咖啡館座落在臺東美術館內，臺東咖啡地圖高高掛在牆上，介紹臺東各區的咖啡特色與風味。南迴金崙地區的咖啡，帶有巧克力與溫和的果酸風味。艾蘭哥爾的農場採多層次栽培，農園自成一體生態循環，咖啡之外，更有多樣的果物、野菜、藥草，菜單上的天然茶飲青草茶、百香果都來自於自家農場，也蘊含著經營者弘典照顧一座生態咖啡農園的用心。

「我是生產者啦！農場管理就兩種方式，野生或野放。」推廣生態農法與打造臺東咖啡文化是弘典的理想，就如艾蘭哥爾的菜單看似簡單，但內涵滿滿。

A “treasure house” of slow coffee in Taitung

Alanger Coffee Shop serves coffee made from beans of wild coffee trees growing by the Jinlun River of South Dawu Mountain at an altitude of 800 meters. The coffee shop is only 50 kilometers away from the coffee farm of the café's owner and the mountain where the wild coffee trees grow. Are you curious about what locally grown coffee tastes like? Visit Alanger and give it a try!

Alanger was the name given by Portuguese sailors to Taitung, which means a distant and beautiful place. Situated in Taitung Art Museum, the coffee shop has a “local coffee map” on its wall to educate the visitors on different characteristics and flavors of coffee grown in different areas of Taitung. The coffee shop serves coffee made with beans from Jinlun area by South-Link Highway, which have chocolate and mild fruity flavor. The owner of Alanger Hung Tien adopts multilayer farming practices for management of his coffee farm, which has created a mini ecosystem with a variety of fruit trees, wild greens and herbs. The herbs and passion fruit used for the juice and tea served by the coffee house are produced by the organic farm, which is heedfully managed by the owner Hung Tien.

“I am a coffee producer. I get my coffee beans and herbs through collection and organic farming,” said Hung Tien. He has been dedicated to promotion of environmentally-friendly agriculture and cultivation of local coffee culture in Taitung. Such endeavors have made ALANGER much more than just a coffee shop; it is also a venue for implementation of an environmental protection project.

在地食材 Local ingredients

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

當代咖啡館已經不再是單純的提供美好咖啡，而是以咖啡為媒介探討生活，若要選出最能展現臺東風土滋味的代表，在臺東唯有艾蘭哥爾咖啡。 —徐仲

A coffee house in modern society is no longer just a place serving coffee, it has become a space for people to embrace life with this drink. In this regard, Alanger Coffee Shop is the most representative café in Taitung. By Andy Chou

烏尼囊多元文化工作坊

Wuninang Multicultural Daluhan Workshop

店家資訊 Info

0988-815-808

臺東縣延平鄉永康村泰平路 82-2 號
No. 82-2, Taiping Rd., Yanping Township, Taitung County

預約制，15 人成行，上限 30 人
Reservation required. Minimum: 15 people, Maximum: 30 people





分享布農生活的單純與美好

布農家庭的一天，是什麼模樣？早晨起床，美華姊為先生胡大哥、兒子孝賢準備一大碗麵疙瘩，為一天的工作帶來滿滿活力。麵疙瘩來自於多元族群共同生活的記憶，拌入山上耕地採集的馬告花苞，帶來新鮮的檸檬香氣。

來到田裡照顧作物，放眼望去有南瓜、小米、紅藜、苦茄，還有小鳥種的刺蔥。美華姐和胡大哥為結穗的小米套上網袋，拔掉南瓜田裡的雜草，採摘一些紅藜的嫩葉，經過川燙、冰鎮、涼拌，就是一道布農沙拉。

天色晚了，帶一顆成熟的南瓜回家，蒸熟後放上一些阿美族朋友燻烤的飛魚乾，鹹香與甘甜搭配得正好。升起柴火、燒一鍋水，柴燒鳳梨苦茄雞湯配上自家製作的刺蔥香腸、小米酒釀香腸，帶著「烏尼囊」—布農族語「謝謝您、祝福您」的心情，一家人一起分享單純而美味的料理，就是一日辛勤工作後最美好的慰勞。

Sharing beauty of simplicity in Bunun food culture

How is a typical day like for a Bunun family? In the morning, Meihua cooks doughballs, a traditional Chinese dish in Bunun style, for her husband Hu and her son Xiaosien, before they start their agricultural work. The doughballs are mixed with flower buds of mountain litsea, which are a traditional ingredient in Bunun tribe, with a refreshing fragrance of lemon.

After the breakfast, the family starts to work on their farm of pumpkins, millet, red quinoa, Solanaceae and wild Alianthus prickly ash. Meihua and her husband place mash bags on heading millet and remove the grass in the pumpkin field. They would pick young leaves of red quinoa and blanch, chill and mix them with other food to make Bunun-style salad.

At dawn, the family may go home with a ripe pumpkin, steam it and place smoked dried flying fish given by their Amis friends on the pumpkin. The sweet flavor and salty fragrance of the flying fish are a perfect combination of complementary flavors. They may start a fire with some wood to boil a pot of chicken soup with pineapple, Solanaceae and drink it with home-made sausages made with Alianthus prickly ash and sweet fermented millet. “Wuninang” means “thank you and bless you” in Bunun language and sharing simple, delicious home food is the best reward for hard work of a day.

在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

空間的美，伴隨著布農族料理的美，這裡一切的美，讓人只想身心安頓地慢慢用餐。小心！很容易美到忘了時間！ —簡國書

This is a very beautiful restaurant that serves tasty traditional dishes of Bunun Tribe. Just relax and take your time as you enjoy the wonderful food and charming space here. By A-kok Chien

力卡珈琲 LI.KA CAFÉ

店家資訊 Info

089-772-056

臺東縣太麻里鄉金崙村金崙路 210 號
No. 210, Jinlun Rd., Taimali Township, Taitung County

10:00-20:00 | 週一營業至 16:00，週二公休
10:00-20:00. Closed on Tuesday. Open until 16:00 on Monday.





以食物和旅人做朋友

端著紅烏龍茶及刺蔥磅蛋糕散步到太平洋，享受一段慵懶的午茶時光。力卡珈琲鼓勵客人走到海灘上享用餐點，回程時再順手歸還餐具。選擇不使用一次性餐具，為守護環境付出一份心意。

力卡珈琲位在金崙隧道旁，穿過隧道便迎向大海。店內溫潤的原木桌椅，是特別邀請多良的向陽薪傳木工坊製作。店裡選用部落生產的友善食材：花生、小米、刺蔥、酒粕、脆梅等，依循著季節，烘烤出地方的特有風味。從務農開啓返鄉生活的政義，希望用食物與旅人做朋友，分享部落小農的用心。

力卡珈琲的催生，是住過打個蛋海旅的客人想念民宿餐食，讓政義與武撒恩經營起第二個空間。「我們的夢想是，臺東每一個鄉鎮都有一間充滿在地特色的打個蛋海旅及力卡珈琲。」政義沈穩地道出那一抹心中的理想風景。

A visitor-friendly and environmentally-friendly café

Guests of LI.KA CAFÉ are encouraged to hit the beach and enjoy their afternoon tea and desserts it serves, like red oolong tea and pound cake made with Alianthus prickly ash. LI.KA is a plastic-free café that doesn't use disposable dishware and the guests can return its dishware after they return, helping protect the environment by supporting its plastic-free policy.

Situated next to Jinlun Tunnel leading to the seaside, the café uses made-to-measure country-style wooden furniture built by Sunrise Driftwood Workshop in Duoliang. The chef uses environmentally friendly ingredients produced by local tribal villages, including peanuts, millet, Alianthus prickly ash, distiller's dried grain and crispy plums, to make desserts of "local flavors." One of the café owners Nathan started his career on his homeland as a farmer after his return and he wants to share food made with premium agricultural products of small farmers in his tribal village with the visitors.

Nathan and Woosun (another owner of the café and Dagedanhouse) opened LI.KA CAFÉ with the encouragement of guests of Dagedanhouse, who had given favorable feedback about the food it served. "Our dream is to open a Dagedanhouse and a LI.KA CAFÉ that presents distinctive local characteristics at every township in Taitung," said Nathan resolutely.

在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

金崙海邊最美的部落共好與減塑店家，推薦力卡使用馬告、刺蔥等部落食材手作的貝果與磅蛋糕。 — 王南琦

LI.KA CAFÉ is the most beautiful, plastic-free, tribe-friendly café by Jinlun beach. I recommend the bagels and pound cakes made with tribal ingredients, including Alianthus prickly ash and mountain pepper (Magaw). By Nan Chi Wang

台東有知鳥

hiii birdie wonderful

店家資訊 Info

089-239-428

臺東市中興路二段 191 號，東糖文創園區萬富倉庫 2 樓
No. 191, Sec. 2, Zhongxing Rd., Taitung City, Taitung County
Wanfu Warehouse 2F, Taitung Sugar Factory Cultural and Creative Park.

9:00-17:30，週四至週六營業
9:00-17:30. Open on Thursday to Saturday.





