- 特色料理食譜-加勒比海地區(中文版)

🍴 聖克里斯多福燉羊肉湯

聖克里斯多福國民菜，適合與家人朋友共享的細緻湯品

1. 先將切塊的羊肉川燙去血水備用
2. 取一深鍋倒入些許的油中火加熱，加入二砂，當始逐漸溶化後，開始攪拌白剎焦糖化
3. 放入羊肉塊翻炒，裹上醬色
4. 放入洋蔥丁、大蒜、青椒丁、青蔥段、辣椒、百里香、奧勒岡持續燉煮至羊肉變軟
5. 加入淹過羊肉的水量，並放入丁香、月桂葉、孜然粉中小火燉煮約2小時，如有浮渣請撈出
6. 羊肉變軟後依個人調味加入鹽與黑胡椒即可熄火享用

花絮照片

- 特色料理食譜-加勒比海地區(英文版)

🍴 "Goat Water" St.Christopher and Nevis Lamb Soup

Lamb stew is St. Christopher's popular dish. It is suitable for sharing with family and friends

1. First, blanch the cut lamb to remove its blood for later use.

2. Get a deep pot, pour some oil into it and heat it over medium heat; add in the refined golden sugar, and after it starts to melt, start stirring it until caramelized.

3. Put in the lamb cubes and stir fry until coated with sugar color.

4. Add in diced onion, garlic, diced green pepper, sectioned spring onion, chili, thyme, oregano leaves and continue to braise until the lamb becomes soft.

5. Add in the amount of water submerging the lamb, and put in cloves, bay leaves, and cumin powder; stew for about 2 hours on medium and low heat. If there is any scum, remove it.

6. After the lamb gets softened, season it with salt and black pepper according to personal preference, and then turn off the heat to enjoy.

Event photography

- 特色料理食譜-加勒比海地區(中文版)

🍴 經典聖克里斯多福鱈魚午餐

聖克里斯多福及尼維斯指標性料理，拼盤式擺盤豐富美味

此道菜將分成三個部分製作

A.燉鹹魚

1.將鱈魚乾浸泡一夜，撕成條狀

2.取一鍋滾水加入鱈魚乾煮約20分鐘使其變軟後取出瀝乾

3.取一有深度的平底鍋，熱油，加入蒜末、洋蔥丁、青蔥、甜椒，拌炒使其香味散出

4.加入蕃茄丁，中火燉煮2-3分鐘 5.放入鹹魚、奶油、鹽、胡椒攪拌後小火燉煮5分鐘，即可熄火取出備用

B.椰子餅

1.將麵粉、椰子粉、鹽巴、油、融化奶油放入大盆中，水分三次下，攪拌麵糰，直到麵團表面有亮度不沾黏

2.準備一個乾淨的檯面，並撒上些許麵粉，將麵團移至檯面揉約兩分鐘

3.取出部分麵糰整型成小圓餅，約莫掌心大小 4.取一滾水，將椰子餅放入沸水煮熟，取出備用

C.炸香蕉

1.將綠香蕉水煮後瀝乾

2. 準備熱油鍋，將拌好的香蕉逐一炸至金黃色，取出瀝油備用

3. 取一盆加入洋蔥碎、蒜碎、薑碎、鹽巴、胡椒、辣椒碎和切片香蕉，全部拌勻

最後將燉鹹魚、椰子餅和炸香蕉依序置入擺盤，便大功告成囉！

花絮照片

邦交國嘉年華美食市集

- 特色料理食譜-加勒比海地區(英文版)

🍴 Stewed Saltfish with Spicy Plantains and Coconut Dumplings

This combined cod fish dish is currently recognized as the national dish for Saint Kitts and Nevis.

This dish will be made in 3 parts

A. Stewed saltfish

1. Soak the dried cod overnight and tear it into strips
2. Put the dried cod into a pot of boiling water, cook for about 20 minutes to make it soft, and then fish it out to drain
3. Get a deep saucepan, heat the oil, add in minced garlic, diced onion, green onion, sweet pepper, and stir fry to let the sweet smell diffuse
4. Add in diced tomatoes, and simmer over medium heat for 2-3 minutes
5. Add in saltfish, butter, salt and pepper, stir and braise for 5 minutes; then turn off the heat and take it out and enjoy with bread or coconut dumplings.

