



展覽地點  
Venue

國立公共資訊圖書館2樓藝文走廊  
(臺中市南區五權南路100號)

National Library of Public Information, 2F Art Corridor  
(No. 100, Wusquan S. Rd., South Dist., Taichung City)



開放時間  
Museum Hours

週二至週六 A.M.9:00 - P.M.9:00  
Tuesday to Saturday: 9:00 a.m. to 9:00 p.m.

週日 A.M.9:00 - P.M.5:00  
Sunday: 9:00 a.m. to 5:00 p.m.

週一休館  
Closed on Mondays

重現家鄉味  
餐桌上的家鄉  
Recreating the Taste of Hometown:  
Hometown Feeling at the Dining Table

當我們說「味道」時，想到的是酸、甜、苦、辣、鹹、澀、糯、沖種種覺覺組合；可一旦在前頭加了「家鄉」，它便帶上了食材生長的環境，在陽光下的色澤、質地，採收烹煮時的溫度、濕度，瀰漫在街道巷弄中的氣味，以及長久一串關於吃與吃不到的情感記憶，也許再沒什麼比食物更容易令人想起家鄉。

When we say "flavor," we are thinking about the blended sensations of being sour, sweet, bitter, spicy, salty, tart, fishy, choking, etc. But when we prefix it with "hometown," we add the connotation of the ingredients' growing environment, their color and texture in the sun, the temperature and humidity in picking and cooking them, the smell permeating on alleys and streets, and a very long list of feelings and memories about food available or unavailable to us. Nothing evokes nostalgia more than food.

《餐桌上的家鄉》時報文化出版社 | 作者：南洋台灣協進會、林潔  
Hu CH and TransAsia Sister Association, Taiwan  
Hometown on the Dining Table, China Times Publishing Company

歷史變遷的洪流中，飲食發展一直與自然和人文環境息息相關。透過食物，新住民將各自的家鄉味帶入臺灣，藉主料理讓臺灣民眾對於東南亞有更進一步的認識，也帶領大家看到這段支撐起臺灣基礎產業的重要力量。

品嚐一道道南洋料理，除了喚醒味覺，若還能多知道一些料理背後的故事，或許會使人更懂得料理人的情感與心情。不論是越南的春卷捲、酸魚湯，泰國的泰式打拋豬、米線，或者是印尼的薑蔥飯，都有著在異地生活的姊妹們對家鄉的濃厚情感與生命故事。仔細品嚐，相信將有更多的收穫。

In the ever-changing history, the development of cuisine has always been connected with natural and cultural environments. New immigrants, by way of food, bring their individual hometown flavor into Taiwan. They lead the people of Taiwan into further understanding of Southeast Asia through cuisines and make everyone see the important force that supports the basic industries of Taiwan.

Savoring a Southeast Asian dish not only evokes the sensitive taste buds but may also lead to more understanding of the cook's feelings and emotions if provided with a few stories and the original history behind a cuisine. Whether Vietnamese spring roll and sour fish soup, Thai stir-fried minced pork and rice noodles, or Indonesian yellow rice, all of them contain strong affections for hometown and life stories of the sisters who live on a foreign land.



越南春卷捲  
Vietnamese Spring Roll



薑蔥飯  
Yellow rice



泰式打拋豬  
Thai Stir-fried Minced Pork



茶葉沙拉  
Tea Leaf Salad



東式蒸玉米點心  
Cambodian Steamed Corn Dessert



菲式米粉  
Filipino Rice Noodle



吉蘭丹藍花飯  
Kelantan Herb Rice Salad

▲《餐桌上的家鄉》時報文化出版社  
Hometown on the Dining Table,  
China Times Publishing Company

Photo: 林潔玲

◀ 馬來西亞友誼及貿易中心(觀光課)  
Malaysian Friendship and Trade Centre  
(Tourism Division)



