

吃在地、品當季的臺東慢食

Enjoy slow food made with seasonal, local ingredients in Taitung

2012年起，臺東憑著豐饒的物產與多元文化，發展「產地餐桌」計畫，希望旅客不只看見臺東的風景，也品嚐到料理背後不簡單的用心與故事，還有臺東不同時令所孕育的食材滋味，這就是「臺東慢食」。

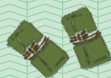
Since 2012, Taitung County has implemented "cooking with local ingredients" program by taking advantage of its abundant supply of raw materials for food and rich diversity of local food culture. This program is designed to allow visitors to enjoy not only beautiful scenery of Taitung, but also local cuisines that tell their own stories and are prepared with the best intention of restaurant owners. Cuisines covered in this program are prepared with ingredients growing in different seasons and represent local slow food culture in Taitung.

為了讓更多台灣與國外旅客認識臺東慢食，我們參考國際慢食(Slowfood)精神與基礎食安、衛生原則，舉辦「臺東慢食評鑑」，也讓未來認同慢食理念的臺東餐飲業者，一起朝慢食目標努力。現在，讓我們真心為您推薦2016年臺東的慢食真味，邀請你來享受臺東專屬的好「食」光！

In order to help more local and foreign visitors know more about slow food in Taitung, we have conducted "slow food assessment" in different local restaurants based on Slowfood philosophy, basic food safety standards and hygiene criteria. Restaurants participating in the "cooking with local ingredients" program are encouraged to enhance their operation. We also encourage more local restaurants to embrace slow food concept for promotion of local slow food culture. Now, let us recommend some slow food restaurants in Taitung in 2016 and invite you to enjoy these special local cuisines!

CONTENTS

01 前言&目錄



03 田媽媽-傅姐風味餐 Mother Fu's Hakka Fusion

05 舒食男孩 Vegetarian Boy

07 芭洋Amis美饌 Vei-Yang Amis Garden Dining





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

The restaurant and its food fully embrace slow food culture and the restaurant is one of the best of its kind. It performs excellently in terms of the ratings for premium quality, hygiene condition, fairness and dining space.



店家與料理符合慢食精神，並在評鑑指標上表現優秀。

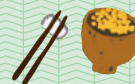
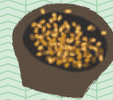
The restaurant's operation and its food are consistent with slow food culture and perform very well in terms of the ratings.



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。

The restaurant and the food show slow food concept of the owner and perform well in terms of the ratings.

- 09 王群翔慢食家宴 Shang Slowfood Diner House
- 11 宜興園民宿 Eshine Garden
- 13 烏尼囊多元文化工作坊 Wuninang Daluhan
- 15 崁頂咖啡輕食養生館 Hudas' Kitchen
- 17 田味家 House 4 P.M.(Peddy Memory)
- 19 豆芳華(池上·豆屋) Doufanghua
- 21 曬穀場手作坊 Buda Bannai Coffee
- 23 阿婆婆米食館 Granny's Rice House
- 25 大陸婆婆麵食館 Grandma Yang's Kitchen
- 27 Bike De Koffie
- 29 4.5公里咖啡 4.5 km Coffee
- 31 大地飯店 Tati Hotel
- 33 宏昌客家菜館 Hong Chang Hakka Restaurant
- 35 山東小吃 Shandong dishes
- 37 愛嬌姨茶餐 Ai-Jiao-Yi Tea Restaurant
- 39 源天然廚房 Origin Kitchen



在地
LOCAVORE
食材



田媽媽-傅姐風味餐

Mother Fu's Hakka Fusion

座落在永安農特產中心後方的傅姐風味餐，駐店經營的正是正一茶園的主人傅姐，她原是竹南客家人，隨著丈夫來到臺東開始製茶，練就一身美味兼顧健康的廚藝。

為了讓手藝更精進，傅姐加入農委會的田媽媽，料理大多使用附近農家種植的食材，不僅提供客家家常菜，原住民風味餐也信手拈來，更融合客家的料理方式，例如用糯米裹上假酸漿葉製作的原住民特色美食阿拜，就是兩種飲食特色的完美結合。

傅姐擅長把臺東的野菜蔬果變化出創意餐點，例如將皮蛋、剝皮辣椒與香菜串在一起的三味香，金沙南瓜、鳳梨木耳與白斬放山雞，再配上一碗香而不膩的豬油拌飯，吃飽飯後，別忘了跟傅姐泡茶聊天喔！

推薦美味



1

剝皮辣椒三味香
Three-flavor string



2

特製阿拜
Hakka Abai

The restaurant is located behind Yong-an local specialty and agricultural produce center at Yong-an village in Luye. The owner Ms. Fu, a Hakka woman from southern Xinshu, also operates Zongyi tea farm. She started her tea-making business after she came to her husband's hometown Taitung and later became a good cook of delicious healthy food. In order to take her cooking skills to the next level, she participated training provided by the Council of Agriculture and mostly uses ingredients grown by local farmers to prepare her food. She is now a great chef serving only traditional Hakka cuisines, but also aboriginal delicacies. She even combines these two cooking styles and develop new dishes. One of them is the adapted version of "Abai", a traditional aboriginal cuisine made with sticky rice and wrapped by Liavilu leaves.

Ms. Fu is good at transforming local fruits and vegetables in Taitung to various gourmet food. One of such examples is "three-flavor string" that places century egg, pickled chili and coriander on a skewer. Other examples include pumpkin with salted egg, pineapple with fungus, and boiled free range chicken. When you visit here, remember to order a bowl of lardy rice and chat with Ms. Fu after meal with a cup of tea!



