

天主教輔仁大學英國語文學系學士班畢業成果
ENGLISH DEPARTMENT, FU JEN CATHOLIC UNIVERSITY
GRADUATION PROJECT 2021

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Prof. Gretchen Lee

真善美聖

My Hometown-Taiwan & The World

學生：陳禾亞 撰

Ada, He-ya Chen

LOD Report

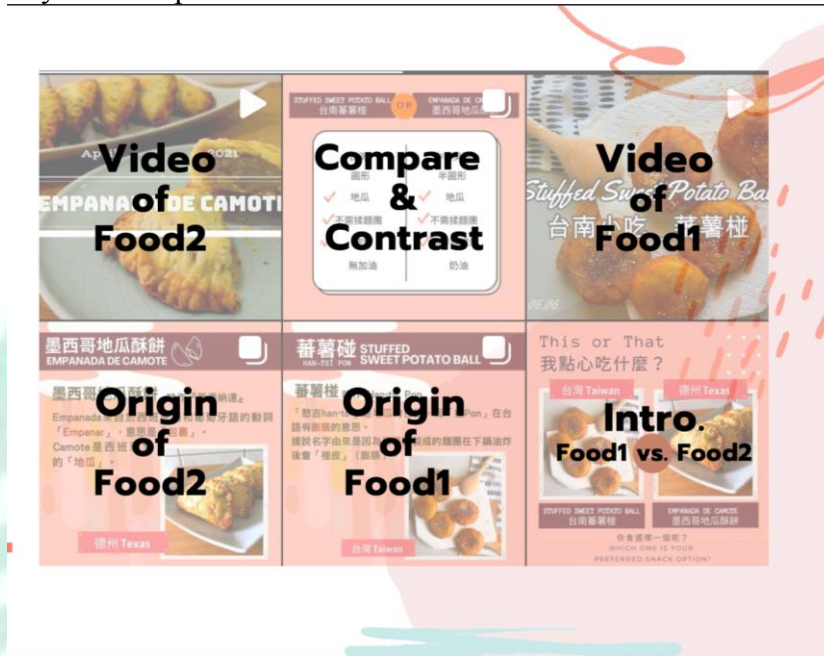
Ada Chen

- Title: 家鄉味道世界- My Hometown-Taiwan & The World
- Motivation:
 - 在德州交換一年，德州是一個充滿美墨拉丁美洲文化氣息的地方，在交換時，我發現這些來自不同文化背景的傳統食物意外地與自己所熟知的台灣小吃極度相似，不禁讓我開始好奇這些美食背後的起源。在追尋的過程中，有幸可以與不同的文化背景的人做交流，但同時也發現自己對於台灣這塊土地還有許多的不了解，希望可以藉這個機會，透過社交軟體與來自不同文化的朋友分享台灣的食物，也透過結合自己的興趣，用手做的方式讓自己更了解每道傳統小吃背後的製造過程及小巧思。
 - Last year, I had an opportunity to study in Texas, where Hispanic heritage is part of its culture. While exchanging, to my surprise, I noticed that the traditional food over there shares a lot of similarities with the food I grew up eating, which intrigues me to find out the origins and the history behind these delicacies. Cultural exchanges make me realize how little I know about Taiwanese culture. Hopefully with this project, not only could I share Taiwanese food and the cultures behind with friends from all over the world via Instagram, but I could also have a deeper understanding on the essence of my own culture by practically hand making these delicacies.
- Objectives:
 - 宣揚台灣飲食文化，讓國人及來自不同文化背景的人可以更了解台灣美食的歷史起源。
- Target audience
 - 台灣人
 - IG 使用者（來自不同文化的人）
- Languages used: 中文及英文 Both Chinese and English
- Method
 - 收集資料歷史來源、拍照取材、手作實測、使用社交軟體呈現
- AD
 - I G #, 分享
- Discription
 - Content Outline

	家鄉味 Hometown food	世界/其他文化/墨西哥拉丁美洲文化為主
早餐 -1 breakfast	蔥油餅 Green Onion pancakes	Tortilla
早餐 -2 breakfast	蛋餅 omlette pancakes	Quesadilla
點心 Snack	地瓜球/蕃薯椪	Empanada de camote