當我們住進臺東的風土裡

「我們喜歡料理：料理食物、料理生活、料理心靈。」從桃園移居都蘭的宏光與大鈴，將台東有知鳥視為一個創作空間，讓所有生活中的靈光：料理、養酵母、閱讀、種植、陶作、木藝，安頓在自然風從露臺吹入的空間，和每一位到來的朋友分享。

主廚大鈴對於食材選擇有所堅持：白米是 BD 生機互動農法生產的農作，雞肉也選擇人道飼養、飼料拌入紅玉紅茶的好食材。雞腿以自製醃黃檸檬醃漬後，單單香煎就美味的讓人心悅誠服。來到臺東身居鄉間，對於四時農作、地景變化的感受更為鮮明，春天時朋友種的胭脂梅經過發酵，在夏天開罐成為風味迷人的胭脂梅氣泡飲。

宏光說：「來到臺東之前，『風土』對我們而言是形容詞，搬來臺東之後，我們真正住進了風土裡。」跟隨著內心的渴望，台東有知鳥展現一種勇敢朝向理想生活的踏實樣貌。

A wonderful café embracing slow food culture with genuine love for Taitung

“We love cooking, we love food, we love life and we love creation,” said Kuang and Belle, a couple who moved to Taitung from Taoyuan and opened hiii birdie wonderful. They see the café as a space for creativity, which is manifested in different “aspects” of its operation, including food preparation, yeast making, sharing of good books, gardening, and pottery, as they work the miracle of creating a soothing atmosphere for all its visitors.

The chef Belle prepares her food only with premium local ingredients, including the rice produced by bio-dynamic farm and free-range chicken raised with feed containing Jade Black Tea. The sauteed chicken leg marinated with home-made pickled yellow lemon is a delicious choice on the menu. After the couple started to settle down in Taitung, they started to appreciate changes in the natural environment and seasonal agricultural products. The pink plums grown by a local friend in spring give a sparkling drink a refreshing flavor in summer after the fermentation process.

在地食材 Local ingredients

創意演繹 Creativity

“Before we settled down in Taitung, local food culture was just a vague concept for us. Now it has become part of our everyday life here,” said Kuang. Hiii birdie wonderful is a café where Kuang and Belle follow their heart and make their dream come true with courage.



行家推薦 Gourmet's Recommendation

初來臺東未滿一年，對一切充滿好奇與敬虔下，讓過往純熟的料理經驗使在地特色更加彰顯，生活態度也令人感動。 —高靜玉

The owners settled down in Taitung less than one year ago. As newcomers, they are full of curiosity and respect for everything in this new environment. They are meticulous about their food quality and their sophisticated culinary skills developed in the past effectively bring out flavors of local ingredients. By Esther Kao

恰比兔子 Chubby Rabbit

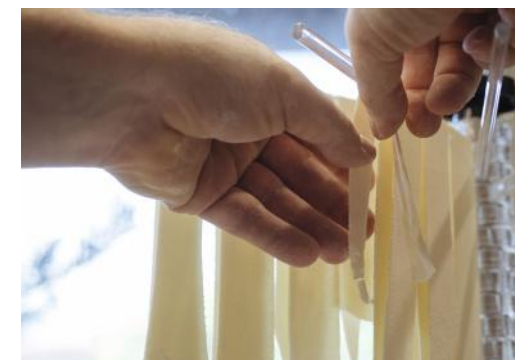
店家資訊 Info

0989-679-165

臺東縣鹿野鄉永安路 77 巷 7 號
No. 7, Ln. 77, Yongan Rd., Luye Township, Taitung County

週五至週日：18:00-20:00 週一：12:00-14:00 週二至週四休
Friday to Sunday: 18:00-20:00. Monday: 12:00-14:00. Closed from Tuesday to Thursday.

預約制：主要以臉書粉絲頁預約系統預定，或電話預約
包場之私人聚會或旅遊團體不在此限，可事先聯繫安排
Reservation Required: please make a reservation through the
restaurant's Facebook fan page or via phone.
Those who desire to hold private parties or plan a group meal here
can contact the restaurant owners directly in advance.





充滿新點子與歡笑聲的鹿野溫暖人家

走進友涵 (Johannes) 和秀 (Sho) 的家，永遠都充滿歡笑聲與溫暖。移居鹿野七年，來自德國的友涵喜歡動手做西方胃偏好的義大利料理，秀則是樂於認識週邊的小農朋友，隨著季節，將自然農法栽種的枇杷、鳳梨、楊桃、番茄融入菜餚。

從青醬、紅醬、白醬義大利麵開始，友涵和秀的菜單不斷創新、開展。義大利餃子裡包裹著乳酪和當季野菜，既濃郁又充滿自然清香；馬告披薩上的醃肉，是秀向阿美族友人學習的傳統醃肉 Silaw。友涵的手藝也更為全面，德式麵疙瘩 Spätzle、馬鈴薯麵疙瘩 Gnocchi、寬麵 Pappardelle，全都自己從頭揉麵團、桿麵條；義大利肉醬 Ragu，更是細火慢燉三小時、讓整塊梅花肩胛肉全化為絲的最新力作。

熱衷嘗試、樂於分享，兔子夫婦對生活的熱情洋溢在料理、餐廳、花園中，讓每位來到恰比兔子的朋友都染上他們的溫暖，帶著無比滿足的笑容回家。

Creative exotic dishes served with home-style warmth in Luye

Managed by Johannes and Sho, the cozy restaurant is always full of laughter. 7 years ago, the couple moved to Luye and opened Chubby Rabbit. Johannes comes from Germany and he loves to make Italian dishes, which are popular food in western countries. Sho is a cordial Taiwanese woman who has befriended small farmers nearby and cooks gourmet food with seasonal ingredients, including loquats, pineapples, star fruits and tomatoes grown with natural farming practices.

The couple are creative in menu design, including pesto sauce, red sauce and cream sauce for the pasta, rich Ravioli with the filling of cheese and seasonal wild vegetables with refreshing fragrance, Silaw (traditional salted raw meat of Amis Tribe) on the Magaw pizza, as well as a variety of western dishes made by Johannes, including German Spätzle, potato Gnocchi and Pappardelle. He makes the pasta all by himself, from making the dough, pressing, and cutting it to cooking. Italian Ragu, which is made of melting pork shoulder butt stewed over a low heat for three hours, is a yummy new option on the menu.

The couple have an adventurous spirit when it comes to cooking and generously share their culinary creativity with their guests. They express their love for their lives with their cooking and gardening. The guests always leave the cozy restaurant with a big smile on their face and sweet memories in their heart.

在地食材 Local ingredients

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

超愛義大利麵的德國主廚友涵，與喜歡笑的女主人 Sho，時常會端出新料理與甜品飲料，讓人舒服地享用歐洲家常菜與創意料理自自然然融合的一餐。— 葉杏珍

Johannes is a chef from Germany and a big fan of spaghetti. Sho is a cordial hostess constantly with a smile on her face. They offer new dishes, sweets, and drinks from time to time. The restaurant is an intimate dining place where people can relax and enjoy a good meal of both European home food and creative dishes. By Hsinchen Yeh

幸福食堂 Happiness Kitchen

店家資訊 Info

089-530-440

臺東縣東河鄉興昌村 74 號
No. 74, Vil. Xingchang, Donghe Township, Taitung County

11:30-14:00, 17:30-19:30 | 週三、週四公休
11:30-14:00, 17:30-19:30. Closed on Wednesday and Thursday.

公休日隨季節更動，請致電詢問
The closing days change by the season.
Please give them a call before your visit.





生活與時間積存的美好滋味

走進東河興昌的幸福食堂，橘色牆面映入眼簾，展現南國的大膽與熱情。吧檯旁陳列了許多讓人好奇的瓶瓶罐罐，都是店主小琪與小恬自家製作的發酵與醃漬食品。

居住在海岸邊的小鎮，對於節氣與萬物生長有著鮮明感受，從春分到立冬，梅子、鳳梨、冬瓜、麻竹筍、破布子、洛神輪番上場，產季以新鮮食材入菜，吃不完的，小恬和小琪熱衷於研究發酵與醃漬保存。從製作米麴、豆麴開始，請小小的微生物施展魔法，經過時間的封存，綻放出更多香氣與風味層次。

開店的日子，主廚小恬上成功漁港採買食材，不開店的日子，細心照顧店面旁的菜園、觀察麴菌的生長、開罐品嚐不同階段的發酵風味。「幸福」從生活的積累開始，做喜歡的事、踏著喜歡的節奏、煮美味的料理，分享給喜歡幸福家常滋味的朋友。

A haven of appetizing fermented food

When you walk into Happiness Kitchen at Xingchang village of Donghe Township, you can see the wall in orange, a bright, bold color commonly seen in tropical area, and a variety of pickled and fermented food made by the owners Chi and Tien and placed in bottles on the bar table.

Living in a small seaside town, Chi and Tien know a lot about changes of natural environment and ingredients in different seasons, including plum, pineapple, winter gourd, bamboo shoot, fragrant manjack, and roselle. The restaurant offers dishes made with seasonal fresh ingredients and the chefs use the ingredients not used for cooking to make delicious pickled and fermented food. They are enthusiastic about experimenting with pickling and fermentation methods. With hand-made rice bran and bean bran, the pickled and fermented food gradually give off more fragrance and develop multiple flavors as the small micro-organism works magic over time.