B. Coconut dumplings

1. Put the flour, unsweetened ground coconut flakes, coconut flour, salt, oil, and melted butter in a large basin, and add in water 3 times separately; stir the dough until it comes together with a ball without being sticky. You may add a little bit of flower if dough is sticky.
2. Prepare a clean countertop, and sprinkle a little flour on it; move the dough to the countertop and knead it for about 2 minutes
3. Take out part of the dough and shape it into small round dumplings in about the size of your hollow palm
4. Get a pot of boiling water, put the coconut dumplings in the boiling water to cook, and then take them out for later use

C. Deep fried plantains

1. Boil the green bananas and drain them
2. Prepare a hot oil pan, and deep fry the drained plantains one by one until golden brown; take them out to drain oil and for later use
3. Get a pot, add in minced onion, minced garlic, minced ginger, salt, pepper, minced chili and sliced plantains, and mix them well

Finally, put the stewed saltfish, coconut dumplings and deep-fried plantains on the plate in order. It's all done and get ready to be served!

Event photography

- 特色料理食譜-加勒比海地區(中文版)

🍴 傳統海地甜菜根乳酪沙拉

海地甜菜根乳酪沙拉，享受美食零負擔的輕食首選

1.先將甜菜根去頭去尾清洗乾淨

2.取一深鍋倒入紅酒、紅酒醋、細砂糖、水，將甜菜根放入鍋中燉煮約1~1.5小時後，將其放涼備用

3.起一鍋熱水將切好的馬鈴薯丁和紅蘿蔔丁煮透，另將洋蔥切丁泡冰水約20分鐘，去除辛辣感

4.取一沙拉碗將所有食材拌入美乃滋和奶油乳酪，並以鹽巴、胡椒、蒜粉適量調味即完成

花絮照片

- 特色料理食譜-加勒比海地區 (英文版)

🍴 Haitian Salad with Cheese and Beetroot Dressing

Haitian Salad with Cheese and Beetroot Dressing - the first choice for a light meal with zero burden and the enjoyment of the delicacy at the same time

1. First, clean the beetroot with the head and tail trimmed off.
2. Get a deep pot and pour in red wine, red wine vinegar, castor sugar, and water; put the beetroot into the pot and stew for about 1 to 1.5 hours, and then let it rest to cool off for later use.
3. Cook thoroughly the diced potatoes and carrots in a pot of hot water, and separately soak the diced onions in ice water for about 20 minutes to get rid of the pungent flavor.
4. Get a salad bowl, mix all the ingredients into the mayonnaise and cream cheese, season them with an appropriate amount of salt, pepper, and garlic powder, and get ready to serve.

Event photography

- 特色料理食譜-加勒比海地區(中文版)

🍴 海地式辣味番茄牛肉丸

海地式辣味番茄牛肉丸，融合多元烹調技法口感創新

1.將牛絞肉、洋蔥、大蒜、百里香葉、香、麵粉、玉米粉、麵包粉、青椒碎加入盆中

2.以鹽巴胡椒調味後，加入雞蛋和些許白酒醋，將其拌勻後搓成圓球狀，以170度油溫炸熟後備用

3.取一炒鍋將蒜碎洋蔥爆香，加入蕃茄糊拌炒

4.倒入雞湯並將肉丸放入鍋中燉煮

5.加入適量鹽巴、胡椒、辣椒和辣紅椒粉調味，燉煮至入味即可起鍋

花絮照片

- 特色料理食譜-加勒比海地區(英文版)

🍴 "Boulet" Haitian Style Meatball with Hot Tomatoe Sauce

"Boulet" Haitian Style Meatball with Hot Tomato Sauce – a fusion dish incorporating diversified culinary techniques and the innovative taste

1. Add ground beef, onion, garlic, thyme leaves, spice, flour, corn flour, bread flour, and minced green pepper into the basin.

2. Season the ingredients with salt and pepper, add in eggs and a little white wine vinegar; mix them well and then knead them into a ball shape; deep fry them at the oil temperature of 170 degrees until they are thoroughly cooked and then set them aside for later use.