- Content:
 - 菜餚歷史起源
 - 材料的由來
 - 烹飪方式由來
 - 食譜

- Layout example



- Time Frame

3/10	與 Pf. Gretchen 第一次開會討論
3/10, 3/31	Proposal, and meeting with Pf. Gretchen
4/1-4/30	Taking Pictures, filming, and cooking
5/1-5/31	Editing videos
6/1-6/11	Creating infographics and contents
6/12- 6/19	Post + interact with the followers
6/21	Final Report

- References:

- <https://wearemitu.com/culture/food-and-drink/you-might-know-them-as-raspados-but-in-these-countries-theyre-known-as-something-else/>
- <https://www.setn.com/News.aspx?NewsID=775166>
- <https://www.locogringo.com/blog/food/history-empanada-happy-empanada-day>
- <http://www.majuraps.act.edu.au/majp - administration?a=173358>
- <https://factpedia.org/index.php?title=%E8%94%A5%E6%B2%B9%E9%A4%85&variant=zh-hant>
- <https://everylittled.com/article/92177>
- <https://sites.google.com/a/mail.clps.ntpc.edu.tw/1036100402/cong-you-bing/qi-yuan>
- <https://zhuanlan.zhihu.com/p/112599930#:~:text=%E6%9C%89%E4%BC%A0%E8%AF%B4%E8%BF%99%E8%91%B1%E6%B2%B9%E9%A5%BC,%E4%B8%BA%E2%80%9C%E6%94%AF%E5%85%AC%E9%A5%BC%E2%80%9D%E3%80%82>

- 陳玉箴，「台灣菜」的文化史—食物消費中的國家體現

- 報告 P P T :

- [Ada's Journey.pdf](#)
- 展示平台
 - Instagram:





LOD PROJECT

Ada's Journey

From Taiwan to the World

Passion for Cooking, Traveling,
and Eating

From Taiwan to the World

Taiwan Vs. Texas



OUTLINE



Introduction:

- Title
- Motivation & Objectives
- Methodology
- Time Frame



Outcome Demonstration:

- Layout
- Content:
 - Taiwanese Omelette Pancakes Vs. Quesadillas
 - Stuffed Sweet Potato Balls Vs. Empanada de Camote

FOOD DIARY



From Taiwan to The World

Hi, I'm Ada!

Title:

「家鄉味道世界」

From Taiwan to the World

Instagram: @a_da_journey

MOTIVATION & OBJECTIVES

for my project



- Exchange Student in Texas
- Hispanic heritage
- **The similarities** between traditional foods in Texas and in Taiwan
- The **origins** and the **history** behind these delicacies
- Cultural exchanges make me realize how **little** I know about Taiwanese culture.

