

## 未來餐桌的期許

Expectations for Our Future Dining Table

### 案例 1：魏予瑄

Case Study 1: Wei Yu-Hsuan

往年年夜飯自評：

去年圍爐餐桌，做的最不好是減塑，由於家中過年因此採買了許多年菜回家，但這過程中卻浪費了，許多塑膠袋來包裝。而惜食也不甚理想，因我們家只有七人，卻煮了許多菜，時常沒吃完，放了幾天後便丟掉了。

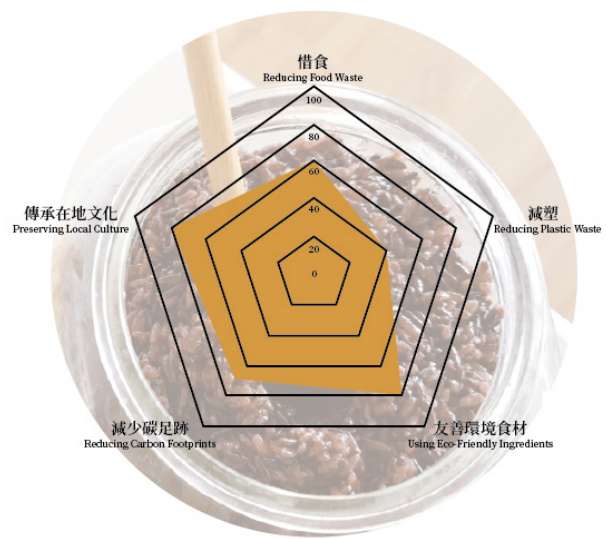
年夜飯改造行動：跟著奶奶做酒釀、傳承傳統智慧  
這次設計的年菜是甜酒釀作為年菜的甜點，古時叫「醴」，是華人傳統小吃，藉由跟著奶奶製作，更了解這個古老的發酵技法。此項年菜為自己手做，避免了许多運送包裝對環境造成的破壞。酒釀的原料為糯米加入麴菌發酵，其能促進血液循環，改善身體健康。而且一開始使用的洗米水裡中的乳酸菌，能夠用來清潔掃除，如將其用來拖地，其中的酵素能增強去污能力，取代對環境有害的清潔劑。酒釀可以在室溫保存許久，較不會產生浪費問題。因著上述的原因，使甜酒釀成為一道永續年菜。

Reviewing Past New Year's Eve Dinners:

We fared badly last year in the area of plastic reduction. We bought a lot of ready-made New Year's dishes for the festival, which were packed using an excessive number of plastic bags. Food was wasted because there were only seven of us and we cooked way more than we could eat. A lot of food ended up in the bin after a few days.

Bringing Change to New Year's Eve Dinner: Learning to Make Sweet Fermented Rice with Grandma and Passing the Torch of Traditional Wisdom

This year we designed our New Year's Eve dinner menu with a dessert made from sweet fermented rice (Tiánjiǔniàng). This traditional snack, favored by ethnic Chinese, was called "lǐ" in ancient times. Learning how to make it with my grandma, I got to know more about the ancient technique of fermentation. Since it was homemade, there was no environmental damage caused. Glutinous rice and yeast starter are the two main ingredients. This fermented food is believed to improve blood circulation and general health. The water used for rinsing the rice at the beginning can be used for cleaning and mopping floors; it serves as a powerful cleaner containing enzymes, and can replace harmful detergents. Sweet fermented rice can be kept at room temperature for up to a year, so it's less likely to be wasted. For the reasons mentioned above, I believe it's a sustainable dish for New Years.