When the restaurant is open, the chef Tien would buy food ingredients at Chenggong Harbor. When it is closed, she would carefully take care of the vegetable garden next to the restaurant, observe growth of aspergillus and try the food at different stages of fermentation. For Chi and Tien, happiness means making a living doing what they love in their own pace in their everyday life and sharing gourmet food with visitors who love home food.

在地食材 Local ingredients

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

幸福的小空間，展示主人親手釀漬的瓶瓶罐罐，不僅美味滿滿，彷彿來到在地生活的真人圖書館，等你慢慢閱讀！ — 簡國書

This small homey restaurant displays a variety of delicious home-made pickled foods of Taitung. Take a moment to know them as your stay in this "miniaturized museum" of local food culture. By A-kok Chien

拉勞蘭小米工坊

Lalauran Millet Workshop

店家資訊 Info

089-782-547

臺東縣太麻里鄉新香蘭 21 號
No. 21, Xinxianglan, Taimali Township, Taitung County

11:30-16:00 | 週日、一公休
11:30-16:00. Closed on Sunday and Monday.





從傳統出發，創造嶄新排灣飲食體驗

從傳統飲食開始，把文化一口一口種回來！拉勞蘭是排灣族語的「土地肥沃之處」，部落共同復育小米近二十年，主廚曉鳳以部落耕作的小米搭配各式傳統食材，獻上從泥土到嘴巴的美味。

拉勞蘭小米工坊旁的田園，種植了辣椒、玉米、假酸漿葉，舉目往山上望去，則是正在復育的小米田。曉鳳向母親、Ina、Vuvu 們學習排灣傳統食物的製作，紀錄傳承兒時記憶中的美味，更加入自己的創意詮釋，從前菜、沙拉、湯品到主餐，用心而細膩地呈現「樹豆綿、酸筍香、小米黏」的排灣風味。

無論是紀錄傳統食譜、傳承食物記憶，或是運用新的料理技術，拉勞蘭小米工坊的每一道料理都乘載著復興部落文化的理想，透過食材、料理不斷訴說故事，與更多人分享「拉勞蘭」的豐盛與美好。

Revival of traditional food culture of Paiwan tribe with culinary creativity

“Lalauran” means “a place with fertile land” in Paiwan language. For nearly 20 years, the chef of Lalauran Millet Workshop Xiaofeng has been dedicating to resumption of millet cultivation with people in her tribal village in order to preserve their food culture. The restaurant offers tribal food of Paiwan tribe prepared with a variety of fresh traditional ingredients and millet cultivated by the local tribal community.

Xiaofeng grows chili, corns, apple of Peru on the family farm next to her restaurant and the mountain nearby has large millet field her people work on for re-cultivation. She has learned how to make traditional Paiwan food from her mother, Ina and Vuvu, in order to preserve tribal cuisines in her child memory. The menu, from appetizers, salad, soup to main dishes, is carefully designed with her creativity to present a Paiwan-style feast made with traditional ingredients like millet, pigeon peas and fukah (pickled bamboo shoot).

The chef has recorded traditional recipes, preserved traditional cuisines and used new culinary techniques to prepare all the dishes, in order to keep traditional food culture alive and share the beauty and “richness” of Lalauran by telling tribal stories with her food.

在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

空間佈滿了部落小米與野菜的知识，曉鳳從釀造小米酒、小米料理研發，自製發酵食，尋找部落傳統香料到菜園耕作，一路精進，用心以食物傳承排灣文化。 —葉杏珍

The restaurant is just like a gallery space of Paiwan agricultural tradition, including use of millet and wild vegetables. Xiaofeng has carefully preserved traditional culture of Paiwan tribe with her tireless efforts in different aspects of her restaurant's operation, from making millet wine and fermented food, looking for traditional herbs and spices used by the tribe to working on the vegetable garden. By Hsinchen Yeh

Tanya's 泰食餐桌

Tanya's Thai Food Table

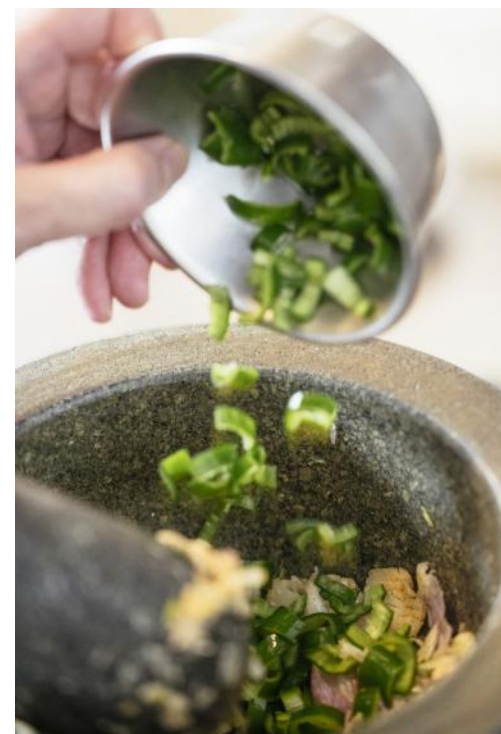
店家資訊 Info

0905-277-308

臺東市中華路一段 376 巷 48 號
No. 48, Ln. 376, Sec. 1, Zhonghua Rd., Taitung City, Taitung County

17:30-20:30 | 週日、週一公休
17:30-20:30. Closed on Sunday and Monday.

公休日偶有異動，請查詢店家臉書或致電詢問
Please refer to the FB of the restaurant or make a call for
closing days as they may change from time to time.





臺東香料帶你神遊泰國餐桌

如何以在地食材做出正宗泰國料理？主廚 Tanya 在臺東開店三年，與在地生產者建立穩定的合作關係，不必倚賴泰國友人進口香料，原來經營異國料理也可以很慢食。

2018 年從曼谷法國藍帶廚藝學院學成歸國後，Tanya 意識到穩定、優良品質的在地食材，是在臺東製作泰國料理的重要基礎，於是開始積極地上市場、拜訪農場，甚至在自家前院種植了打拋葉。如今店裡使用的檸檬香茅、南薑、香蘭葉、薑黃，都來自於臺東小農的有機農場；檸檬葉、泰國朝天椒、綠辣椒、青檸皮，也有屏東、臺南小農的常態合作。

有了穩定的原料，Tanya 放心大顯身手，從炒香、研磨、混和香料製作咖哩醬開始，將泰國北部的黃金咖哩 Khao Soi、中部的綠咖哩、到泰國東北的酸辣豬軟骨湯一一送上桌，讓我們在臺東也能飛越國境，品嚐原汁原味的正宗泰國料理。

Classic Thai cuisines prepared with local herbs and spices

Can a Taiwanese chef serve classic Thai cuisines with local ingredients in Taitung? Of Course! The Thai restaurant run by Chef Tanya has done so for three years in Taitung through stable business partnership with local food producers without imported spices from Thailand.

In 2018, Tanya returned to Taiwan after she graduated from Le Cordon Bleu Dusit Culinary School in Bangkok and later opened Tanya's Thai Food Table. After she realized the importance of stable supply of premium local ingredients for the operation of her restaurant, she started to go to local markets, visit local farms and even grow holy basil in her garden. Now she buys plants for preparation of Thai spices, including lemon grass, galangal, pandan leaf and turmeric, from small organic farmers in Taitung. She also works with small farmers in Pintung and Tainan for regular supply of kaffir lime leaves, mousse shit chili, green chili and green lemon peel.

With a reliable source of food ingredients, she applies her culinary skills in her preparation of curry paste by roasting, grinding, and mixing different spices. For fans of Thai food in Taiwan, Tanya's Thai Food Table is a great choice for them to relish Thai cuisines without flying to the country, as it serves appetizing classic Thai dishes, such as Khao Soi, green curry, and hot spicy and sour soup with pork cartilage, which are traditional dishes in northern, central, and northeastern Thailand respectively.

在地食材 Local ingredients

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

認真準備每一份餐點，不輕易妥協，香料用的精準，在臺灣與泰國間對美味的標準拿捏恰當，且不忘照顧客人的心，難怪高人氣。 —高靜玉

The chef takes an uncompromising attitude toward the preparation of all her dishes. Her restaurant is popular for very good reasons, which are excellent seasoning, skillful adaptation of Thai food to suit local taste and attentiveness to quality of the food. By Esther Kao

痴愛玉

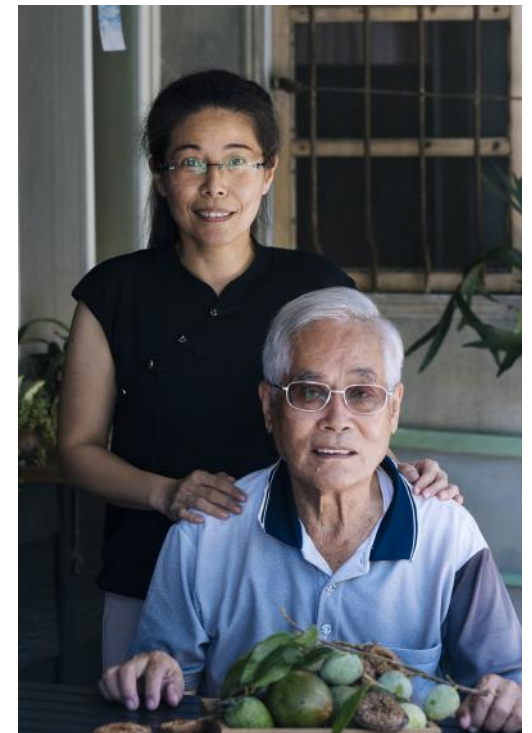
Aiyu Passion : Jelly Specialty Store

店家資訊 Info

0936-257-478

臺東縣關山鎮中山路 105 號
No. 105, Zhongshan Rd., Guanshan Township, Taitung County

13:00-16:00 | 不定期休，依臉書公告為主
13:00-16:00. Closed irregularly. Closing days are announced on Facebook.