Add／鹿野鄉永安村永安路588號
 No.588, Yong'an Rd., Luye Township, Taitung County
 Tel／089-551818 +886-89551818
 Web／<http://www.551818.com.tw/>
 Hours／11:00-15:00、17:00-20:00

在地
LOCAVORE
食材



舒食男孩



Vegetarian Boy

為了兒子一句『吃素救地球』，瑞雲姐開始茹素，本著對兒女的愛，思考如何變化蔬食，讓還在發育的孩子們吃素也能吃得健康開心，每天用盡心思變換菜色。店名「舒食男孩」，亦指鼓勵全家人吃素、催生這間店的兒子，自家前院就是溫馨的用餐空間。

打破一般人對素食單調無味的印象，瑞雲姐把母愛延伸給有緣來吃飯的客人，從吃飯感受到他們的用心。套餐包含沙拉、前菜、主菜、配菜、湯品、飲料與甜點，每樣都是親手製作，食材都是在地或自己種植的，順應自然時令的更迭做變化，一餐就能吃到二、三十種蔬菜，繽紛菜色讓人食指大動，透過一頓飯的緣份，讓更多人有機會了解：吃素，也能很美味！

推薦美味



母親的愛
Rueiyun's
vegetarian meal

Rueiyun, the owner of the restaurant, is a mother who became a vegetarian after her son told her to save earth with vegetarian diet. With previous experiences of running a food stand, she started to think how to prepare healthy, happy food for the vegetarian child who was growing up. Back then she put a lot of efforts to add variety to her dishes every day. She names the restaurant "Vegetarian Boy" because of her son, who encouraged the whole family to become vegetarians and thus gave birth to this vegetarian restaurant with his words. The cozy dinning place is at the front yard of her house.

Many people thought vegetarian food is boring and tasteless. But food prepared by Rueiyun would change such impression of these people. She extends motherly love for her son to her guests, preparing her food with care for them. She runs the restaurant without a set menu and her set meal include salad, appetizer, main course, side dish, soup, drink and sweet made by herself. She uses local ingredients grown by herself or others and changes her dishes by season. Guests can have 20-30 different kinds of vegetables in one single meal, which is presented in a colorful, enticing way. Visitors of this restaurant would get to know that vegetarian food can be very yummy with just one meal.



Add / 關山鎮豐泉里八德路6號
 No.6, Bade Rd., Guanshan Township, Taitung County
 Tel / 0921-814320 +886-921814320
 Web / <https://www.facebook.com/ShuShiNanHai>
 Hours / 11:00-14:00、17:00-20:00，需三天前預約
 make reservation 3 days before

文化
HERITAGE
傳承



芭洋Amis美饌

Vei-Yang Amis Garden Dining

第六代阿美族家族—筱媛與母親，攜手傳承阿美文化、語言與手藝，融合自己的創意，筱媛在自家庭院經營芭洋 Amis 美饌，透過餐點，娓娓道來池上阿美族的遷徙歷史，還有阿美族的飲食文化。

芭洋 Amis 美饌以阿美族招待貴賓的方式來對待客人，一定有烤肉、季節野菜湯，也搭配自家栽種、用木桶蒸煮的香 Q 糯米飯，還有自製的酒釀水果、沁涼順口的水果小米露，喜歡吃魚，也可以品嚐自家養殖的烤鮮魚。兼顧傳統與創新的套餐，精心誘人的擺盤有著阿美族式的多彩鮮艷，再搭配開闊舒適的戶外用餐空間，相當推薦三五好友前來，慢慢品嚐具有阿美族特色的慢食。

推薦美味



1

烤鮮魚

Roast fish



2

酒釀水果盅

Home-made wine
soaked fruits

Vei-Yang, an aboriginal woman from Amis Tribe, is the owner of the dining place. Her family has called Chishang their home for over 90 years and she is the sixth generation of her family living here. She learns aboriginal culture, language and handcraft skills of Amis tribe from her mother, while applying her own creativity at the same time. She runs the Vei-Yang Amis Garden Dining in the backyard of her house. She also tells the story of Amis immigrants in Chishang by presenting food culture of her tribe with dishes on the dining table.

It was a tradition for hunters of Amis Tribe to make barbeque and soup with vegetable grown in the wild after their hunting activity in the mountain. Now Vei-Yang Amis Garden Dining serves their guests traditional aboriginal cuisines, including barbeque and soup with seasonal vegetable grown in the wild. She also offers delicious steamed sticky rice grown by her family and cooked in wood bucket, home-made wine-soaked fruits and cool, smooth millet wine. She also uses fish raised by her family to make barbeque for fish lovers. Set meals on her menu are both traditional and creative with enticing, colorful presentation in Amis style. The outdoor dining place is spacious and comfortable, an ideal choice for gathering with some friends and sharing Amis cuisines in a relaxing atmosphere.



📍 Add／池上鄉中山路17號
No.17, Zhongshan Rd., Chishang Township, Taitung County

☎ Tel／0917-838023 +886-917838023

🌐 Web／<https://goo.gl/ubxbIp>

🕒 Hours／採預約制，僅供應晚餐 reservation and dinner only

在地
LOCAVORE
食材



王群翔慢食家宴

Shang Slowfood Diner House

原在台北擔任法式料理主廚的翔哥，因長期在廚房工作，致使肺部成為了吸油煙機，每天咳嗽到無法入眠，移居池上後不藥而癒。本著體貼農人的心意，希望透過手藝與在地的好食材，與有緣的朋友分享臺東食材、做菜的方式、料理，及吃飯的單純喜悅。

翔哥家沒有特別的裝潢，僅真誠地與朋友分享一家人鄉居的空間，翔哥家有懷念的人情味，就像回家吃飯一樣溫暖自在。而翔哥的招牌料理是池上栽種的高雄 139 號米，特別以白飯、烤飯及燉飯三種多變的口感與滋味，零距離地與來吃飯的朋友介紹米的特性、傳授煮飯秘訣，讓更多人了解作菜沒有想像中的困難，在翔哥家不僅認真吃飯，回家也願意動手做菜！

推薦美味



池上米三吃

Plain rice,
baked rice and
stew with rice

Mr., Chunxiang Wang, the owner of this dining place, started his career as a French restaurant chef in Taipei. After working in the kitchen for a long time, his lungs absorbed so much exhaust that he coughed too violently too fall asleep at night. However, this symptom naturally disappeared without medical treatment after he moved to Chishang. Now he wants to share with his guests not only gourmet food made of good local ingredients in Taitung, but also their recopies and the joy of dinning, while supporting local farmers at the same time.