MOTIVATION & OBJECTIVES

for my project

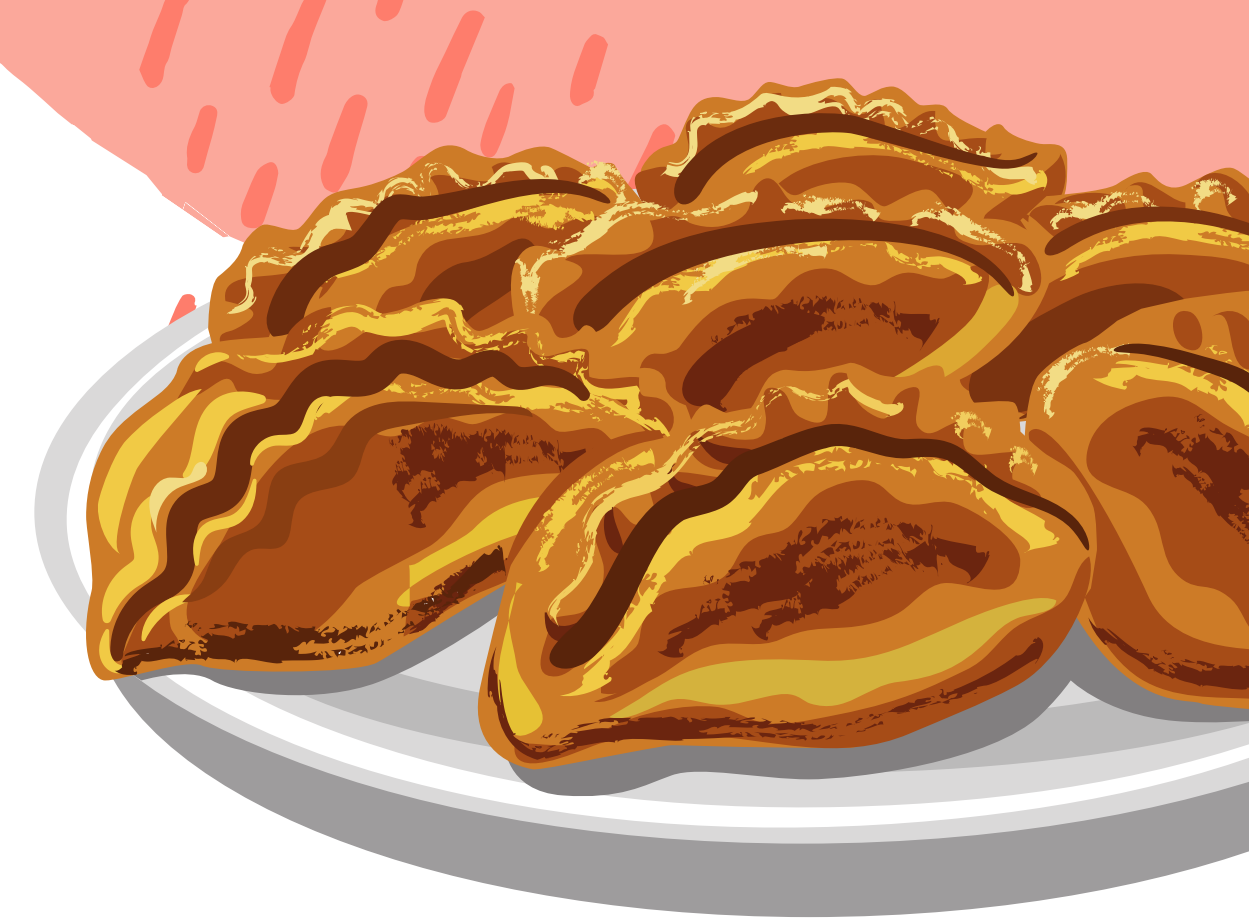


- Objectives:
 - to share **Taiwanese food** and the **cultures** behind
 - to introduce my Taiwanese friends to the food from different culture
 - to have a deeper understanding on **the essence of my own culture**

METHODOLOGY

for my project

- Method
 - **Instagrams** as the platform
 - Infographics + Cooking Tutorial Videos
 - Hand-making, filming, and video editing
 - Researching and composing
- Target Audience
 - Taiwanese Instagram users
 - Instagram Users (From different countries)
- Languages Used
 - English
 - Chinese



TIME FRAME OF EXECUTION



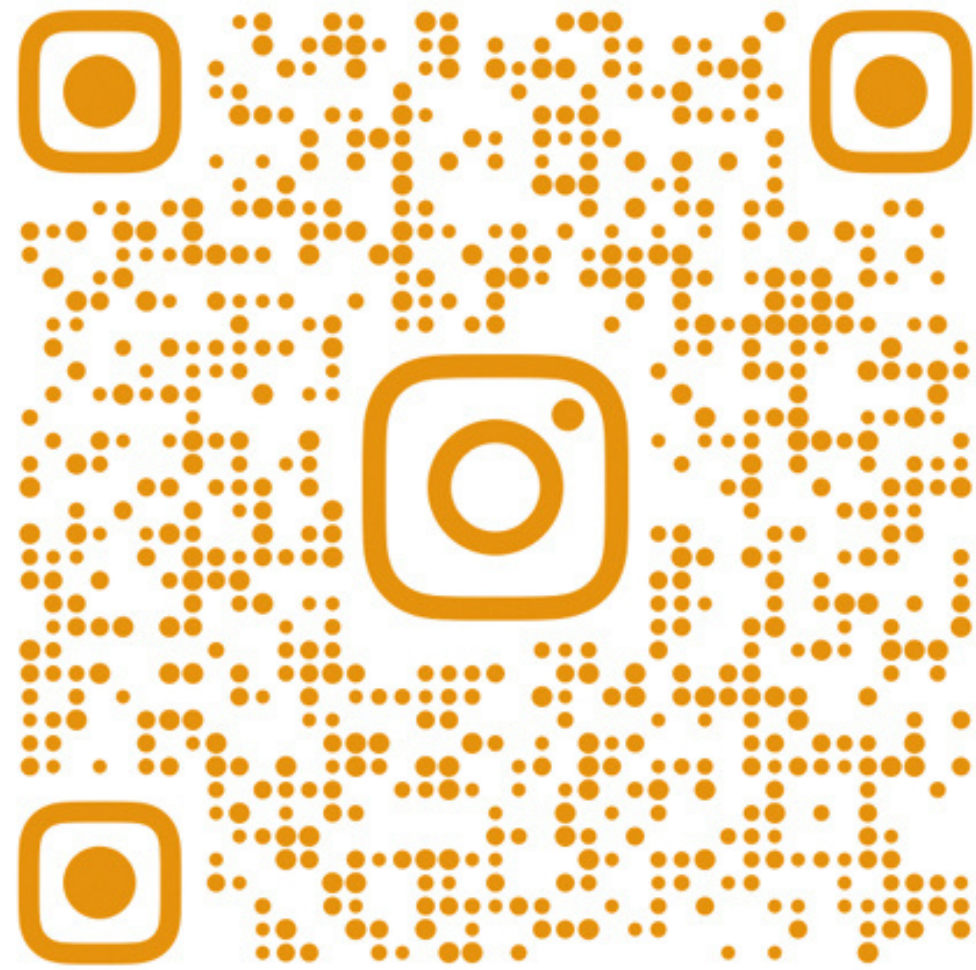
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6/21	Final Report