家族農園出產、關山沁涼滋味

一整座山的愛玉樹，爸爸照顧三十多年了。看見爸爸的痴，珮甄決定返鄉將自家的愛玉搓揉出香氣、凝結出Q彈，搭配臺東的鳳梨、檸檬、蜜香紅茶，為關山的午後奉上一杯沁涼。

走進痴愛玉日式木造老屋的大門，便能看見愛玉公仔在庭院充滿元氣地打招呼。桌面上以曬乾的愛玉籽佈置，讓到訪的客人看見愛玉果實的模樣。在地人熟門熟路地呼喊著點餐，珮甄在吧檯內爽朗地回應「等我一下喔！」，關山人的日常，是在下午茶時段享受一杯愛玉。除此之外，珮甄也走進校園進行食農教育、帶領旅人們體驗搓愛玉，這份對愛玉的痴，讓她凝聚起與家鄉的深入連結。

臺灣獨有的愛玉，珮甄可不甘於只是冰品甜點，若冬天來到關山旅遊，來碗燒愛玉吧！真正用愛玉籽搓出的愛玉，熱湯中也不會融化，吃得到關山品種的在地滋味。

A dessert shop in Guanshan with precious family legacy

The owner Fiona Wu decided to return to her homeland Guanshan to open this Aiyu Store because she was deeply moved by her father's dedication to tending his Aiyu farm for over 30 years. The Aiyu specialty store offers different cold desserts made with fragrant, chewy Aiyu jelly, which is made by scrubbing seeds of Aiyu trees, as well as local agricultural produce like pineapples, lemons, and honey black tea.

When you go through the entrance gate of the Japanese-style old house, you will be “welcomed” by an Aiyu figurine in the yard and see dried Aiyu fruit on a table inside. Many people in Guanshan like to have Aiyu for dessert in the afternoon. Local guests are always cheerfully greeted Fiona as they come in and give order. She also provides agriculture courses in campus of local elementary schools and demonstrates how to make Aiyu by scrubbing its seeds for visitors to Taitung. With the operation of this store, she forges the bond with her homeland with her passion for Aiyu.

Aiyu jelly is a special dessert in Taiwan and people usually have it in summer. If you visit Guanshan in winter, however, it's a good idea to try hot Aiyu here! Aiyu jelly served here is made from Aiyu seeds, which doesn't melt in hot soup and has a special texture and flavor of local species.

在地食材 Local ingredients

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

痴愛玉恰如其名，確確實實癡迷於愛玉，這是我見過最有單一食材探索精神的好店家，讓愛玉這款食材不僅是夏日消暑涼品，而是全方位的冷食熟食兼顧的創新風味。 —徐仲

The owner of the Aiyu jelly specialty store Fiona has genuine love of this dessert; she is the most exploratory owner of specialty food stores I have ever met. The store serves not only cold Aiyu to help you chill in summer, but also hot Aiyu, which is an innovative adaption of this popular summer dessert in Taiwan. By Andy Chou

Ameya 餛屋(台東)

Ameya Café

店家資訊 Info

089-345-600

臺東市杭州街 128 巷 16 號
No. 16, Ln. 128, Hangzhou St., Taitung City, Taitung County

11:00-18:00 | 週日、一公休
11:00-18:00. Closed on Sunday and Monday.





以料理與烘焙分享生活熱情

捏起粉筆在門口的黑板上寫下今日餐點，以當日採買為概念，每天推出三款日式家庭料理。今天吃什麼呢？稍等主廚 Morning 從市場採購回來，料理一日餐桌風景。

Ameya 飴屋由臺灣先生 Morning 與香港妻子 Candy 攜手經營，英文名字也透露出兩人的分工：Morning 每日早晨上市場找尋新鮮食材，Candy 則負責甜點製作與麵包烘焙。從香港的都市生活移居臺東，餐桌間與熟客話家常是飴屋的日常。「我們與在地社群的互動很緊密。客人是鄰居，也是好朋友。」他方變成故鄉，是一份歸屬感、也是成就感吧！

開店六年，Morning 將熱情投注在料理上並持續精進學習，自製鹽麴、自學糠床漬菜、在陽台架設煙燻爐、並且每個月都會推出手打烏龍麵。活出心中熱愛，與朋友大方分享，是 Morning 與 Candy 在臺東描繪並實踐的生活景象。

Sharing love for life with baking and cooking

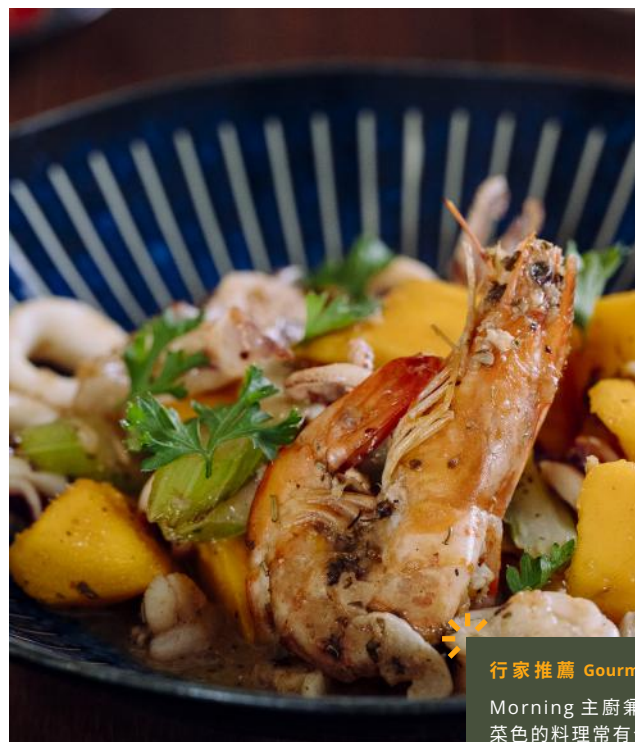
The restaurant serves three Japanese-style home dishes each day. The chef Morning would chalk up the meals they are going to serve for the day on the blackboard at the gate after he goes to the market to shop for food ingredients.

Ameya is run by a couple of Taiwanese man Morning and Hong Kong woman Cindy. Morning goes to the market for fresh food ingredients every morning and Candy makes desserts and bakes bread. They used to live in Hong Kong, a busy international city. Now the couple enjoy chatting with their regular guests. "We closely interact with local people. Our neighbors are also our guests and good friends," said Candy. Having a sense of belonging in a foreign land is an achievement for her.

During 6 years of restaurant operation, Morning has continued to sharpen his culinary skills with great passion for cooking through self-learning. He makes shio koji, pickled vegetables with rice bran, smoked food, and udon noodles by himself. Morning and Candy fulfill their dream to share their love for life with the gourmet food they prepare through operation of Ameya Café.

在地食材 Local ingredients

創意演繹 Creativity



行家推薦 Gourmet's Recommendation

Morning 主廚兼具日本職人的堅持認真與自行車手的求新求變，沒有固定菜色的料理常有令人驚豔的風景！ —王南琦

The chef Morning has an uncompromising attitude and innovative spirit toward cooking. The menuless restaurant is a wonderful choice for foodies! By Nan Chi Wang



一星店家 One Star

店家與料理具慢食概念，並部分達到評鑑指標。

The restaurant/store adopts slow food principles for food preparation and satisfies specific criteria of the evaluation.

關山鎮 Guanshan

宏昌客家菜館
Hong Chang Hakka Restaurant

黃媽媽手作客家小館
Mama Huang's Hakka Kitchen

成功鎮 Chenggong

旗遇海味
Meet Marlin

池上鄉 Chishang

曬穀場話桑麻工坊
Buda Banai Coffee

巧本味蔬食人文料理
Qia Ben Wei Vegetarian Restaurant

池上好店
Chishang Rice Restaurant

臺東市 Taitung City

野室珈琲
Wild Garden Café

南島咖啡部落廚房
Austronesian Coffee

河堤パン時光
Riverwalk Bakery

大武鄉 Dawu

達興山號
Ni Camak's Kitchen

竹湖山居 Taiwan Juhu Farmstay

店家資訊 Info

089-832-383

臺東縣長濱鄉竹湖村一鄰 41 號
No. 14, Zhuhu, Changbin Township, Taitung County

預約制
Reservation required.