The eating place is right at Mr. Wang's house without any decoration specifically for his business. He just shares his home space at the country side with his guests with warm hospitality, giving them comfort like they are coming home for lunch or dinner. Mr. Wang uses Kaohsiung 139 rice grown in Chishang for his signature dishes, including plain rice, baked rice and stew with rice, just to present different textures and flavors of rice. He would explain the characteristics of the rice to his guests and pass on his tips of rice cooking, so they know cooking is not as difficult as they thought. People visiting here would learn not only how to appreciate the delicious rice, but also how to cook at home at the same time!



📍 Add／池上鄉萬安村萬安1-9號
No.1-9, Wan'an, Chishang Township, Taitung County

☎ Tel／0935-284305 +886-935284305

🌐 Web／<https://goo.gl/unjAJG>

🕒 Hours／12:00-14:00、18:00-20:00，需二天前預約
make reservation 2 days before

永續
SUSTAINABLE
食材



宜興園民宿



Eshine Garden

宜興園，是主人呂大哥與莊姐各取姓名中的一個字命名的民宿空間，坐擁開闊舒適的縱谷風光，飄著淡淡的麵包餅乾香氣，這是宜興園的味道。以「生活」為主的經營理念，營造健康長住的養老環境，所以自種蔬菜，體驗自給自足的農村生活。

曾是護理長的莊姐，了解食材對健康的重要性，起初製作手工麵包只是提供給自家民宿客人當早點，卻意外做出人氣，許多人一吃上癮。莊姐在食材選用上，不但講究，也嘗試創新，白白胖胖的麵團，揉入五穀米、糙米，包入部落農人的南瓜、地瓜、甜菜根，養生的麵包也保有食材的自然香甜。除了為客人準備的早餐，宜興園也提供下午茶、晚餐，有興趣的朋友也可以跟莊姐一起做菜。

推薦美味



手工麵包

Hand-made bread

Oscar and Grammy are the owners of Eshine Garden, a homestay lodge which is named with one part of Oscar and Grammy's Chinese names. Their guests can enjoy not only fantastic scenery of the valley, but also delicious home-made bread and cookies made by the owners. They run the lodge with a business philosophy embracing slow life and see it as their retirement home for long-term stay. Therefore, Grammy also grows vegetables for self-sufficient lifestyle in rural area.

Grammy was a head nurse and thus knows the importance of food to health. Her hand-made bread, which was initially served to her guests as breakfast, has turned out to be very popular product; many people simply fall in love with her bread after they first taste it. Grammy is meticulous and creative about the ingredients she uses for her bread; she mixes five kinds of grains and brown rice in her dough and use pumpkins, sweet potatoes and roots of beets grown by aboriginal farmers to make the filling, giving the healthy bread a natural sweet flavor. In addition to breakfast, the Eshine Garden also serves afternoon tea and dinner. Guests interested in cooking can prepare food with Grammy.



Add / 延平鄉桃源村昇平路6之1號
 No.6-1, Shengping Rd., Yanping Township, Taitung County
 Tel / 089-561487 +886-89561487
 Web / <http://www.eshine999.com/>
 Hours / 8:00-10:00, 14:30-17:30, 需一天預約
 make reservation 1 day before



烏尼囊工作坊



Wuninang Daluhan

烏尼囊工作坊由布農族的王美華與先生一起經營，回到自己的故鄉，同時也找回自己的根。美華早期很少向人提起原住民身分，後來找回對自身文化的自信，積極向部落耆老學習，希望把布農族的文化傳承下去。一路走來，有挫折也有鼓勵，美華姐抱著感恩的心，餐廳取名「烏尼囊」，在母語有著「感謝你、祝福你」的意思。

店裡以養生創意料理為主軸，採無菜單方式經營，注重養生又熟知布農族飲食文化的美華姐，把自家的菜與在地食材作了許多創意變化，也透過料理，結合八部合音與對父親的思念，以及自己的故事。烏尼囊多元化工作坊不僅提供料理，也有深度旅遊與體驗活動，朝文化推廣中心的目標努力。

推薦美味



1

懷念父親的八部合音

Eight chorus
traditional meal



2

再升起的晚霞

Mei Hua's
special tea meal

The owners of this restaurant are Mei Hua Wang, an aboriginal woman from Bunun tribe, and her husband. Before they returned to her homeland to go back to her roots, they grew tea in Lishan. In early period, she hardly mentioned her ethnic identity to anyone. As time goes by, she has regained her faith in her aboriginal culture and actively learned from senior people in the tribe, in a hope to pass cultural heritage of the tribe to the next generation. Over the years, she has experienced setbacks and received encouragement along the way. She names her restaurant "Wuninang", which means "thank you and bless you" in Bunun language with gratitude for what she has now.

She runs the restaurant without a set menu and mainly serves healthy, creative dishes. With importance attached to healthy diet and her knowledge about food culture of Bunun tribe, she has applied a lot of creativity for adding variety to aboriginal food with vegetables she grows and local ingredients. When she cooks, she tells her life story with sweet memory of her father and eight chorus. Wuninang not only serves food, but also provides cultural and experiential tour services. Her long-term goal for this place is to become an aboriginal culture center of the community.



Add / 延平鄉永康村泰平路82號
 No.82, Taiping Rd., Yanping Township, Taitung County
 Tel / 0933-495730 +886-933495730
 Web / <https://goo.gl/kuPM0C>
 Hours / 11:00-19:00, 需三天前預約
 make reservation 3 days before

文化
HERITAGE
傳承



崁頂咖啡輕食養生館

Hudas' Kitchen

長期離鄉工作，三餐總是在外，驚覺身體亮起紅燈時，邱初美決定要照顧好自己的身體，因此回到部落的天然環境，傳遞健康飲食的重要。布農族傳統社會「共享」的生活觀，讓初美姐期許自己，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。

初美姐家裡種菜，用媽媽的名字幫菜園取名，意味著傳承與感謝，也養雞養鴨，所有食材幾乎都是家裡或山上的新鮮、無毒在地食材，簡單的烹調方式，並加入天生對裝飾、擺盤的美感，繽紛重現布農族的飲食特色。想感受原住民的熱情魅力，以及品嚐山產野菜的滋味，歡迎預約初美姐的慢食套餐，感受他們對大地的感激。

推薦美味



祖先的菜

Meal of gratitude to
Mother Nature

The owner of this restaurant Chumei Chiu suffered health problem after working far away from home and constantly ate out for a long time. She decided to return to her Bunun tribe and live in the natural environment for improvements of her health condition and promotion of healthy diet. Bunun Tribe has a tradition of sharing among tribe members. Chumei hopes that she can preserve wisdom of her ancestors and give more people a chance to know Bunun food culture through home-style cooking.