2.

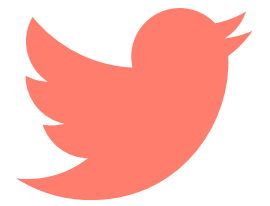
Outcome Demonstration



**Follow me on
Instagram!**



A_DA_JOURNEY



GENERAL LAYOUT

 <p>Video of Food 2</p>	<p>STUFFED SWEET POTATO BALL OR EMPANADA DE CAMOTE</p> <p>台南蕃薯椪 OR 墨西哥地瓜酥餅</p> <table border="1"><tr><td>圓形</td><td>半圓形</td></tr><tr><td>✓ 地瓜</td><td>✓ 地瓜</td></tr><tr><td>✓ 不需揉麵團</td><td>✓ 不需揉麵團</td></tr><tr><td>無加油</td><td>奶油</td></tr></table> <p>Compare & Contrast</p>	圓形	半圓形	✓ 地瓜	✓ 地瓜	✓ 不需揉麵團	✓ 不需揉麵團	無加油	奶油	 <p>Video of Food 1</p>
圓形	半圓形									
✓ 地瓜	✓ 地瓜									
✓ 不需揉麵團	✓ 不需揉麵團									
無加油	奶油									
<p>墨西哥地瓜酥餅 EMPANADA DE CAMOTE</p> <p>Origin of Food 2</p> <p>「Empanada來自於西班牙和葡萄牙語的動詞「Empanar」，意思是「包裹」。Camote是西班牙的「地瓜」。</p>  <p>德州 Texas</p>	<p>蕃薯椪 HAN-TSĪ PON STUFFED SWEET POTATO BALL</p> <p>Origin of Food 1</p> <p>「憨吉han-tsĭ」是地瓜的台語，而「Pon」在台語有膨脹的意思。據說名字由來是因為製成的麵團在下鍋油炸後會「椪皮」（膨脹）。</p>  <p>台灣 Taiwan</p>	<p>This or That 我點心吃什麼？</p> <p>Intro. Food 1 vs. Food 2</p> <table border="1"><tr><td>台灣 Taiwan</td><td>德州 Texas</td></tr><tr><td></td><td></td></tr><tr><td>STUFFED SWEET POTATO BALL 台南蕃薯椪</td><td>EMPANADA DE CAMOTE 墨西哥地瓜酥餅</td></tr></table> <p>你會選哪一個呢？ WHICH ONE IS YOUR PREFERRED SNACK OPTION?</p>	台灣 Taiwan	德州 Texas			STUFFED SWEET POTATO BALL 台南蕃薯椪	EMPANADA DE CAMOTE 墨西哥地瓜酥餅		
台灣 Taiwan	德州 Texas									
										
STUFFED SWEET POTATO BALL 台南蕃薯椪	EMPANADA DE CAMOTE 墨西哥地瓜酥餅									



Breakfast set2: Taiwanese Omelette Pancakes Vs. Quesadillas

GENERAL LAYOUT

The image displays a grid of 12 comparison cards for food items, organized into three rows and four columns. Each card compares a Taiwanese item with a Mexican one.

