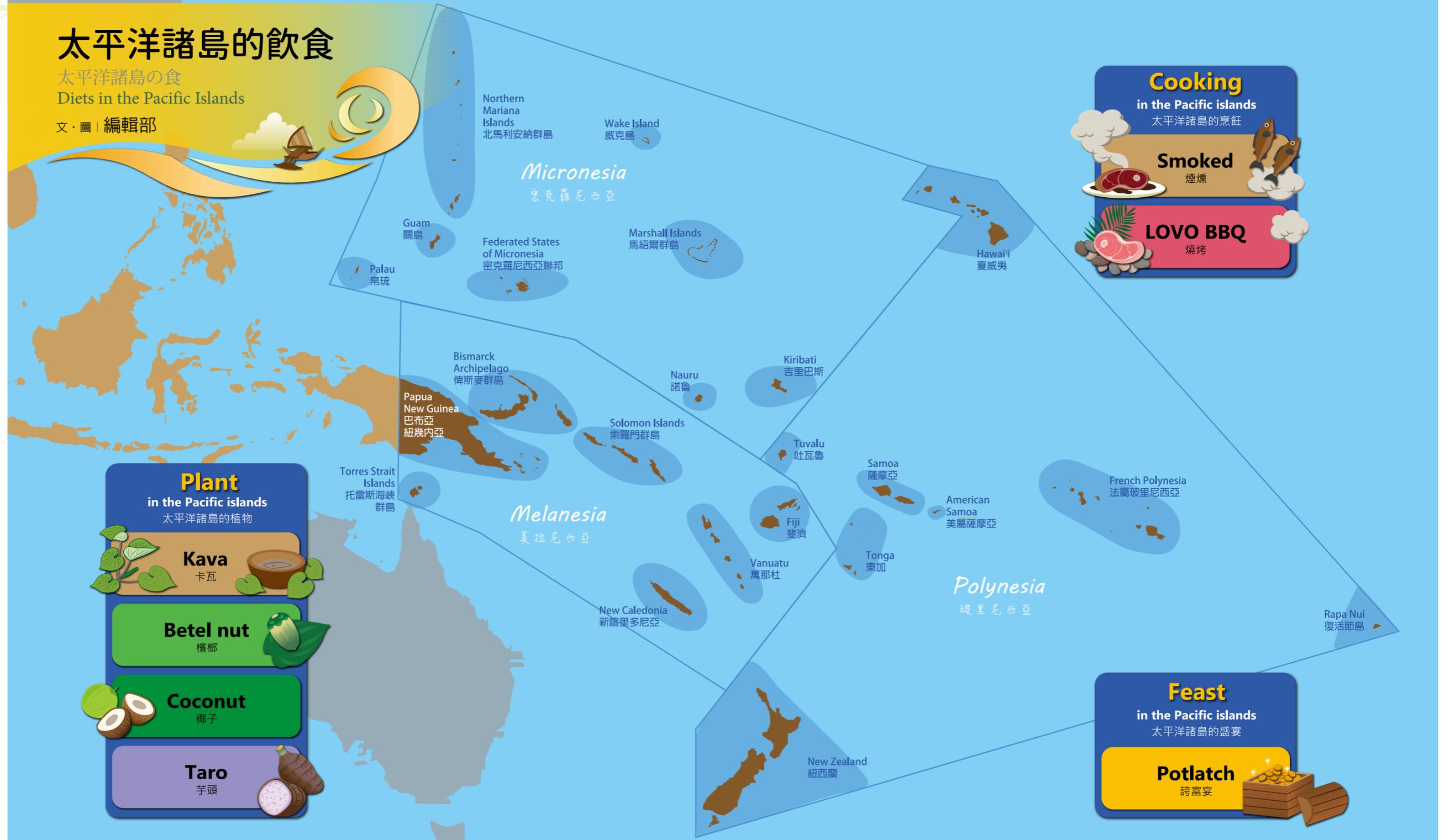


# 太平洋諸島の飲食

太平洋諸島の食  
Diets in the Pacific Islands

文・圖 | 編輯部



## Cooking

in the Pacific islands  
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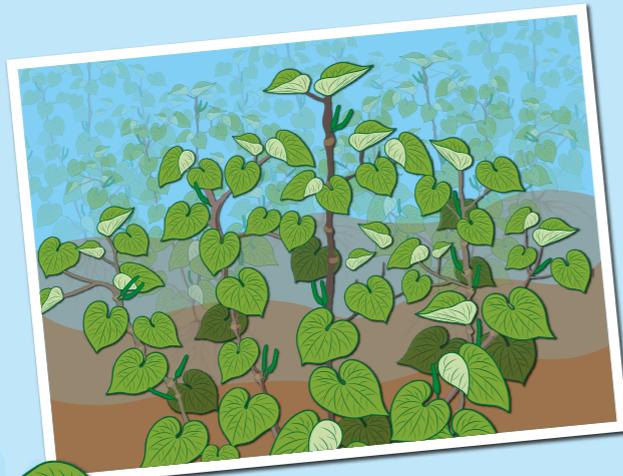
### Kava 卡瓦