以雙手溫柔照看一整片山林

如果深愛大自然，喜歡螢火蟲、蟬聲、蛙鳴，甚至期待聽聞山羌和貓頭鷹的鳴叫聲，那麼竹湖山居是來到長濱旅遊的最佳探索基地。

位於長濱竹湖山區內的山居，是個廣大、完整，占地三十公頃的生態園區。其中十二公頃作為果樹混生林，種植枇杷、芭蕉、廣東檸檬等作物，其餘十八公頃都用來種樹。男主人金田愛樹成癡，三十年來種下了數萬棵臺灣原生殼斗科樹苗，提供野生動物食物來源，也創造出一片完整的生物棲地。

女主人美菊則笑口常開、熱情滿滿，細心為民宿旅客準備的早餐及下午茶，美菊笑稱「都是猴子留給我們的！」野菜香料飯糰、自家發酵的麻竹筍、青蕉粉和芭蕉泥做的磅蛋糕，幾乎所有食材都來自這片三十公頃的生態森林。來到竹湖山居，經歷一個太陽與一個月亮，身心已融入這片萬物共居的自然山林。



在地食材 Local ingredients

創意演繹 Creativity

Taking care of mother nature with tenderness

If you truly love nature, watching fireflies and listening to the sound of cicadas and frogs makes you happy and the idea of hearing the calls of muntjacs and owls makes you excited, Taiwan Juhu Farmstay is the best destination for your exploratory journey in Changbin.

The cafeteria is in a large, well-maintained natural reserve in the Zhuhu mountain of Changbin. In the 30-hectare eco-park, the owners have grown fruit trees, including loquat, banana, and Mandarin lime, with other forest trees, in 12 hectares of the land and forest trees only on the remaining 18-hectares of it. The owner Chintien loves trees so much that he has planted dozens of thousands of native fagaceae tree saplings in the last 30 years to not only provide food to wild animals, but also preserve the habitat for the wild life.

Always with a smile on her face, his wife Meichu prepares breakfast and afternoon tea for their guests. "We eat what monkeys leave behind for us," said Meichu jokingly. Almost all the ingredients for the food she serves, including rice ball with wild herbs, hand-made fermented bamboo shoot, and pound cake made with green banana powder and banana paste, are "sourced" from the 30-hectre eco-park. This is a dining place where you can totally unwind and enjoy the serenity of the natural environment.

曬穀場話桑麻工坊 Buda Banai Coffee

創意詮釋傳統採桑文化

採摘野生桑葉，以繁複的程序製作成無咖啡因的桑葉茶，是來自一份照顧家人的心意，同時也述說了五零年代池上興盛蠶絲產業的故事。

曬穀場話桑麻工坊位在民宿的一樓空間，由年輕夫妻采薇和修賢一同經營。僅有十個左右的座位，旅人們記得要提前預約。曬穀場的桑田午茶套餐，搭配桑葉茶的是純米蛋糕，使用池上的米穀粉、拌入自家桑葉茶粉，搭配臺東雞蛋與初鹿牛奶親手烘烤而成，廣受低 GI 飲食者及糖尿病友們的喜愛與肯定。「桑葉米蛋糕比桑葉茶還受歡迎呢。」采薇帶著清淡的微笑柔柔地說。

推廣桑葉茶多年後，去年首度供不應求，或許是疫情給的禮物。因此夫妻倆決定增添設備，讓桑葉茶製作更加穩定及擴大。兩人在池上經營著民宿與茶館，並親手製茶與烘焙，攜手打造池上的田野生活。



在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity

店家資訊 Info

0988-358-005

臺東縣池上鄉埔中二街 31 號
No. 31, Puzhong 2nd St., Chishang Township, Taitung County

13:00-18:00 | 週五至週一開放營業
13:00-18:00 on Friday to Monday.

週二至週四為預約制
Reservation required on Tuesday to Thursday.



Reviving agricultural tradition of mulberry tree cultivation with culinary creativity

The café serves caffeine-free tea of wild mulberry leaves after lengthy processing. It is at the first floor of a house for homestay accommodation managed by a young couple, Xiuxien and Tsaiwei, who run the small family business and revive the local agricultural tradition of planting mulberry trees, which gave rise to golden era of silkworm industry at Chishang in 1960s.

The café has only ten seats and the visitors have to make reservations. The afternoon tea set it serves has mulberry leaf tea and rice cake made with powder of mulberry leaves and Chishang rice, which is mixed with local eggs and milk produced in Chulu. It is a popular dessert to diabetes patients and customers who have to follow a low-glycemic diet. "The mulberry rice cake is more popular than mulberry leaf tea," said Tsaiwei softly with a gentle smile.

After they promoted and served mulberry leaf tea for several years, the demand for it exceeded supply for the first time last year. As a result, the couple decided to purchase more equipment to increase the production capacity and ensure supply stability. Embracing their own business philosophy, they live their dream life in Chishang by managing a cafeteria serving hand-made mulberry leaf tea and homestay business in their own way.

旗遇海味

Meet Marlin

店家資訊 Info

089-852-889

臺東縣成功鎮港邊路 19 之 8 號
No. 19-8, Gangbian Rd., Chenggong Township, Taitung County

11:00-20:00

從漁法到沿岸採集，原來海鮮不只是美味

來成功漁港吃什麼？讓眼睛雪亮的漁商昱濱幫你挑選最新鮮、當季，而且對海洋環境友善的漁獲吧！

昱濱是成功漁家第三代，阿公捕魚、父親選魚、經營定置網，昱濱繼承了漁商父親的好眼力以及誠信精神，強調「友善海洋、全食物利用、海岸採集文化」。不能錯過的生魚片拼盤，有「手鏢」白旗魚、「一支釣」紅甘、「拖釣」三點鯉，吃得到不同口感與油脂香氣，更是支持以友善漁法捕撈的成功漁船。招牌「黑糖旗魚尾」是昱濱媽媽的招牌菜，燒熱融化的黑糖裹在帶骨旗魚尾和背鰭上，好吃到吮指，而且沒有任何一個部位被浪費。在成功長大的昱濱，更將漁民和阿美族長輩們採集的海菜、三角螺送上桌，分享海岸生活的採集文化。

走一趟旗遇海味，不只是品嚐海鮮，更是深入成功海港文化、支持海洋永續的美味行動。



A seafood restaurant that serves more than just seafood

Meet Marlin is a seaside seafood restaurant at Chenggong Fishing Harbor run by Yu Pin, an experienced fish trader and owner of the restaurant. It is a great destination restaurant that serves fresh, eco-friendly seafood of different seasons!

Yu Pin's grandfather was a fisherman and his father is a successful fish trader, who picks fish from local fishermen's catch for sale and catches fish with fixed shore net. Like his father, Yu Pin is also very good at fish picking. What's more, he has "inherited" his father's integrity in business and supported sustainable fishing, whole food cooking and food collection culture in coastal areas through the operation of his restaurant. The must-eat Sashimi has fish of different texture and fragrance, including black marlin caught by spearing, greater amberjack caught by pole-and-lines fishing and oceanic bonito caught by trolling. All these fishing practices are eco-friendly, which means your consumption in Meet Marlin can help protect our ocean resources. Tail fin with brown sugar is a lip-licking signature dish, which is made by Yu Pin's mother by wrapping melted brown sugar on the tail fin and dorsal fin of marlin, without wasting anything in these parts of the fish. Growing up in Chenggong, Yu Pin also serves food made with seaweed and silver-mouthed monodonts collected by local fishermen and elderly of the Amis tribe to help preserve the food collection culture in the coastal area.

A meal in Meet Marlin is not just about seafood dishes, it is both a concrete action to support ocean sustainability and a deep experience of unique fishing culture!



在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity

野室珈琲 Wild Garden Café

店家資訊 Info

089-340-581

臺東縣臺東市浙江路 350 號
No. 350, Zhejiang Rd., Taitung City, Taitung County

9:00-17:00 | 週一、週二公休
9:00-17:00. Closed on Monday and Tuesday.

信手拈來，說不盡的臺東故事

陽光透過落地窗灑落在野室珈琲摩登明亮的空間中，剛剛上桌的招牌飛魚南瓜湯，竟然喝的到一陣一陣的煙燻香，這裡既有臺東的「野」，又有舒適的「室」，是 Rita 與大益的打造的「臺東美好分享站」。

從深度旅遊體驗產業跨入咖啡館經營，Rita 和大益關注每一樣食材、料理背後所傳遞的故事，例如煙燻飛魚是東海岸阿美族、蘭嶼達悟族保存食物的傳統智慧，而煙燻的氣味也是 Rita 每一次拜訪部落一定會帶回家的嗅覺記憶。店裡供應的康普茶，是來自鹿野小農朋友自家種植、自家發酵的產品，除了香氣層次豐富、氣泡清爽舒心，大益更想與客人分享朋友在鹿野的生活，是如何細膩地照顧土地、珍惜作物與種子，才能釀出一杯杯美好佳釀。

來到野室，請不吝多留一些時間聽故事，然後化為行動，出發體驗臺東的無限美好。



- # 在地食材 Local ingredients
- # 傳統文化 Traditional Culture
- # 創意演繹 Creativity

A modern-style café serving innovative tribal goodies

In the bright lit space of this modern café with French windows, you can savor different tribal food, including pumpkin soup with flying fish, a signature dish giving off pleasant smoky fragrance. Welcome to Wild Garden Café, where the owners Rita and JD share the culinary delight of tribal food culture in Taitung.