- Row 1: Stuffed Sweet Potato Balls vs. Empanada de Camote**
 - Card 1: Stuffed Sweet Potato Ball (台南蕃薯椪) vs. Empanada de Camote (墨西哥地瓜酥餅). Comparison table: Taiwan (圓形, 地瓜, 不需揉麵團, 油炸, 無加油) vs. Central/South America (半圓形, 地瓜, 不需揉麵團, 油炸或烘烤, 奶油).
 - Card 2: Textual comparison of the items.
 - Card 3: 'This or That' poll: 我點心吃什麼? (Which one is your preferred snack option?).
- Row 2: Quesadillas vs. Omelette Pancakes**
 - Card 4: Quesadillas de Queso (墨西哥起司餡餅) vs. Omelette Pancakes (台式蛋餅). Comparison table: Taiwan (對折 or 捲起來, 中筋麵粉+蕃薯粉+太白粉, 不需揉麵團, 油煎, 加料) vs. Mexico (對折 or 兩片疊一起, 中筋麵粉, 煎, 加料).
 - Card 5: Textual comparison of the items.
 - Card 6: 'This or That' poll: 我早餐吃什麼? (Which one is your preferred breakfast choice?).
- Row 3: Green Onion Pancakes vs. Flour Tortillas**
 - Card 7: Green Onion Pancakes (蔥油餅) vs. Handmade Tortilla (墨西哥薄餅). Comparison table: China (扁平面形, 中筋麵粉, 不需揉麵團, 油煎, 可單吃可加料), Central/South America (扁平面形, 中筋麵粉, 不需揉麵團, 煎, 可單吃可加料).
 - Card 8: Textual comparison of the items.
 - Card 9: 'This or That' poll: 我早餐吃什麼? (Which one is your preferred breakfast choice?).

Dessert: Stuffed Sweet Potato Balls Vs. Empanada de Camote

Breakfast set1: Green Onion Pancakes Vs. Flour Tortillas



DEMONSTRATION

Taiwanese Omelette Pancake Vs. Quesadillas

Breakfast Set



This or That 我早餐吃什麼？

台灣Taiwan



OMELETTE PANCAKES
台式起司蛋餅

德州Texas



QUESADILLA
墨西哥起司餡餅

OR

你會選哪一個呢？

WHICH ONE IS YOUR
D BREAKFAST CHOICE?

Intro.

Food1 vs. Food2

再來介紹兩個常見的早餐選擇！

台灣的台式起司蛋餅跟墨西哥起司餡餅！！！！

相信只要是有來過台灣的人對蛋餅都不陌生，這可是公認的國民早餐啊！

相較於前篇介紹的蔥油餅，可當早餐也可當點心，蛋餅好像真的是只會被拿來當早餐的食物，

至少我個人是這樣啦！（有把蛋餅拿來當午晚餐的人，請在下面留言告訴我一下，我想認識你XD）

這次與蛋餅相對應的墨西哥料理，我選擇了 Quesadillas 墨西哥起司餡餅！

基本上就以 Tortilla 折 或是不覺得跟

預告一下由來以及

This time I'm gonna introduce another two common breakfast options in Taiwan and Mexico/Texas respectively.

Taiwanese omelette Pancakes is a very common and popular breakfast food in Taiwan...

Personally, I consider Taiwanese Omelette pancakes only as breakfast food, Unlike green onion pancakes, which could be served as snack and breakfast (or lunch.. idk)

As for the equivalent option from Texas, I go for Quesadillas coz I also found many similarities between these two food. Quesadillas are made with a tortilla folded in half with some filling (usually cheese and other things), while Taiwanese omelette pancakes are also made with a thin round layer of "skin" folded in a roll with some fillings (ANYthing you like, not necessarily cheese). See what I mean now lol

Anyhoo, in my following posts, I will also introduce their origins and the process of making!