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《特展》  
南洋味  
家鄉味

The Taste of  
Hometown:  
Southeast Asian  
Flavors



## 南洋味·家鄉味

The Taste of Hometown:  
Southeast Asian Flavors

本展以文化交流中最平易近人的「食」為主題，串起臺灣與新住民母國間的連結，從東南亞常見植物及香料運用切入，展出「南洋風土與生產地景」、「南洋味：南洋飲食的特色」、「重現家鄉味」及「與南洋交織的未來」等主題，試圖呈現人們是如何透過味覺與家鄉重新聯繫，讓民眾瞭解在臺東南亞新住民的傳統飲食及生活文化。

The exhibition uses food and related cultural behaviors to create the links between Taiwan and the motherland of new immigrants. The exhibition shows the common herbs, plants and spices from Southeast Asia accompanying the following themes, "Southeast Asia Climate and its Geography of Production," "Features of Southeast Asian Cuisine," "Recreating the Taste of Hometown," and "A Future Connection with Southeast Asia." Thus, the exhibition represents how people reconnect with their hometown through the sense of taste and shows the traditional cuisines and lifestyles of Taiwan's new immigrants from Southeast Asia.

## 故鄉·南洋

Southeast Asia: My Hometown

南洋，目前是17萬在臺新住民的娘家、36萬個新二代的外婆家。若再加上產業移工及社福看護僱傭人數約67.6萬人，總計全臺約有120萬東南亞新住民與移工，與東南亞有千絲萬縷的聯繫。

Southeast Asia is the home of 170,000 new immigrants in Taiwan, and where 360,000 second-generation children go to visit their grandparents. There are around 676,000 industrial migrant workers and social welfare nurses. In total, Taiwan has 1,200,000 new immigrants and migrant workers, forming countless ties with Southeast Asia.



## 南洋風土特色 與生產地景

Southeast Asia Climate and  
Its Geography of Production

「南洋」泛指亞洲大陸以南的陸地及南太平洋、印度洋的廣大海域，近年學界常用「島嶼東南亞」及「半島東南亞」劃分南洋。因位處赤道雨林及季風氣候區，使此區域有豐富的生態環境及生物多樣性。

Southeast Asia generally refers to the land and the massive sea area of South Pacific and Indian Ocean, south of the Asian continent. Recently, the academia often uses "Archipelagic Southeast Asia" and "Peninsular Southeast Asia" to demarcate it. It is situated on the equatorial rainforest and monsoon climate zones, featuring abundant ecology and biodiversity.

### 島嶼利用：雨林採集、航行貿易到殖民栽培作物

Usages of Island Features: Hunter-Gatherers in the Rainforest, Overseas Exploration and Ocean Trading, and Colonial Cultivation



布羅莫火山  
(印尼·東爪哇島)  
Mount Bromo  
(East Java, Indonesia)  
Photo: 吳美吉

許多面積及耕種條件不佳的小島，居民採集雨林資源加以利用。炙手可熱的丁香、肉豆蔻等原料，透過航行與外界交易，換取生活所需。

On many isles at a disadvantage for area and farming, residents gather rainforest resources for use. The popular raw materials like clove and cardamom are traded via ocean voyage for the living.



柬埔寨洞里薩湖  
Tonle Sap Lake,  
Cambodia  
Photo: 魏天一

### 河岸平原及三角洲：魚米之鄉

River Plains and Delta:  
The Land of Fish and Rice

半島東南亞的中段及南段，人們沿著大河兩側的河岸沖積平原、沖積扇及河口三角洲等地帶發展聚落，以種植水稻、排長魚蝦蟹貝維生。

In the middle and southern sections of Peninsular Southeast Asia, people have developed settlements along the alluvial plains, alluvial fan and delta of a river, living by paddy rice farming and fishing.



菲律賓  
巴拿威梯田  
Banaue Terrace, Baguio,  
The Philippines  
Photo: 黃美生

### 丘陵高地區域：山田燒墾、梯田

Hills and Heights: Swidden Farming (Slash-and-Burn), Terracing, and Gathering

半島東南亞的北部藉由砍伐、焚墾、翻土、休耕等技術，短期輪流使用土地並做有效管理。另半島與島嶼東南亞的丘陵高地也常見梯田植稻，分層保持水量以避免濺水快速流失。

In the north of Peninsular Southeast Asia, the method of shifting cultivation (swidden agriculture) was widely practiced, involving the skills of cutting, burning, plowing and following. This rotationally usage of the land was to maintain its fertilization in an effective way. In the hills and heights of the peninsula and Archipelago of Southeast Asia, terrace farming also exists, which preserves water in layers to avoid quick loss of irrigation water.