The couple opened this café while running their jobs in-depth tourism industry and they are fastidious about their selection of food ingredients in regards to the “stories” of tribal culture they tell. For example, smoked flying fish is an important symbol of traditional wisdom of food preservation in the Amis tribe and Tao tribe on Orchid Island. Its appetizing aroma is a distinctive feature of local tribal food culture in Taitung. The café also serves bubbling tea of kombucha grown and fermented by a small farmer, which has a rich fragrance and refreshing flavor. By offering drinks made with local produce, JD is eager to share agricultural products of his friends in Luye who have lovingly tended their farm.

When you visit the Wild Garden Café, take your time to know the stories behind the food and drinks and enjoy the culinary pleasure they provide!

巧本味蔬食人文料理

Qia Ben Wei Vegetarian Restaurant

店家資訊 Info

089-865-871

臺東縣池上鄉靜修路 102 號
No. 102, Jinxiu Rd., Chishang Township, Taitung County

11:00-14:00 ; 17:00-19:30

公休日隨季節更動，請致電詢問
The closing days change by the season.
Please give them a call before your visit.

香草與香料就是最佳調味料

嚮往著鄉居生活的佳慧、秋本一家人，從臺北移居到池上，下定決心要開一家自己真正喜歡的蔬食料理餐廳。

首先，就從尋找食材開始。住在池上，全國知名的池上米當然是首位入選，佳慧選用池上小農種植的高雄 139 號日曬米，能量滿滿；雞蛋是在地的放牧雞蛋，蔬菜則盡可能向週邊友善耕作的農家購買。尋尋覓覓許久的豆腐，也找到了玉里橋頭臭豆腐的穩定供應。

接下來，就是風味的調配。佳慧決定從香料和香草的調配入手。每年夏天和秋天池上小農朋友送來自然農法種植的紅香椿後，便開始全家總動員一葉一葉撕除葉脈，製作成香椿醬，無論拌飯拌麵都充滿自然的豐富香氣。除此之外佳慧也不斷學習香料調配，研發自家微辣的咖哩香料配方及紅燒臭豆腐的特製湯頭，讓蔬食的朋友吃得健康、均衡，讓食物的能量滋養生命。



在地食材 Local ingredients

創意演繹 Creativity

Gourmet vegetarian good seasoned with natural herbs and spices

Jiahui and Chiouben are a couple who left Taipei and began their new life in Chishang to fulfill their dream of country living. After they settled down here, they decided to run a vegetarian restaurant they love.

They started the preparation work for the restaurant's operation by looking for food ingredients. As a local restaurant, it naturally serves local rice, which Chishang is so famous for around Taiwan. Jiahui chooses sun-drying rice cultivated by a local small farmer, local free-range eggs and vegetables grown by eco-friendly farmers nearby to prepare the food. In particular, the stinky tofu is sourced from a famous store in Yuli after the extensive search for a good supplier.

As for the seasoning, Jiahui decided to use spices and herbs to enhance the flavor of their food. Every summer and autumn, the whole family would work together to make red Chinese toon sauce with the leaves provided by a small eco-friendly farmer in Chishang. Chinese toon leaves have a natural, rich fragrance and the sauce goes well with rice and noodles. Jiahui has also devised the recipes for the slightly hot curry and the soup for braised stinky tofu to nourish her customers with healthy, nutritious food.

南島咖啡部落廚房

Austronesian Coffee

店家資訊 Info

0921-271-883

臺東市大學路二段 369 號
No. 369, Sec. 2, University Road, Taitung City, Taitung County

11:00-15:00 | 週六、日公休
11:00-15:00. Closed on Saturday and Sunday.

走進飲食文化人類學家的大學餐廳廚房

以血桐為襯葉，來自達魯瑪克部落的 Lily 姊（溫秀琴）呈上深厚的魯凱飲食文化，每一道料理都是南島民族的文化故事。

南島咖啡部落廚房位在臺東大學校區內，是一處讓學子從日常飲食親近部落文化的中介站。Lily 姊經營的餐飲空間歷經多次搬遷，如同映出達魯瑪克部落數度遷村的歷史，生命經歷在心中刻出堅韌，化為不斷以料理訴說故事的熱情。煙燻肉呈現獵人文化，燻烤讓肉類脫水減重，方便獵人將獵物帶下山與族人分享；荖葉帶有胡椒科的獨特香氣，不包檳榔而是放入水餃，讓人眼睛一亮！將釀小米酒剩餘的酒糟加入甜點，是珍惜食材的再應用。

已是部落活百科的 Lily 姊仍好學不倦，正在攻讀飲食文化人類學博士，以流利英文與精湛廚藝，將達魯瑪克滋味端上國際舞台，展演南島語族從臺灣航向世界的歷史。



- # 在地食材 Local ingredients
- # 傳統文化 Traditional Culture
- # 創意演繹 Creativity

A university café featuring “anthropology of food”

Austronesian Coffee is managed by Lily, who comes from Taromak village of Rukai tribe in Taitung. Serving food with macaranga leaves at the bottom of the plate, she tells different stories about Austronesian culture in Taiwan with the dishes she prepares.

Located in the campus of National Taitung University, the café is a venue where the students can access tribal food culture with food. The restaurant run by Lily has been relocated a couple of times, just like history of people in Taromak tribal village. The experience of “migration” has made Lily stronger and more determined to tell stories of aboriginal tribes with her food, including smoked meat, which is an important part of aboriginal hunting culture. In the past, aboriginal hunters would smoke the meat of their prey for dehydration in order to reduce the weight, which made it easier for them to carry the meat as they went down the mountain to share it with their people. Lily uses betel pepper leaves, which have a distinctive flavor of plants in the pepper family, to make dumplings, instead of wrapping betel nuts. She also makes desserts with dregs of millet wine, which is a creative practice of reducing food waste.

Although Lily is already a walking encyclopedia of tribal culture in Taiwan, she is still constantly learning new knowledge and is now studying for her PhD in food anthropology. As a fluent English speaker, she has actively participated in international events for tribal food and told stories about the history of Austronesian culture in Taiwan to the rest of the world.

池上好店

Chishang Rice Restaurant

店家資訊 Info

089-864-283

臺東縣池上鄉中山路 193 號
No. 193, Zhongshan Rd., Chishang Township, Taitung County

11:00-19:00 | 週三、四公休
11:00-19:00. Closed on Wednesday and Thursday.

歡迎光臨池上好米旗艦店

池上米聲名遠播，來到產地當然得到訪池上好店，親口嚐嚐池上米的香甜Q軟，親身體驗臺灣米的深厚文化。

池上好店由建興碾米廠改建而成，有明亮舒適的用餐空間，也有米文化的知識展示。瑜容身為建興米廠第四代，背負起發揚米食文化的使命。餐點供應帶有芋頭香氣的高雄 147 池上有機好米，並且提供續碗服務，讓好米的滋味烙印在客人記憶中。此外也將米製成味噌、紅麴、鹽麴等發酵品，結合臺東在地食材：成功鬼頭刀、池上豆皮、小農時蔬，料理出一道道豐盛佳餚。

米的學問淵博，米種與種植條件不同，口感與香氣就不同。「我發現客人們其實都品嚐出差異，所以我們更要創造機會，讓臺灣人認識臺灣米。」多年下來，瑜容更堅定地踏上臺灣米的復興之路。



在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity

Welcome to the rice paradise of Chishang!

Chishang is nationally famous for its rice. When you visit Chishang, this is a great choice for you to taste the delicate fragrance and texture of Chishang rice and take a rice culture tour.

Located in the renovated building of Jianxing Rice Mill, it is a well-lit, comfortable dining space with exhibitions of local rice culture and history. As a great granddaughter of the mill's founder and the owner of the bistro, Yurong has undertaken the mission of promoting the food culture of rice with its operation. It serves dishes made with local organic rice with taro fragrance and allows the guests to have a second bowl of rice for free to help them remember the delicious flavor of Chishang rice. It also serves delicious dishes prepared with miso, monascus and shio koji made from rice as well as local ingredients, including dolphinfish from Chenggong, tofu skin from Chishang and seasonal vegetables from local small farmers.

Rice cultivation is a complex art. The texture and fragrance vary with rice species and cultivation conditions. "I have found that my guests can actually tell the difference in rice quality. So we want to help more people in Taiwan appreciate the beauty of local rice with our food," said Yurong. With all her endeavors over the years, she has become more determined to revive local rice culture.

宏昌客家菜館

Hong Chang Hakka Restaurant

店家資訊 Info

089-811-321

臺東縣關山鎮順興 6 號
No. 6, Shunxing, Guanshan Township, Taitung County

12:00-14:00 ; 18:00-21:00 | 週三、週四公休
12:00-14:00. 18:00-21:00. Closed on Wednesday and Thursday.

預約制
Reservation required.