Chumei's family are farmers and they name their farm after her mother, a symbolic gesture of their inheritance and gratitude. Her family also raises chicken and ducks and she uses fresh and safe local ingredients grown by her family or in the wild to prepare her food. She cooks her food in a simple way and uses beautiful presentation to show features of Bunun food culture. For those who want to experience charm and hospitality of aboriginal people and taste dishes prepared with food and vegetables grown in the mountain, please book a table with Chumei and try her set meal of slow food made with her gratitude to Mother Nature.



📍 Add / 海端鄉崁頂村中福路4鄰80號
No.80, Zhongfu Road, Kanding, Haiduan Township, Taitung County

☎ Tel / 0955-544977 +886-955544977

🌐 Web / <https://www.facebook.com/aba601107>

🕒 Hours / 12:00-21:00 , 需一天前預約 make reservation 1 day before

文化
HERITAGE
傳承



田味家



House 4 P.M. (Peddy Memory)

田味家是力尤開的甜品店，曾經從事不同行業的她，發現自己最喜歡的還是美食，於是接下家裡的瓦斯行後，趁著暑假瓦斯淡季時賣起剉冰，也販售各種暖呼呼的客家點心，池上市區上的小店面，已成為旅客認識池上的溫暖角落，從簡單的點心中，感受甜滋滋的人情味。

「牛汶水」是力尤從小吃到大的客家點心，泡在糖水中的粢粢（客家麻糬），好似炎炎夏日、水牛泡在泥水裡避暑打滾，只露出頭與背在水面上的樣子，所以稱為牛汶水，也就是牛玩水的意思。力尤不僅跟母親從磨米漿到揉製米糰，一步步學著怎麼做牛汶水，還熬煮香醇的杏仁茶，以及客家肉粽、艾草粿等美食，與更多人分享兒時回憶，也從吃看見客家的飲食文化。

推薦美味



1

牛汶水

Niu-wen-shui



2

杏仁茶

Almond tea

Liyo, the owner of this sweets shop, come to the realization that delicious cuisine is her real passion after taking different jobs. Since she inherited her family business of gas store, she has served shave ice in summer, the low season of gas business and various warm and hot Hakka snacks. The small store offering simple deserts with warm hospitality in downtown Chishang has become a deal starting point for visitors to embrace local culture.

Niu-wen-shui"(meaning a cow playing in water) is a Hakka desert that Liyo has had since she was a child. A sticky rice ball (Hakka style) is placed inside syrup with two end of it exposed on the surface. The shape is just like a cow that is playing in muddy water to stay away heat with its head and back above the water. That was how this desert got this name. Liyo learned from her mother how to make this desert from grinding the rice for rice milk to making rice dough. The store also serves other traditional cuisines, including fragrant "almond tea", Hakka rice dumplings and grass cakes, which would bring back people's childhood memory and give them a chance to experience Hakka food culture.



Add／池上鄉中山路242號
 No.242, Zhongshan Rd., Chishang Township, Taitung County
 Tel／0963-394474 +886-963394474
 Web／<https://goo.gl/4yYjEb>
 Hours／11-4月 15:00-22:00、5-10月 10:00-22:00
 週三不定期公休 Wednesday irregularly closed

永續
SUSTAINABLE
食材



豆芳華 / 池上·豆屋

Doufanghua

「豆腐哥」張志中下鄉苗栗，學習手工鹽鹵豆腐的技藝，決心復耕臺灣大豆，又發現池上有面積廣大的休耕旱地，故選擇在東部復耕，積極地以社區豆腐店的概念，支持花東小農製作大豆的模式，增加旱地農作物的選項，也增加小農的收入。

豆腐哥用臺灣的大豆與鹽鹵，加入友善土地的理念，製作最甘醇的豆腐，以涼拌豆干、黑豆腐佐炸醬、白豆腐佐油膏柴魚片的「豆腐三吃」，還有不浪費食材製作的豆渣餅，加上蔬菜、糙米飯與味噌湯，透過料理來提昇大豆的附加價值，也讓旅客認識在地的小農好物。

推薦美味



豆腐哥套餐

Tofu Man's Specialty

The "Tofu Man" Jerry Zhang is the owner of this restaurant. Under a specific circumstance, he got a chance to learn how to make bittern-solidified Tofu by hand in Miaoli. After that, he wanted to use soybeans grown in Taiwan for his products, but failed to find such a thing. During the search process, he got to know how serious the decline of grain agriculture was in Taiwan then and decided to revive local soybean farming activities. As there was a lot of retired dry land in Chishang back then, he decided to devote himself to soybean re-cultivation in Chishang and eastern Taiwan by opening a local tofu store to support small farmers through contact farming in Hualien and Taitung. This arrangement has in turn increased variety of agricultural produce of dry land and helped small famers generate more revenue.

Jerry now makes the best tofu in town with local soybeans and his bittern techniques, supporting ecological farming at the same time. He also uses his cooking experiences to serve set meals with dishes that bring out the natural sweet flavor of soybeans. The set meal of "three styles" includes dried tofu in sauce, tofu made of black soybeans with pork sauce, Tofu with soybean sauce and dried bonito flakes. He also serves cakes made by soybean dreg that makes full use of the ingredient, vegetables, brown rice and miso soup. Tofu Man increases added value of soybeans through these delicacies, which give visitors a chance to enjoy the fine food and appreciate the result of hard work by local small farmers at the same time.