STAY TUNED!!!! They will be out soon lol

台式蛋餅

Taiwanese dàn bǐng

OMELETTE PANCAKES

台式蛋餅

是在台灣早餐店常見的早餐之一。

將粉類材料、鹽調成稀糊粉漿並煎成餅狀，然後將蛋汁打好後倒在餅皮上一起煎熟，有時候會加入如火腿、起司、蔬菜、鮭魚等食材，最後淋上醬油膏食用。

在調麵糊時，台灣人會加入「太白粉」及「番薯粉」讓餅皮口感更加柔嫩潤口，這樣特別的習慣是源於台灣特殊歷史背景。

因為「便利」和「簡單」，這樣製出的餅皮，相較於純麵粉調製，更適合不諳麵粉的台灣老百姓。



台灣 Taiwan

(說明欄中有更詳細內容)

Origin of
Food 1

✨ 台式蛋餅

蛋餅，是在台灣早餐店常見的早餐之一，將粉類材料、鹽（有時會加入蔥花或韭菜）調成稀糊粉漿並煎成餅狀，然後將蛋汁打好加入蔥花後倒在餅皮上一起煎熟，有時候會加入如火腿、起司、蔬菜、鮭魚等食材，最後淋上醬油、醬油膏、甜辣醬或辣椒醬等調味料食用。

在調台式蛋餅的麵糊時，台灣人會加入「太白粉」及「番薯粉」為了可以讓餅皮口感更加柔嫩潤口。這樣特別的習慣是源於台灣特殊歷史背景。

《台灣飲食革命：麵食文化與烘焙產業》的作者劉志偉先生說，1949年以後，麵食文化才隨著國民政府來台的外省老兵傳入台灣，讓原本以米食為主的台灣發展出許多獨特的「台灣麵食」，而蛋餅便是其中之一。麵食文化傳入台灣後，不諳麵粉製品的台灣人為了製造出軟呼軟呼的餅皮口感，發明了免揉配方，只要在麵粉中添加少許太白粉或番薯粉可以使餅皮口感更加柔嫩潤口。因為「便利」和「簡單」，這樣製出的餅皮，相較於純麵粉調製，更適合不諳麵粉的台灣老百姓，這也是為什麼坊間許多蛋餅皮配方皆會添加以上兩種粉的原因。

✨ Taiwanese Omelette Pancakes (Dan Bing)

Taiwanese omelette pancake is one of the most common street breakfasts in Taiwan.

The pancake is made with a light batter mixed with Tapioca flour and cornstarch. It is usually rolled up with eggs, some cheese, or anything you like tbh. (Tuna, ham, veggies are popular options). Lastly, served with some soy sauce paste on the side.

When making the batter, Taiwanese will add "tapioca flour" and "cornstarch" to make the pancake softer and

台式蛋餅

Taiwanese Dàn Bǐng

OMELETTE PANCAKES

台灣 Taiwan



Omelette Pancakes

is one of the most
common street breakfasts
in Taiwan.

Origin of
Food 1

台式蛋餅

Taiwanese Dàn Bǐng

OMELETTE PANCAKES

台灣 Taiwan



IT IS MADE WITH
A LIGHT FLOUR BATTER
MIXED WITH
Tapioca flour
&
Cornstarch

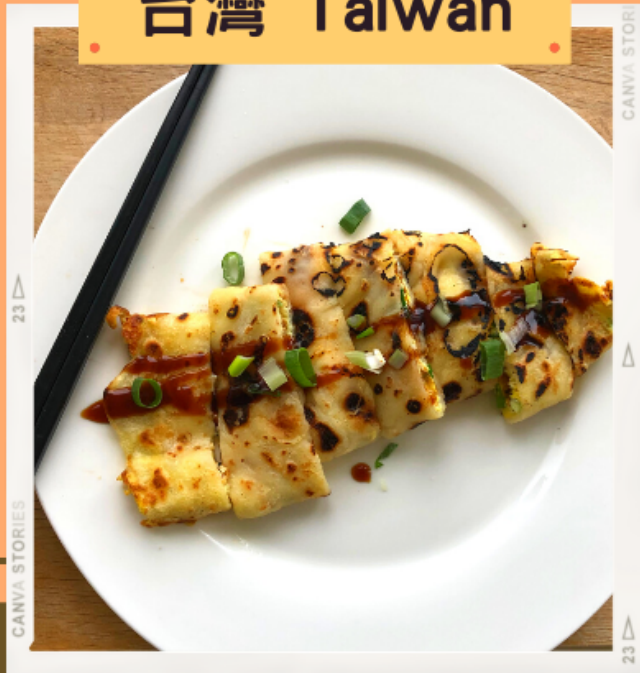
Tapioca flour & cornstarch can
make the pancake
SOFT on the inside &
CRISPY on the outside.