## 南洋味： 南洋飲食的特色

Southeast Asian Flavors:  
Features of Southeast Asian Cuisine



### 豐盛的熱帶物產—東南亞原初風土孕育之食材

Abundant Products of the Tropics:  
Primitive Ingredients Nurtured by the Southeast Asia Climate

季風、洋流、耕作條件造就了東南亞的風土物產，加上歷史文化、宗教因素的影響，發展出獨具特色的飲食文化。東南亞絕大多數地區以米為主食，所種的米以「錫長型稻米」(臺灣稱在來米)為主，煮後粒鬆不黏稠，非常適合吸收醬料或湯汁的味道。

The local products, resulting from the conditions of monsoon, ocean current and cultivation and shaped by history, culture and religion, have developed into a unique food culture. In most areas of Southeast Asia, rice is the staple food. The main variety is the long-grained indica (*Oryza sativa indica*). The cooked rice is fluffy and non-sticky, very suitable for absorbing the flavor of sauce or soup.



Photo: 謝美琪和蔡  
Book Republic

### 南洋菜的料理基調— 調味香草及生菜食用

Culinary Tones of Southeast Asian Food:  
Flavoring Herbs and Fresh Vegetables

氣候、環境決定了生活方式，熱帶地區炎熱高溫，居住在這裡的人們自古即仰賴風味強烈的辛香料保存食材，以氣味明顯的香料調理食物，喚醒味蕾、增進食慾。泰國、越南位處河岸平原，因此經常使用魚露、香料植物、水果、新鮮蔬菜及煎產作為食材。

A lifestyle depends on climate and environment. It is scorching hot in the tropics where since ancient times people have relied on pungent seasoning to preserve food and have cooked with smelly spices to evoke the sense of taste and work up an appetite. The culinary methods of Thailand and Vietnam, both situated on the river plains, often involve the ingredients like fish sauce, spice plants, fruits, fresh vegetables and fish.

## 南洋菜的料理基調 大量混合使用香料

Culinary Tones of Southeast Asian Food:  
A Great Mixture of Spices

東南亞許多地方的物產並不豐盛，只能仰賴行船交換物資，因此過去累積的香料知識多著重在食物保存，將植物的果實、種子等部分乾燥後磨碎，混合成醃製食物的辛辣基底，逐漸成為此區保存食物及誘發食慾的主要料理手法。

Many places in Archipelagic Southeast Asia have less agricultural application. Therefore, the ocean trading and food exchange among islands are the major lifestyle. In the past, the spice knowledge mostly focused on food preservation. Large amounts of fruits and seeds are dried and ground, which are mixed into a spicy base for marinating food. Thus, it has gradually become a mainstream in cooking style, food preserving and stimulating appetite.

在印尼、菲律賓等地，薑黃、南薑、石栗、肉桂，孜然被大量使用，再混入辣椒、紅蔥、花生等材料，以氣味強烈、辛辣為其特色，非常適合與魚類、肉類或蔬菜一起烹煮。因此，混合不同比例的乾香料並將之磨碎或研爛，成了這裡婦女每日的功課。

In Indonesia and the Philippines, large amounts of turmeric, galangal, candlenut, cinnamon and cumin seed are used in mixing ingredients like chili, Asian shallot and peanut to create an intense and spicy flavor, very suitable for cooking fish, meat or vegetables. Therefore, the daily domestic chores of local women are to mix dried spices in various proportions for crushing or grinding.



丁香 Clove  
*Syzygium aromaticum*



胡椒 Pepper  
*Piper nigrum*



肉豆蔻 Nutmeg  
*Myristica fragrans*



肉桂 Cinnamon  
*Cinnamomum cassia*

Medicinal Plants / Kuhn, F.E., 1887 & 1890

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