Add / 池上鄉萬安村4鄰23號
 No.23, Wan'an, Chishang Township, Taitung County
 Tel / 0939-260910 +886-939260910
 Web / <https://www.facebook.com/doufanghua>
 Hours / 9:00-17:00, 套餐需三天前預約
 make reservation 3 days before

食材
INNOVATIVE
創新



曬穀場工作坊



Buda Bannai Coffee

曬穀場是池上二代返鄉的阿美族姊妹回來開的小店，結合已過世的父親名字 Buda（阿美族語意為曬東西的空地）與媽媽的名字 Banai（阿美族語意為稻子），將店名取為「曬穀場」。

基於對家鄉的認同，姊妹致力於用在地食材研發各種蛋糕、麵包和點心，除了在麵包、蛋糕中加入自家的米，偶然一次吃到以桑葉製成的食物，姊妹倆想起小時候池上蠶桑業興盛，隨著產業沒落，隨處可見的桑葉如今乏人問津，她們便興起研發桑葉產品的念頭，由母親及親戚協助上山採桑，清洗晾曬後再交由姐妹焙製，最後製成桑葉茶與桑葉米蛋糕，更用在地香蕉、鳳梨、洛神等食材，變化多元的池上米食，讓人重新品嚐到臺東物產的好滋味。

推薦美味



1

桑葉米蛋糕

Mulberry leaves cake



2

桑葉茶

Mulberry leaves tea

The cafe is a small store run by two sisters, also second-generation immigrants in Chishang, who returned to their homeland to settle down here. Buda Bannai Coffee is named after their father (Buda, meaning sunning ground in Amis language) who has passed away and their mother (Banai, meaning rice in Amis language).

With appreciation to their hometown, the sisters have dedicated themselves to development of various cakes, bread and desserts prepared with local ingredients. For example, they add rice grown by their family in their bread and cakes. Once they had a chance to try food made with mulberry leaves. This experience brought back their childhood memory about the glorious past of local sericulture industry. With decline of local sericulture industry, mulberry leaves were no longer of use anymore and they came up with an idea to develop products made with mulberry leaves. Now their mother and relatives would pick the leaves in the mountain, dry them and give them to the two sisters for baking. The two sisters would use these leaves to make tea and rice cake. They also use local ingredients, such as bananas, pineapples and roselle, to prepare various rice cuisines, giving their customers a chance to experience beauty and abundance of Taitung on the dining table.



Add／池上鄉中山路316-1號
 No.316-1, Zhongshan Rd., Chishang Township, Taitung County
 Tel／0988-358005 +886-988-358005
 Web／<https://www.facebook.com/budabanai/>
 Hours／Mon-Fri 12:00-20:00 Sat-Sun 10:00-20:00

料理
ORIGINAL
原味



阿婆婆米食館

Granny's Rice House

本著母親關心外地遊子的愛子之心，阿婆婆一開始把親手烹調的料理寄給遠方的孩子，現在阿婆婆也延續這樣的心情，運用鄉村隨著節氣生養的食材，將來訪池上的旅人視為自己的兒女般關懷，也分享米食的養生之道，讓有緣來吃飯的旅客，了解人與食物、自然的關係。

阿婆婆特別用發芽米製作各種料理，例如米漿、簡單配料與酸甜鳳梨搭配而成的炒飯，還有用紅麴、黑糖、枸杞、香椿等多種口味製作的彩色養生米饅頭，包裹著糙米粒，口感非常特別，其他還有重現池上古早的米糕冰、米布丁，目前店裡提供早餐、午餐、下午茶，阿婆婆希望來到店裡的大家，都能吃到真材實料的真食物，真誠有米。

推薦美味



1

各式米食

Rice milk, rice buns
in different flavors



2

鳳梨炒發芽米飯

Fried rice with sweet
and sour pineapples

At first, it was just a mother who had a child living faraway and she sent hand-made food to the child through mail delivery. Now this woman is the owner of this restaurant and uses seasonal ingredients grown at the country side to prepare hand-made food with a mother's care and love for her guests. She would also share her knowledge about healthy rice cuisines with her guests, so they would understand the relations between mankind, food and nature.

The owner is now a grandmother and makes different food and drinks with sprouting rice, such as rice milk, fried rice with sweet and sour pineapples and healthy rice buns in different colors and flavors, such as red yeast, brown sugar, wolfberry and toon. These buns have filling of brown rice grains and very special texture. The restaurant also serves ice with rice cake inside and rice pudding. Now guests can have breakfast, lunch and afternoon tea here and enjoy real food made of rice and other natural ingredients.



Add / 池上鄉中山路212號
 No.212, Zhongshan Rd., Chishang Township, Taitung County
 Tel / 0910-937145 +886-910937145
 Web / <https://www.facebook.com/APoPo.tw>
 Hours / 8:00-17:00, 需一天前預約
 make reservation 1 day before

文化
HERITAGE
傳承



大陸婆婆麵食館

Grandma Yang's Kitchen

池上鄉村住著一位來自山西的大陸婆婆，因其在大陸認識來自池上的阿美族青年，來到池上後，開朗健談、喜歡交朋友的她，有著一身好手藝，大餅、花捲、水餃、手揪麵都難不倒她，早期婆婆騎著單車，沿街販售當天做的手工饅頭，讓池上人得以嚐到傳統的山西味兒。

婆婆提供的麵食豐富多樣，就像山西飲食文化的縮影，特別的是，店裡提供山西頗具代表的大盤雞麵、貓耳朵，還有包子、花卷都是婆婆與女兒愛軍親手揉製，更加入池上的米粉，讓麵點格外有嚼勁。另外，入口即化的粉蒸肉、糯米與紅棗製作的晉糕，每道菜都是功夫，充滿了婆婆的山西故事，而家常的調味，不但吃得到媽媽的味道，還有大陸婆婆的熱情。

推薦美味



1

大盤雞麵

Big-plate chicken
with noodles



2

晉糕

Shangxi cake

The ancestors of most residents in Chishang were mostly immigrants from Fujien Province in southern China. In this community, Ms. Yang, a senior resident from Shangxi Province in northern China who married a man from Amis Tribe after she met him in China, owns a restaurant that serves Shangxi cuisines, including Chinese pancakes, steamed twisted rolls, dumplings and hand-made noodles. Ms. Yang is a cheerful, chatty chef who loves to make friends. In old days, She used to ride a bicycle to sell home-made buns along the street, giving local people the choice to taste traditional Shangxi food.

