

文圖 | 行政院農業委員會（《豐盛與甘甜》，林如萍主編；文字經編輯部編輯調整）



## 記憶中的好味道 醃漬食物的智慧

Pickles Could Be Delicious and Digestive



過往早餐的記憶，是醬車的脆耳鈴聲。盛產的時候，各種蔬果都可能成為醃漬罐子中等待入味的美味。科學的證據告訴我們，如果妥善地控制鹽分、糖量的添加，不僅可以保存蔬果，醃漬過後的乳酸菌還有健胃整腸、有益消化系統的效果。高麗菜是臺灣民衆最常吃的青菜，但您知道有「酸高麗菜」這種古早味嗎？只要以合適方式風乾、加點鹽，高麗菜就變成了帶點酸、開胃又顧胃的好滋味。

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Carts selling pickles were part of early memories about breakfast. Overproduced fruits and vegetables are often pickled into delicacies. When properly preserved in brine or vinegar, fruits or vegetables could be relishes that help digestion. Cabbages, for instance, are widely preserved as a popular pickle that is both tasty and digestive.