代代相傳的臺東客家美味

關山小鎮上的宏昌客家菜館，屹立在台九線上已經超過四十年。阿婆的年代，是提供給大客車司機用餐的公路餐廳，接著由媳婦慧珠接棒開始供應合菜，又在兒女的協助下轉型成為雅致、當代、傳統文化兼具的精緻客家餐館。

慧珠的餐桌上，經常運用當季蔬果入菜，無論是加入新鮮水果的涼拌蔬菜，或是招牌燜雞肚子裡的南瓜、高麗菜、番茄，都能感受蔬果的自然甜味與果香，讓人耳目一新、打開對客家菜的認識與想像。花生滋味濃郁的花生豆腐淋上醬油膏，更是不能錯過的一品。

每年冬天二期稻作採收後的蘿蔔季，「醃蘿蔔」是宏昌一家總動員的時刻，個頭小小的金茄仔蘿蔔經過曝曬、鹽醃，製成美味菜脯。陳年的老菜脯更是珍貴的「黑金」，熬煮成新鮮蘿蔔、年輕菜脯、老菜脯同鍋的「三代同堂老菜脯雞湯」，是冬日縱谷進補的最佳顧肺良方。



在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity

Old family restaurant of traditional Hakka cuisines

Situated at the roadside of Highway 9, the Hakka Restaurant has been around in the small town of Guanshan for over 40 years. In the early time of its history when the grandmother of the owner ran the restaurant, it was just a casual dining place for bus drivers. When her daughter-in-law Huichu took charge, it started to offer a set menu. With the assistance of Huichu's children, it has been turned into a classy restaurant serving traditional Hakka cuisines.

Huichu often prepares the dishes with seasonal fruits and vegetables, including the salad with fresh fruits and braised chicken, a mouthwatering signature dish with stuffing of pumpkin, cabbage, and tomato, which release natural sweet flavor and fruity fragrance. This creative dish would change your traditional impression about Hakka food. Peanut tofu in thick soy sauce is another must-eat dish, which has such a rich flavor that you definitely want to give it a try!

In winter, the whole family of Huichu are "mobilized" to make pickled radish after the second harvest of local rice. They use small-sized radishes to make dried radish with sun drying and pickling with salt. The radish chicken coup made with precious aged radish, fresh radish and dried radish is very nourishing food for lungs in the cold winter.

黃媽媽手作客家小館

Mama Huang's Hakka Kitchen

店家資訊 Info

089-811-858

臺東縣關山鎮昌林7號
No. 7, Changlin, Guanshan Township, Taitung County

11:30-14:00, 17:30-21:00

預約制
Reservation required.

關山總鋪師為你辦桌

在關山家喻戶曉的總鋪師黃媽媽，有著辦桌三十年的好手藝。年輕時跟著關山第一代總鋪師學習當水腳，師傅退休之後，就和水腳姊妹們一起扛起招牌，繼續在關山的宴席活動中燒出一桌桌美味料理。

黃媽媽和媳婦秋伶一同經營的手作客家小館，有著純正的東臺灣客家菜色DNA。料理的香氣來自於黃媽媽自己發酵、曝曬，每年辛勤製作的瓶瓶罐罐：夏天鳳梨產季，就來製作鳳梨醬，煮鳳梨苦瓜雞湯；薑絲炒大腸酸味溫和而高雅，原來是運用了自家釀製的陳年梅醋；進入冬天，就來曬高麗菜乾與芥菜，製作酸菜、福菜、梅干菜，無論是炒肉絲、煮湯品、控肉，都為黃媽媽的餐桌帶來難以忘懷的迷人香氣。

在不同的食材產季，不浪費食物，運用陽光、鹽、麴菌封存食材美味，是客家料理心法、也正是總鋪師的美味秘方。



Hakka cuisines served by a seasoned chef in Guanshan

With 30 years of preparing “roadside banquet,” Huang is a well-known chef in Guanshan. When she was young, she was an assistant of a senior chef here. After his retirement, she opened this restaurant with other assistants, also her bosom friends, and started to serve delicious feast with her extensive culinary experience and sophisticated cooking skills.

Run by Huang and her daughter-in-law Chiuling, the restaurant offers classic Hakka cuisines in east Taiwan, which are prepared with a variety of home-made pickled and fermented foods. In summer, they make pineapple sauce for pineapple and bitter melon chicken soup when the fruit is in season. They also make aged plum vinegar by themselves and put it in Chinese Ginger Chitlins to impart a delicate sour flavor. In winter, they make dried cabbage and salted and pickled mustard green when the vegetables are in season. These pickled and fermented ingredients release a delicious fragrance for the dishes served by the restaurant, including sautéed vegetables with shredded pork, soup, and stewed pork.

Traditional Hakka food culture values “thriftiness,” or minimizing waste of food and preserving seasonal agricultural products with sun-drying, salting and fermentation. These practices have not only reflected the core value of Hakka food culture, but also become Huang’s secret behind her successful career as a chef.



在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity



達興山號

Ni Camak's Kitchen

店家資訊 Info

0932-221-039

臺東縣大武鄉南興村達興3號
No. 3, Daxing, Dawu Township, Taitung County

11:00-14:00、17:00-20:00 | 週日、一公休
11:00-14:00, 17:00-20:00. Closed on Sunday and Monday.

預約制
Reservation required.

當專業主廚回到部落家鄉

12歲離開，42歲返鄉，部落游子阿泰和妻子榕佳、孩子們一起返鄉，尋覓山林部落中的特色食材，以廚藝與創意創作一道道特色的餐桌風景。

達興山號位於臺東南端的大武鄉南興部落，主廚阿泰累積二十多年的廚房歷練，期待透過料理一步步尋回自身文化。木訥的阿泰以餐點表達想法，將部落常見的鵝卵石、九芎樹都融入餐桌風景；太太榕佳活潑大方，熱情介紹丈夫的創作，分享食材背後的故事：毛地瓜是回到部落生活後認識的傳統食物、野蜜是採集者在山裡辛苦取得的珍貴甜點。

阿泰與榕佳攜手返鄉，心中期待兩個孩子能認識文化的根，知道自己是來自魯加卡斯部落的排灣族。榕佳說：「達興山號不只是一間餐廳，更是我們返鄉生活的基地、接待朋友的溫暖客廳。」



在地食材 Local ingredients

傳統文化 Traditional Culture

創意演繹 Creativity

A tribal café run by a seasoned Paiwan chef

The chef Camak left his tribal village at the age of 12 and returned to the homeland with his wife Jiajia and children when he was 42. Now he serves traditional cuisines of Paiwan tribe made with ingredients from tribal forests and his culinary creativity.

With over 20 years of cooking experience, the chef opened the restaurant at Nanxing tribal village of Dawu Township at southern part of Taitung, in order to go back to his tribal roots with traditional food. Camak is a shy man and cooking is his way of “communication” with his guests. He garnishes the dishes with small pebble stones and leaves of subcostate crape myrtle tree, which can be easily found in his tribal village. His wife Jiajia is a cheerful woman who would enthusiastically introduce his culinary creation and share the stories behind all the dishes he prepares.

Camak and Jiajia returned to his homeland with a dream of helping their children develop their identity as part of Paiwan tribe from Qudjaqas village. According to Jiajia, the restaurant is much more than a workplace for them. “It is our home and a venue to make friends,” said Jiajia.

河堤パン時光 Riverwalk Bakery

揉進在地食材，烘烤出有臺東味的麵包香

河堤パン時光座落於太平溪畔的社區，販售著豐富多元的麵包品項，門口開放式的木作吧台，闢出一處望著綠意的空間，讓人悠哉地享受河堤麵包時光。

與在地小農合作嘗試新食材，再運用不拘束的製作手法，讓不同元素彼此碰撞，吃上一口就能感受到大自然賜予臺東的純粹與美好。

河堤パン時光運用「山谷裡的一家人」友善耕作、品質優良的黑米培養成黑米菌種，融入臺東小米酒後，製作成黑米菌種小米酒鄉村麵包，入口麥香，尾韻米香。除此之外，還有以臺東洛神及土鳳梨製作成的鳳洛酥，有機鳳梨釋迦製作成司康，成功旗魚鬆化為具有臺東特色的海味麵包等等，河堤パン時光持續發揮研發創作的熱情，不定期推出河堤慢食麵包日，以麵包來分享臺東的故事。



在地食材 Local ingredients

創意演繹 Creativity

店家資訊 Info

089-324-967

臺東市中華路一段 892 巷 50 弄 9 號
No. 9, Aly. 50, Ln. 892, Sec. 1, Zhonghua Rd.,
Taitung City, Taitung County

14:00-20:30 | 週五、六、日公休
14:00-20:30. Closed on Friday, Saturday and Sunday



A bakery selling bread and pastry with “local aroma”

Situated in a community by the Taiping River, the bakery provides many options to its customers, who can enjoy their food and the riverbank scenery at the same time in the space outside the door.

Working with small local farmers for experimentation of new ingredients, the owner has made bread of different styles and innovative ingredients. Just one bite of its products, you can feel the beauty of natural food ingredients in Taitung.

The bakery owner uses premium black rice sourced from an eco-friendly farmer in Taitung to cultivate bakery strain for the specialty country bread that is made with local millet wine and gives off pleasant fragrance of black rice and wheat. Moreover, the bakery also offers cake made with local roselle and pineapples, scone made with organic atemoya (custard apple) and bread with sailfish floss. With innovative spirit, the bakery has continued to launch different kinds of new products and provide bread made with local ingredients specifically for its “Slow Food Day” from time to time.

明日之星 Rising Star

店家認同慢食概念，且深具發展潛力。

The restaurant/store accepts slow food ideas and has great potential of development.