Ms. Yang's menu is the miniature market of Shangxi cuisines as she serves a variety of traditional Shanxi dishes, including "big-plate chicken with noodles", "cat ears"(noodles in the shape of a cat ear), buns and steamed twisted rolls, etc, which are hand-made by Ms. Yang and her daughter Aijun. They add local rice powder to make their pastry and noodles more chewy and thus more tasty. In addition, they also serve steamed rice powder and pork with tender texture, "Shangxi cake"made of sticky rice and dates and other elaborate dishes. Each of these dishes brings back Ms. Yang's memory of her homeland and she shows warm hospitality with her home cooking of Shangxi style.



📍 Add / 池上鄉慶福路27號
No.27, Qingfu Rd., Chishang Township, Taitung County

☎ Tel / 0977-063760 +886-977063760

🌐 Web / <https://goo.gl/Kzveez>

🕒 Hours / 11:00-14:00、17:00-19:00，週一至二公休，套餐需預約
Monday and Tuesday regularly closed. Order set have to make
reservation 1 day before.

食材
INNOVATIVE
創新



Bike De Koffie



Bike De Koffie 咖啡店位於背包客棧一樓，由回鄉的年輕人阿洋經營，販售咖啡和貝果，年輕農夫管家亦帶領旅客進行農事體驗，實際彎腰，才能體會農夫有多辛苦，也讓遊客明白：種田，是很重要的事。

農事體驗之後，旅客能直接品嚐「田邊下午茶」，阿洋親手製作的貝果、米漿都使用池上米，也是體驗所親近的土地所孕育的有機米，流過了汗，吃的米食格外有味。在池上市區的店裡，旅客有機會品嚐到各種口味的米貝果、米漿與米酪，搭配使用鹿野鳳梨製成的果醬，或是有機米作的白醬，不斷研發創意輕食的阿洋，希望讓來到池上的朋友方便攜帶或野餐，不只看伯朗大道、吃池上便當，騎著單車就能隨處停下，感受更多真實的池上生活。

推薦美味



有機米貝果、米酪

Rice bagels
and rice yogurt

Bike De Koffie is a cafeteria at the first floor of a backpacker lodge and run by Chiya Hao, a local young man returning to his homeland. Bike De Koffie not only serves coffee and bagels, but also educates visitors the importance of agriculture by giving them first-hand experiences of arduous work on a farming under the guidance of young farmers.

After such physical labor, visitors are rewarded by "country-style" afternoon tea for their hard work, including delicious rice bagels made by Chiya Hao with local organic rice grown in Chishang. Visitors appreciate these rice delicacies even more after such experience. The cafeteria in downtown Chishang serves rice bagels, rice milk and "rice yogurt" in different flavors, jam made by local pineapples grown in Luye and "cream sauce" made by organic rice. With his creativity, Chiya Hao has continuously introduced new light meals that visitors can easily take away for meals or picnic. In addition to famous Brown Boulevard and Chishang lunchbox, bikers can also buy some food here and stop anywhere they like, just feel the slow lifestyle here in Chishang.



Add / 池上鄉中山路251號
 No.251, Zhongshan Rd., Chishang Township, Taitung County
 Tel / 0980-868945 +886-980868945
 Web / <https://www.facebook.com/BIKE.DE.KOFFIE>
 Hours / 8:00-18:30 , 週二公休 Tuesday regularly closed.

料理
ORIGINAL
原味



4.5公里咖啡

4.5 km Coffee

位在 197 縣道 4.5 公里旁的「4.5 公里咖啡」，佈置充滿巧思，創意發揮的自然素材裝置藝術充滿美感與力量，從中可以感受到老闆彭明通與凱莉的多才多藝，煮咖啡、作蠟染到木工無一不會，他們充分將美學融入生活中，同時，他們希望 4.5 公里不僅是喝咖啡的地方，可以聊創作靈感，也能分享人生經驗，更是個可以談心、休閒與沉澱心靈的交流平台。

阿美族的彭大哥與凱莉對咖啡有一定的堅持，除了現煮咖啡，使用的豆子中，更有在地 197 縣道上的咖啡豆。由於認同池上豆腐的豆腐哥理念，有時會將野菜結合豆腐哥的豆干，製成獨特的野菜鹹蛋糕，味道濃郁，原民的香氣融入法式鹹派的風情，象徵他們支持在地與好友的一番用心。

推薦美味



1

197 咖啡
197 County highway
cafe



2

原藪
Special cake with
local vegetables
and dried tofu

Located by the 4.5-kilometer sign of 197 county highway, 4.5 KM Coffee is decorated with creative installation art works made of natural materials that stimulate a sense of beauty and power. Visitors can see traces of multiple talents of its owners Peng Mingtung and Kylie here, including making coffee, batik printing, and carpentry. By practicing esthetics in every aspect of their lives, they hope to use 4.5 KM Coffee as a multi-functional platform that not only serves coffee, but also provides a space where artists can discuss their inspiration for their creation and people can share their life experiences, have heart-to-heart conversations and relax and clear their mind.

Peng Mingtung and Kylie come from Amis Tribe and they have put a lot of efforts to maintain desirable quality of their coffee, including using local coffee beans grown on the fields by the 197 county highway. They share the vision of "Mr. Tofu", the owner of Doufanghua (The Soya Fragrance), who insists to use local ingredients for his products. Therefore, sometimes they make special cake with local vegetables and dried tofu made by Mr. Tofu. This dessert with strong fragrance of aboriginal ingredients and texture of French Quiche is a gesture of their support for local farmers and a good friend.



Add／池上鄉富興村3鄰33號
 No.33, Shuizhui, Chishang Township, Taitung County
 Tel／0915-555196 +886-915555196
 Web／<https://www.facebook.com/4.5kmcoffee>
 Hours／11:00-22:00，週三、週四公休
 Wednesday and Thursday regularly closed.