3. Get a frying pan, sauté the minced garlic and onion, and add in tomato paste and stir fry.

4. Pour in the chicken broth and put in the meatballs in the pot to stew 5. Add in an appropriate amount of salt, pepper, chili and spicy red pepper powder for seasoning; stew until the ingredients absorb the flavor, and then get ready to serve.

Event photography

- 特色料理食譜-加勒比海地區(中文版)

🍴 聖文森及格瑞那丁式鮮蔬燉蝦

聖文森及格瑞那丁常見料理，食材豐盛帶來滿滿能量

1.先將白蝦去頭剝殼並開背去除腸泥，拌入青醬醃製備用

2.取一湯鍋將蝦殼、洋蔥、西芹以奶油爆香後加入水燉煮約30分鐘，之後將蝦湯過濾出來備用

3.另起一鍋將蒜碎洋蔥爆香，依序加入南瓜、地瓜、秋葵、玉米拌炒後倒入蝦湯，並放入莧菜燉煮至入味後，加入椰奶

4.將醃好的蝦子油煎上色，一同放入湯中即完成

花絮照片

- 特色料理食譜-加勒比海地區(英文版)

🍴 "Callaloo" Shrimp and Vegetables Stew of Saint Vincent and Grenadines

Common cuisine of St. Vincent and the Grenadines - abundant in ingredients bringing full of energy

1. First, remove the head and shell of the white shrimp, cut the back of shrimp for deveining; mix it well into the green sauce to marinate and set it aside for later use.

2. Get a soup pot and sauté the shrimp shells, onions and celery with cream, add in water to stew for about 30 minutes, and then strain the shrimp soup for later use.

3. In a separate pot, sauté the minced garlic and onion; add in pumpkin, sweet potato, okra, and corn in sequence for stir-fry; pour in the shrimp soup and add in amaranth to stew until flavors are absorbed in; add in coconut milk.

4. Fry the marinated shrimps until coating, and put them in the soup all together to get ready to serve.

Event photography

- 特色料理食譜-加勒比海地區(中文版)

🍴 聖文森及格瑞那丁式燉雞佐金黃蔬菜飯

聖文森及格瑞那丁國民菜，燉雞搭配蔬食及白飯，每一口都有滋有味

1. 將雞肉加入蒜碎、洋蔥、鹽巴、胡椒、醬油、辣椒醃製備用
2. 取一鍋熱油加入砂糖炒至焦糖化後，放入雞肉翻拌上色
3. 放入洋蔥、蒜碎炒香並倒入雞湯以鹽巴胡椒調味，燉煮約30分鐘後取出備用
4. 另起一鍋加入洋蔥蒜碎爆香，依序放入玉米、青豆、紅蘿蔔、青椒、紅椒、黃椒與薑黃粉拌炒
5. 將白米飯加入持續拌炒，最後以鹽巴胡椒調味
6. 將燉雞腿及蔬菜飯分別擺盤即完成

花絮照片

- 特色料理食譜-加勒比海地區(英文版)

🍴 Mix Vegetables Rice with Stew Chicken of Saint Vincent and Grenadines

A national dish of Saint Vincent and Grenadines - tender chicken coupled with vegetables and rice makes every bite a taste of wonder

1. Add chicken into minced garlic, onion, salt, pepper, soy sauce, and chili to marinate and set it aside for later use.
2. Get a pot of hot oil, add in granulated sugar and stir-fry until caramelized; then add in the chicken to be evenly mixed for the coating.
3. Add in onion and minced garlic and stir fry until the aroma is wafting through the air; pour in chicken broth and season it with salt and pepper; stew for about 30 minutes, then take it out and set it aside for later use.
4. In a separate pot, add in and sauté onion and minced garlic, then in go the corn, green beans, carrots, green peppers, red peppers, yellow peppers and turmeric powder in sequence and stir fry.
5. Add in white rice and continue to stir fry; finally, season it with salt and pepper.
6. Present the stewed chicken drumsticks and mixed vegetables rice on separate plates, and voilà, it is done.