Kava is mainly produced in the Western Pacific region. The vast area from Melanesia to Polynesia - Fiji, Tonga, Samoa and other places are common hobbies and are Fiji's national drink, and Vanuatu even makes a lot of money by exporting it.

卡瓦醉椒主產於西太平洋地區。從美拉尼西亞至玻里尼西亞之間廣闊的地域——斐濟、東加、薩摩亞等地均為常見的嗜好品，是斐濟的國飲，而萬那杜甚至靠出口它賺大錢。

The locals consider "kava" to be a very sacred drink, but "kava" looks like muddy water and is brown and cloudy. But "Kava" will make you relaxed and slightly drunk after drinking it, but it does not contain alcohol, so there will be no problem of alcoholism.

當地人認為「卡瓦」是非常神聖的飲料，但是它看起來像泥巴水一樣成褐色混濁狀，喝起來有一點苦，味道有一點刺鼻。不過喝完後會讓你放鬆和微醺，加上它不含酒精，所以沒有酗酒的問題。



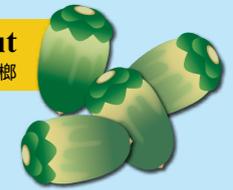
**Alcohol Free**  
不含酒精

### Betel nut 檳榔

As early as 2,000 years ago, the tradition of eating betel nut has been born and has continued to this day. It is not limited to a certain country or region. It is widely distributed in the island group from the Indian Ocean to the Pacific Ocean in Southeast Asia, and the range is roughly in line with the expansion of the Austronesian language group.

早從二千年前，嚼檳榔這項傳統就已誕生且延續至今。它並不侷限在某一國家或地區，而是廣布在東南亞印度洋至太平洋這片海島之中，範圍大致與南島語系民族的擴張地區相符。

**Betel nut**  
檳榔



**Piper betle**  
荖藤葉



**Lime**  
石灰



The most basic elements of eating betel nut are betel nut, orchard leaves, and lime. The differences in other details are different from different cultures. Betel nut is also a commodity that can be seen everywhere in Solomon, and it is also eaten in combination with Coriander leaves and lime. Unlike Taiwan, Solomon likes to eat ripe fruits.

嚼檳榔最基本的元素是檳榔果、荖藤葉與石灰，其它細節上的變異則隨著地區文化不同而有所改變。檳榔在索羅門也是隨處可見的商品，同樣是荖藤葉與石灰的組合，和台灣不一樣的是索羅門當地喜歡食用成熟的果實。



## Coconut 椰子

Coconut is a very important plant in the Austronesian languages of the three island groups of Micronesia, Melanesia and Polynesia.

椰子是密克羅尼西亞、美拉尼西亞、玻里尼西亞三大島群的南島語族非常重要的植物。

In Taiwan, coconut is mainly eaten fresh, but in Guam, the Chamorro people call the coconut tree the Mother Tree. The Chamorro people use coconut milk, coconut milk, shredded coconut and other ingredients to develop cooking techniques such as coconut milk hot and sour chicken soup, coconut milk chicken salad, and coconut milk stewed rice.

在台灣，椰子是新鮮生食為主，但是在關島，查莫洛人稱椰子樹為Mother Tree，運用椰汁、椰奶、椰絲和其它食材，發展出料理手法如椰漿酸辣雞湯、椰漿雞肉沙拉、椰漿燉飯等。

In modern times, Chamorro people combine traditional and foreign cultures to create coconut shredded bread and coconut sashimi, making the best use of coconut ingredients.