在地
LOCAVORE
食材



大地飯店

Tati Hotel

在臺灣要吃好吃的米，自然而然就會聯想到臺東池上。走過一甲子的建興米廠，是池上歷史悠久的在地米舖，老米舖第三代經營者梁正賢精益求精，在池上推廣有機農法，致力提昇池上米的品質。

除了與在地農夫合作，促使大家種植有機米，梁老闆與老闆娘經營的大地飯店更以尊重大地、維護環境生態的用心，使用自家米廠生產的有機好米與在地、當季的有機蔬菜製作多種菜色的池上便當，讓看似平凡的飯盒，有不平凡的口感與香氣。

大地飯店更研發出胚芽米香鬆、米蛋糕、米冰淇淋、米味噌、有機胚芽米糠麩等各式米製品，用創意來變化這片土地孕育的滋味。

推薦美味



1

池上便當

Chishang lunch boxes



2

米蛋糕

Rice cake

Chishang in Taitung is famous for its high-quality rice in Taiwan. Jiangxing rice mill is a local rice shop with 60-year history and is now run by the third-generation owner Liang Zhengxien. Mr. Liang also promotes organic agriculture in Chishang and is dedicated to enhancement of local rice quality.

In addition to encouraging local farmers to grow organic rice through business partnership, Mr. Liang and Mrs. Liang also operate the Tati Hotel with a spirit of respecting nature and protecting ecological system. The Hotel serves Chishang lunch boxes with different dishes prepared with local, seasonable, organic vegetables and organic rice produced by their own rice mill. With ordinary appearance, their lunch boxes have extraordinary fragrance and texture.

In addition to lunch boxes, the Hotel has also successfully developed new rice products, including floss made by milled rice with embryo, rice cake, rice ice cream, rice miso, and rice bran made of organic rice with embryo, adding variety to food made by rice grown on this fertile land with creativity.



Add / 池上鄉忠孝路210號
 No.210, Zhongxiao Rd., Chishang Township, Taitung County
 Tel / 089-864330 +886-89864330
 Web / <https://www.c-tati.com.tw>
 Hours / 8:00-21:00

文化
HERITAGE
傳承



宏昌客家菜館

Hong Chang Hakka Restaurant



位於關山台九線上的宏昌客家菜館，原本是專門讓路過的司機、旅人休憩用餐，後來變成在地著名的客家餐廳。店面展示著主人長年蒐集的生活物品，打造了具有滿滿客家懷舊風情的用餐環境，成為旅人駐足拍照的好去處。

盡力挖掘記憶中的客家菜餚，期望將客家的飲食文化重現為桌上一道道珍饈。目前第三代掌廚人欣芝，從小就跟著阿婆與媽媽學做菜，已學會傳統的四炆四炒，接下爐台的重擔，招牌料理除了十全十美擂茶飯、焢肉，還有兒時最常吃的花生豆腐，欣芝帶著傳承家族好味道的使命感，也期許自己在傳承傳統的同時，不忘創新、進步，讓更多人從吃認識關山的客家文化。

推薦美味



1

花生豆腐
Peanut tofu

Located by 9 Provincial Highway in Guanshan, the owner started the business as one of a few snack bars along the highway, catering for drivers and visitors when they took a break here. It later became a famous local Hakka restaurant. When the second-generation owners took over, they changed the restaurant name to "Hong Chang Hakka Restaurant." Now the restaurant displays their collection over the years, which creates traditional Hakka-style dining space, making it an ideal destination for visitors to take photos.



2

十全十美擂茶飯
Hakka ground tea
with rice made of
ten local ingredients

The owners also hope to present Hakka food culture to their guests with their traditional Hakka dishes. The third-generation chef Xinzhi has learned cooking skills from her grandmother and mother since she was a child. Taking the heavy responsibility of the family business, she is now a capable chef with great Hakka cooking techniques, including the preparation of "four stir-fried dishes and four dishes cooked over slow fire". The signature dishes include Hakka ground tea with rice made of ten local ingredients, stewed pork, and "peanut tofu", a delicacy Xinzhi had the privilege to have frequently when she was a child. The chef has a sense of mission to introduce home-style cuisines to her guests. She also expects herself to be better and more creative while preserving the tradition at the same time to allow more people to experience Hakka culture in Guanshan with her gourmet food.



📍 Add / 關山鎮順興路6號
No.6, Shunxing, Guanshan Township, Taitung County

☎ Tel / 089-811321 +886-89811321

🌐 Web / <https://goo.gl/5oTn46>

🕒 Hours / 11:00-14:00、17:30-20:30，需前一天預約
make reservation 1 day before

食材
INNOVATIVE
創新



山東小吃

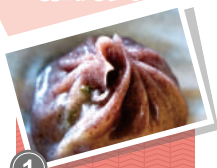


Shandong dishes

嫁來池上 18 年的新平是道地的山東姑娘，與老公阿湯哥從手推車開始，在池上販賣手工湯包廣受好評，後來開了店家，新平發揮好手藝，除了湯包，更提供牛肉麵、蔥油餅等各種麵食與小吃，讓當地人與旅客吃到更多山東美食，旅客對他們的湯包愛不釋口，直稱為「池上的鼎泰豐」。

現在新平開始重現山東的家常菜，更運用來池上、臺灣所接觸的好食材來烹調，最特別的是新平把招牌湯包做了變化，湯包的皮特別揉進池上的紫米，不僅有著誘人色澤，紫米外皮更讓湯包 Q 彈有嚼勁。另外還有用池上蕃茄、蔬菜熬煮的蕃茄銀耳湯，以及阿湯哥用香草沖的舒心茶，吃得健康，也感受得到用心。

推薦美味



1

紫米湯包

Steamed dumplings with
purple rice powder



2

蕃茄銀耳湯

Tomato and
white fungus soup

Xingping is a woman from Shangdong Province of China who has been married to Mr. Tom, a local man in Chishang, for 18 years. She started her business by selling their food with a cart and their steamed dumplings turned out to be very well-received in Chishang. After their restaurant was opened, Xinping has used her great cooking skills to serve a variety of noodles and snacks, including steamed dumplings, beef noodles and green onion pancake, providing more choices of gourmet food for local people and visitors. Their food has made the restaurant a famous place to eat in Chishang. Some tourists like their steamed dumplings so much that they call the restaurant "Din Tai Fung" in Chishang (Din Tai Fung Restaurant is a very popular restaurant which is famous for its steamed dumplings).