Event photography

- 特色料理食譜-加勒比海地區(中文版)

🍽 聖露西亞式青醬魚湯

暖胃聖品，營養健康又豐富飽足

1.將蒜碎、洋蔥碎用油爆香，同鍋放入南瓜、地瓜、紅蘿蔔、秋葵、玉米、青蔥、新鮮百里香拌炒

2.倒入高湯、青醬，並取適量鹽巴、胡椒調味

3.將鱸魚放入高湯中，燉煮至入味即可

花絮照片

- 特色料理食譜-加勒比海地區(英文版)

🍴 St. Lucia's Fish Broth

The holy grail for warming up your tummy – nutritious, healthy, abundant, and making you feel full and satisfied as well

1. Sauté the minced garlic and onion in oil; add pumpkin, sweet potato, carrot, okra, corn, spring onion, and fresh thyme in the same pot and stir fry.

2. Pour in the broth, green sauce, and season it with an appropriate amount of salt and pepper.

3. Put the bass into the broth and stew until it absorbs the flavor.

Event photography

- 特色料理食譜-加勒比海地區(中文版)

🍴 聖露西亞炸鱈魚餅

聖露西亞傳統菜餚，日常餐桌常見經典菜餚

1.先將鱈魚乾用熱水煮軟後瀝乾並撕成小段

2.將紅椒丁、黃椒丁、洋蔥碎、蒜碎、青蔥、香菜、咖哩粉、薑黃粉、鹽、胡椒、奧勒岡葉、百里香葉、雞蛋加入鍋中攪拌拌勻，並將其塑型成圓餅狀後冷凍

3.油炸下鍋前需先沾上麵粉，以油溫170度炸至金黃即可完成

花絮照片

邦交國嘉年華美食市集

- 特色料理食譜-加勒比海地區(英文版)

🍴 "Accra" St. Lucian Cod Fritters

"Accra" St. Lucian Cod Fritters - common classic dish on the daily dining table

1. First, boil the dried cod to make it softened in hot water, and then drain and tear it into small pieces.

2. Add diced red pepper, diced yellow pepper, minced onion, minced garlic, green onions, coriander, curry powder, turmeric powder, salt, pepper, oregano leaves, thyme leaves, and eggs into the pot, stir and mix well, shape the ingredients into round cakes and freeze them.

3. Dip them in flour before putting them into the pot, and deep fry at 170°C until golden brown.

Event photography

- 特色料理食譜-亞太地區(中文版)

🍴 帛琉蛤蜊椰奶濃湯

帛琉椰奶蛤蜊濃湯，料鮮味美香濃滋味盡情展現

1. 取一湯鍋將蛤蜊倒入，並加少量水煮開蛤蜊，再用濾網濾出蛤蜊跟蛤蜊高湯並取出蛤蜊肉備用
2. 另取小湯鍋加入少量的油、切碎的洋蔥、南瓜以及薑末拌炒
3. 同鍋倒入蛤蜊高湯，小火燉煮
4. 並倒入椰奶，並加入蔥、香茅以及適量的鹽和黑胡椒攪拌均勻
5. 當湯變濃稠，食材燉煮至軟，放入蛤蜊肉攪拌後即完成

花絮照片

- 特色料理食譜-亞太地區(英文版)

🍴 Coconut Milk Clam Chowder

The fresh ingredients with delicious, rich and scented flavors are all presented in the Palau Coconut Milk Clam Chowder

1. Get a soup pot filled with some water (the same height as clams), pour in the clams to bring to a boil and clams all open up, and then take out the clam meat and clam broth
2. Get another small soup pot adding oil, minced onion, pumpkin and ginger then stir fry
3. Pour clam broth in the same pot and braise on low heat
4. Pour in coconut milk, add in green onions and lemongrass, also an appropriate amount of salt and black pepper in the same pot, and mix it well
5. When the soup thickens and the ingredients are braised until soft, add in clam meat, then get ready to serve.

Event photography

- 特色料理食譜-亞太地區(中文版)

🍴 吐瓦魯鮪魚咖哩

吐瓦魯經典菜式,一道超級下飯的日常料理

1.先將鮪魚切適口大小、小黃瓜切圓片,另外將洋蔥、薑、辣椒、大蒜、蔥切碎備用
2.取一深鍋倒入食用油加熱,開中火加入洋蔥、大蒜拌炒約五分鐘直至呈半透明
3.轉小火後放入鮪魚,煎至魚肉表面呈白色
4.倒入適量水量,並加入椰奶、咖哩粉、薑、辣椒、小黃瓜、鹽巴
5.將所有食材蓋鍋悶煮約五分鐘即完成

花絮照片

- 特色料理食譜-亞太地區(英文版)

🍴 Tuvalu Coconut Tuna

A classic dish in Tuvalu, and the daily cuisine that goes super well with rice.