關山鎮 Guanshan

茶田關舍
Tea Paddy B&B

成功鎮 Chenggong

眺港 Café
TIAO GANG Café

臺東市 Taitung City

草民
Tsao Min

太麻里鄉 Taimali

芙瀨實驗廚房
Bulai Bulai Kitchen

後面那間餐坊
Behind Restaurant

青山農場
Ching Shan Farm

眺港 Café

TIAO GANG Café



店家資訊 Info

最新營業資訊請參考臉書與 IG
Please refer to its FB and IG for the latest
business information.

臺東縣成功鎮中山東路 57 號
No. 57, Zhongshan East Rd., Chenggong Township,
Taitung County

12:00-18:00 | 週三公休
12:00-18:00. Closed on Wednesday.



故事與人情滿滿的港邊咖啡館

2022 年，成功鎮日式老屋菅宮勝太郎故居旁的高安醫院，正式華麗轉身成為「眺港 Café」。成功女兒 Linda 和中醫師先生張晏在新港教會的支持下，返鄉將過去的地方診所改造為優雅明亮的小鎮咖啡館。除了推出結合中醫理論的「漢方茶」，更與在地咖啡農、果農及店家合作，調製一杯杯能感受到海風自然滋味的飲品。

A harbor café with an interesting history and warm hospitality

In 2022, Tiao Gang Café was opened in a renovated old building of a private clinic, next to the Japanese-style former residence of Sugamiya Katsutarō in Chenggong Township. With the support of Sin-Kang Church, which owns the property, Linda and her husband Alvis Chang, a traditional Chinese physician, returned to her hometown and turned this local clinic into a bright, elegant café. It serves different nourishing Chinese herbal tea and beverages made with ingredients sourced from local farmers of coffee, fruits, and stores for visitors to Chenggong harbor.

芙瀨實驗廚房

Bulai Bulai Kitchen



店家資訊 Info

0975-671-767

臺東縣太麻里鄉多良村瀧路 63 號
No. 63, Long Rd., Duoliang Vil., Taimali Township,
Taitung County

11:00-12:30、13:00-14:30 | 週一、二公休
11:00-12:30 & 13:00-14:30
Closed on Monday and Tuesday.



共創料理新舞台

芙瀨——排灣語 Bulai，「美好」的意思。實驗廚房位於多良山城，在高處坐擁一片臺東藍的海洋，多美好！這裡由武撒恩、政義攜手部落青年廚人韋勝及說菜人海淵共同經營，交融了排灣、阿美、魯凱的飲食特色，也是共創實驗料理的舞台。無菜單料理循節氣變化，搭配工藝師細膩的創作器皿，以精緻料理的手法，碰撞出飲食文化交融的創意火花。

An innovative restaurant serving creative tribal cuisines

“Bulai” means “wonderful” in Paiwan language. Bulai Bulai Kitchen is an experimental restaurant in Duoliang, a beautiful small mountainous town, with a breath-taking view of the ocean. The restaurant team is composed of two owners of Nathan and Woosun, Haiyuan, the waiter who tells the stories behind the food to the guests and Weisheng, a young tribal chef. They use Bulai Bulai Kitchen as a platform for experimentation of culinary creativity that integrates different elements of food culture of Paiwan, Amis and Rukai tribes. The omakase restaurant offers creative dishes made of seasonal ingredients used by different tribes, which are cooked with sophisticated culinary techniques and served in artistic tableware.

茶田關舍 Tea Paddy B&B



店家資訊 Info

0918-216-171

臺東縣關山鎮平等路 90 號
No. 90, Pingdeng Rd., Guanshan Township,
Taitung County

預約制
Reservation required.

活力十足的無菜單早餐迎接旅行第一個早晨

旅行，除了住得舒適，若能在隔天晨間享受一份豐富、均衡、美味的早餐，是多麼幸福！茶田關舍的女主人思璇正是如此用心為客人準備，除了親自烘焙麵包、挑選放牧土雞蛋，更堅持著要擺滿六種當季水果，以及來自關山自然農法種植的蔬菜、地瓜、馬鈴薯等在地食材，讓客人一大早就注入滿滿元氣，開啟新一天的旅行探險。

Starting a new day of your stay in Taitung with yummy breakfast

How wonderful it is for a traveler to have a sumptuous, nutritious, delicious breakfast in the morning after staying at a comfortable hotel for one night! You can take such a pleasure in savoring the breakfast carefully prepared by Suhshuan, the hostess of Tea Paddy B&B. She bakes home-made bread and uses free-range eggs, six kinds of seasonal fruit and other local ingredients including vegetables, sweet potatoes and potatoes grown by eco-friendly farmers in Guangshan, to prepare the first meal of the day for her guests. So they can start a new day of their journey in Taitung with sufficient energy.

後面那間餐坊 Behind Restaurant



店家資訊 Info

089-782-898

臺東縣太麻里鄉大王村佳崙路 292 號
No. 292, Jialun Rd., Taimali Township, Taitung County

下午茶 13:00-17:00、晚餐 18:00
Afternoon tea: 13:00-17:00. Dinner: 18:00.

預約制
Reservation required.

環山之境，一宿二泊慢食旅

後面那間餐坊位在太麻里金針山上，先生文廣設計空間，保留大面窗景望山眺海，景色隨四季轉換；餐盤上的另一道風景，則由太太宜筠及夥伴羿葶依循著食材產季創作，希望旅客上山賞花也能品嚐到金針山的豐饒。一對年輕夫妻不畏辛勞在山上經營餐坊與環山雅築民宿，在海拔 1100 公尺處，離雲很近、看得見海的環山之宿，築夢踏實。

1 night with 2 meals package in a reclusive paradise

Behind Restaurant is part of Mountain Lounge, a B&B hotel in a mountain of Tamali township, which is famous for the scene of Flower Sea of Orange Daylily. The building was designed by the owner Wenkuang and has rooms boasting fantastic mountain and ocean views. His wife Yiyun and her co-worker Yiting are the chefs who cook for their guests visiting here to admire the beauty of flowers with a variety of local ingredients of different seasons. The young couple have put a lot of work to make their dream come true through the operation of the restaurant and the hotel at the altitude of 1100 meters, where sky appears to be within your reach and the ocean is a beautiful part of spectacular scenery.

青山農場 CHING SHAN FARM

店家資訊 Info

089-781-677

臺東縣大麻里鄉大王村佳崙路 196 號
No. 196, Jialun Rd., Taimali Township, Taitung County

11:30-14:00 | 餐飲週四公休
11:30-14:00. Restaurant is closed on Thursday.

農場全年無休
Farm is open all year round.



賞花、森林浴、品味當季

青山農場主建物是一座超過 50 年的木造金針加工場，餐廳由第二代政銘與淑芬夫婦經營，以中式家常料理，推廣食在地、吃當季的理念，運用產地的金針花、嫩薑、老薑，讓旅客品嚐產地鮮美。隨季節更迭，農場的櫻花、紫藤花、繡球花、金針花接續登場，到青山農場住一宿還能參與生態導覽，賞花也嗜花，享受農遊樂趣。

Flower viewing, forest bathing and fresh seasonal dishes

The main building of Ching Shan Farm was a wooden structure for orange daylily processing, which had a history of over 50 years. Managed by the son of the farm owner Zhengming and his wife Shufeng, the restaurant serves Chinese-style home food made with seasonal local ingredients, including orange daylily, tender ginger, and aged ginger. When cherry flowers, wisteria flowers, hydrangea flowers and orange daylily bloom in different seasons of year, the guests can not only stay here overnight, but also sign up for the eco tour to enjoy the beauty of the flowers and savor the home food here.

草民 Tsao Min

店家資訊 Info

089-333-110

臺東市強國街 256 巷 23 號
No. 23, Ln. 256, Qiangguo St., Taitung City, Taitung County

8:00-15:00 | 週三公休
8:00-15:00. Closed on Wednesday.



綠意盎然的室內森林

座落在充滿生活感的巷弄中，草民主理人永哲和依芃以巧手和細膩心思，將軍眷老屋化身為綠色花園。帶有異國料理風味的早午餐菜單裡，可以發現許多臺東生活氣味，例如手拍肉丸裡帶有胡椒科香氣的荖葉、自家栽種醃漬的紅白洛神飲，以及每一份餐盤裡的生菜，都是尋尋覓覓、找尋友善耕作的在地生產者後，精挑細選的在地滋味。

A fine brunch restaurant decorated with various plants

Hidden in a quiet corner of Taitung city, Tsao Min is run by Yungche and Yipeng, who renovated an old house in a former military village and turned it into a restaurant beautifully decorated with different plants inside and outside with their creativity. Tsao Min serves exotic brunch food prepared with local ingredients, such as meat balls made of ground pork and betel pepper leaves with pepper fragrance. It also offers drinks made with red and white roselle grown by themselves and salad made with vegetables grown by eco-friendly local farmers they carefully chosen for business partnership.



2022
TAITUNG SLOW FOOD SELECT
臺東慢食指南

發行單位 臺東縣政府
發行人 饒慶鈴
總編輯 臺東縣政府農業處
企劃執行 津和堂城鄉創意顧問有限公司
撰文 郭麗津、賴安芝、何毓倫
翻譯 朱玉玲
攝影 Somefood & Something Else
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Innovative Development in Sustainable Promotion of
Taitung Slow Food and Agri-Food 2021-2022

指導單位 行政院農委會水土保持局
主辦單位 臺東縣政府
執行單位 津和堂城鄉創意顧問有限公司

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