Now Xinping has also applied her creativity to her home-style Shangdong dishes by using good local ingredients in Chishang and Taiwan. In particular, she has added purple rice powder into the dough for steamed dumplings, the signature dish of their restaurant, just to make the dumplings more chewy (taste better) and look more colorful. In addition, she also serves tomato and white fungus soup with locally grown tomatoes and vegetables as well as herbal tea made by her husband, a healthy choice offered by the thoughtful owners.



Add／池上鄉中山路19號
 No.19, Zhongshan Rd., Chishang Township, Taitung County
 Tel／089- 864599 +886-89864599
 Web／<https://goo.gl/f6oHE3>
 Hours／19:00-15:00、17:00-21:00

在地
LOCATORE
食材



愛嬌姨茶餐



Ai-Jiao-Yi Tea Restaurant

愛嬌姨茶餐是鹿野高台上高人氣的風味餐廳，女主人愛嬌姨原本是一個不曾下廚的女孩，由於夫家種茶，為了讓辛苦的採茶工人有熱騰騰的飯菜，愛嬌姨開始下廚，最後練就一身好手藝。

愛嬌姨茶餐憑著自產、自製、自銷茶葉的豐富經驗，不斷大膽嘗試細心研究，融入自家種的各種茶葉，還搭配當地的新鮮食材做料理變化，目前已研發出數十種口味獨特的風味茶餐，例如紅烏龍茶飯、綠茶炒麵、綠茶炸豆腐等，都是店裡的經典菜色，必點菜紅茶滷肉，由紅茶去腥、去脂潤色，讓滷肉清爽不膩口，還帶有淡香。源源不斷的創意，加上對茶的專精，愛嬌姨研發的茶餐極獲好評，值得一嚐。

推薦美味



1

紅茶滷肉

Braised pork cooked
with black tea



2

綠茶炸豆腐

Fried tofu with
green tea

Ai-Jiao-Yi Tea Restaurant is a very popular restaurant in Luye Gaotai. Ms. Love, the owner of the restaurant, never cooked when she was young. After she married to her tea farmer husband, she had to work in the kitchen to prepare food for workers and eventually became an excellent cook.

Over the years, Ms. Love used her extensive experiences of growing, making and selling tea to introduce new dishes with audacious experiments and diligent practice. She uses different tea leaves grown by her family in her food and prepare her dishes with local fresh ingredients to add variety. So far, she has developed dozens of "tea meals" and all of them have unique flavors. Rice with red Oolong, chiaomien with green tea, fried tofu are all signature dishes of the restaurant. Braised pork cooked with black tea, in which black tea is used to remove the unpleasant smell and grease of pork and create delicate fragrance and texture, is a must-eat dish for guests. Inexhaustible creativity and passion for tea makes her food very well received and definitely worth a try.



Add / 鹿野鄉永安村高台路109巷32弄9號
 No.9, Aly. 32, Ln. 109, Gaotai Rd., Luye Township, Taitung County
 Tel / 089-550678 +886-89550678
 Web / <https://www.facebook.com/ije291>
 Hours / 11:30-13:40、17:30-19:40

在地
LOCAVORE
食材



源天然廚房



Origin Kitchen

離鄉在外打拼多年的小羅和逸嫻，以往只能在美麗純樸的家鄉停留片刻，在外吃的每碗飯都是鄉愁。當他們有了愛情結晶，為了讓兒女快樂健康地成長，毅然放棄原本的工作，返鄉為自己與下一代開啟更美好的生活。

從種田開始，小羅翻整自家休耕多年的良田，以友善土地的自然農法耕作，並引進新品種紫米，將此紫米與白米及糙米以完美比例融合，開發出「源天然健康米」，頗受好評與肯定。為了讓更多人能享用健康又美味的健康米，他們製作壽司，壽司的食材精心調配出最棒的組合，紫米、芋頭、梅干扣肉、洛神等食材，要讓大家從池上 WOW 便當裡，感受米鄉的豐饒。

推薦美味



池上 wow 便當

WOW Chishang
lunch boxes

Jimi and his wife Ashley worked away from home for years. They could only pay short visit to their pure and beautiful hometown before they had to return to the city that has its dark side hidden under its glamorous appearance. Every meal they ate out reminded them of how delicious aboriginal food was. After their child was born, they quit their job without hesitation and returned to their homeland, in order to give the child a healthy and happy environment and give themselves a better life.

After they were back home to settle down, Jimi started to plow the fertile land which had been idled for years and grew crops by adopting natural, eco-friendly farming practices. He has also grown new species of purple rice and successfully developed "original healthy rice", a very well received new product that mixes white rice and purple rice in perfect proportions. In order to give more people a chance to enjoy food prepared with natural and delicious rice, at first they made Sushi for people to try for free and started restaurant business under encouragement of the customers. The ingredients of their Sushi are carefully chosen to deliver the best result, using purple rice, taro, steamed pork with preserved vegetables and Roselle. Their WOW Chishang lunch boxes give customers a change to feel the abundance of this "rice town".



📍 Add / 池上鄉忠孝路357號
No.357, Zhongxiao Rd., Chishang Township, Taitung County

☎ Tel / 0918-036912 +886-918036912

🌐 Web / <https://www.facebook.com/onaturerice>

🕒 Hours / 平日不開放，以預約為主 reservation only



SLOW FOOD
TAITUNG





臺東 慢食



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.



103年度地方產業發展基金

臺東縣「產地餐桌」行旅品牌及行銷發展計畫

指導單位：經濟部 | 主辦單位：臺東縣政府 | 文字設計：津和堂

2016.06.01