資料來源：魏予瑄  
Source: Wei Yu-Hsuan

## 案例 2：吳昕芸

### Case Study 2: Wu Hsin-Yun

往年年夜飯自評：

以前過年我們家習慣煮火鍋圍爐，因為簡單又方便，且冬季圍著火鍋吃剛出爐熱騰騰的菜是一件很暖心又暖胃的事。

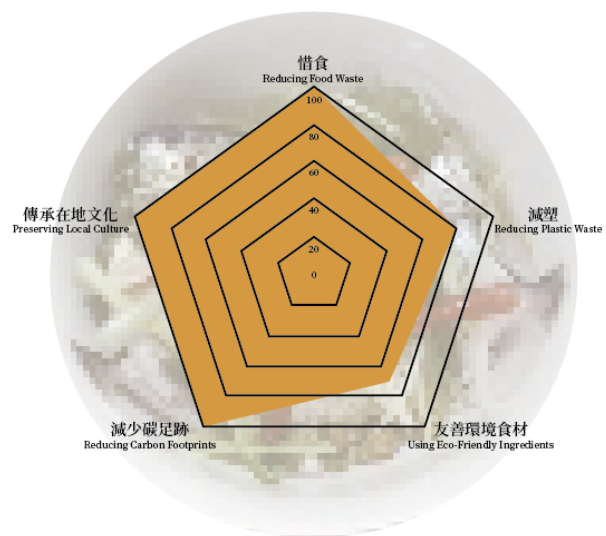
年夜飯改造行動：從自行購買食材與烹飪重新思考年節而今年則計畫改由家人一起研究每道料理，共同製作出不同以往且符合永續指標的年菜，我將製作「長年菜蛤蠣干貝香菇雞湯」、「藥膳紹興醉蝦」、「破布子清蒸菜刀魚」等三道菜，希望透過此檢視家中做菜風格是否符合永續標準，並藉此將永續概念延續下去。

Reviewing Past New Year's Eve Dinners:

My family always get together by sitting around a hot pot, because it's easy and no-fuss. On top of that, gathering around a hot pot, eating piping-hot food produces such heart-warming and stomach-warming feelings.

Bringing Change to New Year's Eve Dinner: Rethink New Years, from Shopping for Ingredients to Cooking

This year, I planned the menu with my family. Our plan was to create a different New Year's Eve dining table, with sustainable dishes. I planned to make three dishes: chicken soup with mustard leaves, clams, dried scallops and dried shitake mushrooms, herbal drunken prawns with Shaoxing wine, and steamed moonfish with berries from the birdlime tree. Hopefully we can take this opportunity to check whether or not our cooking style is sustainable and aim to continue with sustainable cooking.



資料來源：吳昕芸  
Source: Wu Hsin-Yun



## 案例 3：卓芸亦

### Case Study 3: Cho Yun-Yi

往年年夜飯自評：

以前的年夜菜都是大人煮炊，家族人口眾多的情況下，時常會煮超過份量所需的食物，故這次著重惜食，並結合傳統臺灣文化，準備足量且具象徵意義的食材，在大人的指導下，完成一桌「永續年夜飯」並學習經驗，以待過年使用。

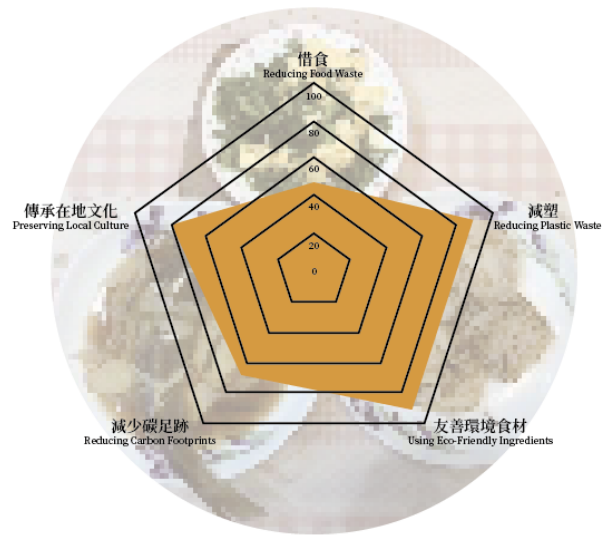
年夜飯改造行動：從自行購買食材與烹飪重新思考年節在這次的活動中，我了解在煮炊一桌餐點之前，要做到哪些準備工作，也見識到傳統市場及超市中相同食材包裝使用上的差異，若在傳統市場購買食材，自備購物袋購買，能夠減少許多塑膠包裝；在構思菜單時，重新思考過年時吃到的菜餚有何特色，也藉此了解文化的博大精深及淵遠流傳，看似無奇的食物都有它的特殊意義。

Reviewing Past New Year's Eve Dinners:

Grown-ups used to be in charge of cooking New Year's dishes. Because we are a big family, more food was cooked than was needed. So, this year, we wanted to focus on appreciating food, while bearing Taiwanese culture in mind. Under the guidance of the grown-ups, I learned to make dishes for a sustainable New Year's Eve dinner. We prepared just enough food and enjoyed a feast with significant meanings.