在現代，查莫洛人更是結合傳統與外來文化，創造出椰絲麵包、椰肉沙西米，把椰子的食材發揮到極致。

**Coconut sashimi**  
椰肉沙西米



**Coconut shredded bread**  
椰絲麵包



## Taro 芋頭

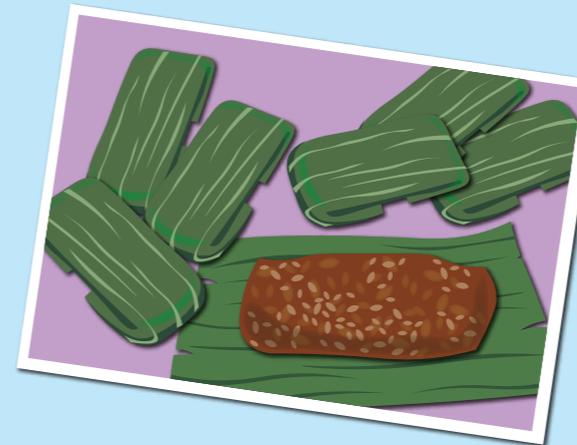
Taro is the most important staple food in Fiji and Samoa. It is usually simmered in a pot, then sliced and eaten with other dishes, and leftovers are fried the next morning as a snack. Six or seven months of mature taro, the softest leaves are called rourou, known as Fiji's spinach.

芋頭是斐濟與薩摩亞最重要的主食。通常是放在鍋中燜煮，然後切片搭配菜餚食用，吃剩的隔天早上會油炸成點心。六、七個月已成熟的芋頭，最柔軟的葉片叫做rourou，號稱斐濟的菠菜。

In addition to the staple food and dishes, taro is also wrapped in banana leaves with a sauce made from brown sugar and coconut milk to make vakalolo, which is simply taro pudding.

而芋頭除了主食跟菜餚外，也會用黑糖和椰奶調製成的醬汁一起包在芭蕉葉中，做成vakalolo，簡單講就是芋頭布丁。是用來待客的高級甜點。

**Vakalolo**  
芋頭布丁



Taro is not only the staple food for subsistence, but also the main export product of Fiji and Samoa, and an important economic pillar.

芋頭，不僅是維生的主食，也是斐濟與薩摩亞的外銷主力產品，重要的經濟支柱。



Fiji 斐濟



Samoa 薩摩亞



## Smoked 煙燻

Residents of the Pacific Islands specialize in fire-roasted and smoked meat and fish, as well as boiled and even eaten raw. The groups that migrated to the various islands brought non-native animals, such as pigs. The bacon dishes developed with the goal of meat preservation have been produced. Smoking can preserve food for a long time, and it also adds food flavor and has antibacterial functions.

太平洋島群的居民擅長火烤和煙燻肉與魚，也會用水煮，甚至生吃。移民至各島嶼的族群帶來了非本地的動物，像是豬。產生以肉品保存為目標的燻肉料理，煙燻可長久保存食物並增添風味，還能抑菌。



In Guam, smoked meat grilled with sandalwood in a sauce made with soy sauce, vinegar, salt, and pepper is a favorite delicacy of the Chamorro people in Guam.

用檀香木所烤製的煙燻肉，搭配醬油、醋、鹽、胡椒做的醬汁，是關島查莫洛人最愛的美食。



## LOVO BBQ 燒烤

In the absence of material conditions, the cooking method of barbecue has also been born in a unique way in the Austronesian language.

在物質條件缺乏下，燒烤這項料理方法在南島語族裡也誕生出獨特的方式。



In Fiji, traditional food: LOVO BBQ is definitely not to be missed.

在斐濟，傳統美食LOVO燒烤是絕對不容錯過的。



This is a barbecue method that adapts to local conditions: dig a pit, put stones in it, then set it on fire, fill it with fish, meat and other ingredients, cover it with leaves and bake for about an hour, and then serve it with Fiji's local special sauce. Let us not forget. 這是一種因地制宜的燒烤方式，挖好土坑並在其中放入石頭再點火加熱，填入魚、肉等食材再蓋上樹葉烘烤1小時左右即可，配上斐濟當地的特色醬料，令人印象深刻。

## Potlatch 誇富宴

Potlatch, also known as "Gift of Wealth Feast" and "Saifu Banquet", is an ancient folk custom in the East Pacific, from the Indians in Northwest America to Polynesia in the Southeast Pacific. The core meanings are: "give", "receive" and "reward", which have similar meanings to the Melanesian kula circle.

誇富宴亦可稱「贈財宴」、「賽富宴」，是東太平洋，從西北美洲的印地安人到東南太平洋上的玻里尼西亞都有一種古老民俗。核心意義是「贈予」、「接受」和「回贈」，與美拉尼西亞庫拉圈有相似的意義。

In a traditional society without a stable ruling class, it involves all levels of politics, economy, religion, law, etc., and is the ceremonial distribution of property and gifts to determine and redefine social status.

在沒有建立穩固統治階級的傳統社會中，它牽涉到政治、經濟、宗教、法律等所有層面，是確定和重新確定社會地位而實行對財產和禮物的禮儀性分配。