1. First, cut the tuna into the right size, cut the cucumber into round slices, and mince the onion, ginger, chili, garlic, and green onions for later use.

2. Get a deep pot, pour in cooking oil and heat it up; add in the onion and garlic on medium heat, stir fry for about 5 minutes until it becomes translucent.

3. After turning it to low heat, add in the tuna and fry until the surface of the fish becomes white.

4. Pour in an appropriate amount of water, and add in coconut milk, curry powder, ginger, chili, cucumber, and salt.

5. Simmer all the ingredients in a covered pot for about 5 minutes and then get ready to serve the dish.

Event photography

- 特色料理食譜-亞太地區(中文版)

🍴 諾魯椰奶魚

諾魯在地傳統菜式，大小宴會及家常餐桌必備佳餚

1. 將生鮮鮪魚切成適口大小，清洗後放進冷凍庫至魚肉半冰凍狀態
2. 將甜椒、青椒和洋蔥切成小塊狀放置碗裡
3. 將冰凍好的魚肉一同放入碗中，倒入椰奶、檸檬汁和適量白醋攪拌，並撒上適量的鹽調味
4. 最後再將牛奶加入，將所有食材拌勻
5. 放入冷藏靜置30分鐘醃漬入味，完成擺盤後即可享用 (諾魯當地是使用新鮮椰奶，因為在台灣食材取得不易，改以罐裝椰奶與牛奶取代)

花絮照片

- 特色料理食譜-亞太地區(英文版)

🍴 Coconut fish

"Coconut Fish" is a traditional local dish in Nauru, also it is a must-have dish for banquets and family gatherings.

1. Cut tuna into cubed pieces then chill it for a while until whitens. Do not forget to rinse and dry tuna cubes before refrigerating.
2. Cut bell pepper, green pepper, onion into small pieces then put them in a bowl.
3. Add tuna in the same bowl also pour coconut milk, lemon juice and white vinegar and season with salt.
4. Pour fresh milk and stir all ingredients.
5. Finally, leave it in a fridge for 30mins. Ready to serve.

(Note, in Nauru, people use fresh coconut milk for the dish but it is not easy to find fresh one in Taiwan, therefore, you can use Kara coconut milk and fresh milk to replace fresh coconut milk.)

Event photography

- 特色料理食譜-亞太地區(中文版)

🍴 馬紹爾珍珠甜甜圈

馬紹爾的國民美食，當正餐或點心都滿足!

1.將牛奶、水、和雞蛋攪拌均勻後加入酵母，之後加入砂糖和融化的奶油，將所有食材攪拌均勻

2.接著加入過篩的麵粉，持續翻攪麵糰，直到麵團表面有亮度不沾黏

3.準備一個乾淨的檯面，將麵團桿平至約一公分的厚度後分切出5*5的小方塊並搓圓

4.將搓圓的麵糰放置盤上並蓋上保鮮膜或乾淨的濕布，靜置30-40分鐘待其發酵膨脹約1-1.5倍大

5.發酵好的麵團桿平放上地瓜泥，並將地瓜泥捲入成內餡並進行分切塑形靜置5分鐘

6.鍋中倒入油至滾燙後將麵糰放入，麵團炸至金黃色即可起鍋完成"

花絮照片

- 特色料理食譜-亞太地區(英文版)

🍴 Marshallese Donuts

Marshallese national delicacies, it is satisfying to be served as either dinner or snack.

1. First you'll pour in milk and water into a basin, then add eggs. Whisk all ingredients afterwards put yeast, sugar and melted butter whisk again.
2. Then add flour and mix everything together until dough is formed. Should be soft and moist but not sticky.
3. Transfer the dough to a floured work surface and flat it to 1cm height then cut out to 5*5cm pieces and circle them.
4. Cover it up with wet fermented cloth or plastic wrap and leave to rise for about 30 to 40 minutes or till it's almost doubled in size.
5. Flat the donut and put sweet potato puree afterwards rub it with hands into your desired shape and size then let it rest for 5 mins
6. Deep fry in the oil pan until golden brown and it can be ready to be served.

Event photography