Bringing Change to New Year's Eve Dinner: Rethink New Years, from Shopping for Ingredients to Cooking

Through this activity, I learned about the preparations needed before the cooking can begin. In particular, I experienced the different amounts of food packaging, comparing shopping at traditional markets with supermarkets. When shopping at a traditional market, we bring our own bags, which can significantly reduce the use of plastics. When planning the menu, I rethink what's special about the so-called New Year dishes and learn more about tradition and culture. Even a normal-looking dish has its own special meaning.



資料來源：卓芸亦  
Source: Cho Yun-Yi

## 案例 4：柳薰雅

### Case Study 4: Liu Shun-Ya

往年年夜飯自評：

今年的過年，就跟過去 16 年的過年一樣，一樣的年夜飯，不變的那七樣菜，不變的坐在飯桌前一起吃飯的親戚，只是在這 16 年間，我從沒有想過這樣一個平凡的過年夜晚上，我們是否在幫助物地球些什麼。近年來越來越多人宣揚環保愛地球，要永續發展，任何形式的活動都能套用永續的原則來幫助我們的地球，而我也透過這次的作業，用往年我家的年夜飯，來檢視自己對地球做的貢獻，再思考能對明年的年夜飯做出什麼改變，設計三樣菜色，讓它變得更永續。

年夜飯改造行動:使用臺灣在地食材、減少進口食材、蔬食比例增加

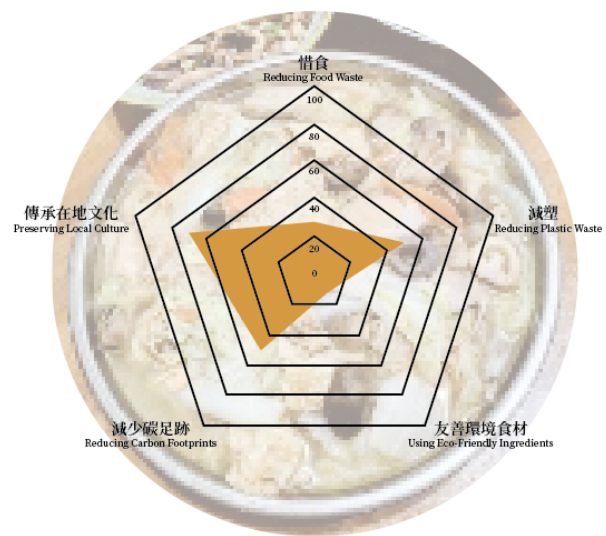
這三樣菜是平時經常出現在我家餐桌的菜，因為它們很平凡無奇，所以都不會在澎湃的年夜飯中出現，我覺得滿可惜的，畢竟它們很符合永續發展指標，而且也都很好吃，所以我希望能跟我奶奶說，把它們加入明年的年夜飯桌上，在過新年的同時，也能為地球盡一份薄薄的心意，讓我們還能有更多新年可以過。

Reviewing Past New Year's Eve Dinners:

This year, Lunar New Year was exactly the same as the last sixteen years — the same family gathering dinner, with the same seven dishes, dining with the same relatives. However, I realized I hadn't thought about what we could do for Planet Earth on this seemingly regular evening before the new year arrives. More and more people are talking about being eco-friendly, loving our planet and about sustainable development. Sustainability can be a new principle to be applied to any form of activity, to help our planet. Through this activity, I considered what contributions we make to our planet with the old dishes we serve on New Year's Eve, then I thought about what changes we can bring to the family reunion dinner next year. I came up with three sustainable dishes.

Bringing Change to New Year's Eve Dinner: Use Local Ingredients, Reduce the Amount of Imported Ingredients Used, and Increase Vegetable Consumption

The three dishes I proposed actually appear on our dining table a lot. Since they are viewed as “regular home-cooking,” somehow, they don't seem to be fit for the New Year's Eve dining table, which is a pity in my opinion. After all, they're not just tasty, but meet all the sustainable-development indicators. I will speak to my grandma and, hopefully, she'll agree to serve these dishes on New Year's Eve. This is something we can do for Planet Earth, to ensure there'll be many more new years to come.



資料來源：柳薰雅  
Source: Liu Syun-Ya