台式蛋餅

Taiwanese Dàn Bǐng

OMELETTE PANCAKES

台灣 Taiwan



IT IS USUALLY ROLLED UP WITH EGGS AND OTHER FILLINGS, SUCH AS CHEESE, TUNA, ETC.

This special recipe is derived from **Taiwan's special historical background.**

It was only after 1949 that the culture of eating food made of flour was introduced to Taiwan.

Origin of
Food 1

台式蛋餅

Taiwanese Dàn Bǐng

OMELETTE PANCAKES

台灣 Taiwan



Hence, the recipe was **perfect** for Taiwanese who were not familiar with working with flour because it didn't require **any kneading skills.**



Video of
Food 1

墨西哥起司餡餅 QUESADILLAS

墨西哥起司餡餅

德州Texas



通常是由麵粉或者玉米粉製薄餅（Tortilla）夾著起司烤制而成的，但墨西哥起司餡餅在不同地區有許多不同的口味及組合，甚至形式也不太一樣。

Quesadillas="Queso"起司+ "Tortillas"薄餅

Origin of
Food 2

墨西哥起司餡餅 QUESADILLAS

據說是起源於被西班牙殖民時期的墨西哥(1521-1821)。玉米薄餅為當時阿茲特克人的主食，他們會將南瓜夾在餅中加以烤製當作甜點。

而在1521年隨著西班牙人的到來，牛羊及起司等乳製品也被傳入了美洲。於是中南美洲原住民開始在他們的南瓜薄餅中加入起司。

德州Texas



墨西哥起司餡餅 QUESADILLAS

就這樣，**墨西哥起司餡餅**誕生了。
多年以來，經過多種文化的融合改良，現在的墨西哥起司餡餅已改變許多，也增加了許多口味及樣式。



德州Texas

墨西哥起司餡餅 QUESADILLAS

德州Texas



"Queso" (Cheese)
+
"Tortillas"

It is usually made of **FLOUR** or **CORN TORTILLAS** sandwiched with cheese, but quesadilla has many **variations** depending on the regions.

Origin of
Food 2

墨西哥起司餡餅 QUESADILLAS

Quesadilla is said to have originated in
North and Central Mexico
during the **Spanish Colonial Period**
(**1521-1821**).



德州Texas

墨西哥起司餡餅 QUESADILLAS

Corn tortillas were the staple food of the Aztecs at that time.

They would sandwich pumpkins in a tortilla and bake it as desserts.

德州Texas



Origin of
Food 2

墨西哥起司餡餅 QUESADILLAS

In 1521, with the arrival of the Spanish settlers, dairy products such as cattle, sheep and CHEESE were introduced into the Americas.

So the indigenous people started adding cheese to their “pumpkin-filled tortilla”.

德州Texas



墨西哥起司餡餅 QUESADILLAS

Over the years,
through the **integration** and
improvement of multiple cultures,
the current quesadilla has
changed a lot,
and many flavors and styles have
been developed.



Video of
Food 2

台式蛋餅
OMELETTE PANCAKES

OR

墨西哥起司餡餅
QUESADILLAS

台灣

✓ 對折
or
捲起來

✓ 中筋麵粉+
蕃薯粉+太白粉

不需揉麵團

油煎

✓ 加料
(蛋、九層塔、蔬菜、起司)

墨西哥

✓ 對折
or
兩片疊一起

✓ 中筋麵粉

需揉麵團

乾煎

✓ 加料
(通常會有起司)

台式蛋餅
OMELETTE PANCAKES

OR

墨西哥起司餡餅
QUESADILLAS

Taiwan

✓ Folded
or
Rolled

✓ Flour+Tapioca
flour+cornstarch

No Kneading

Fry with Oil

✓ with Fillings
(egg,basil,veggies,cheese)

Mexico

✓ Folded 1 tortilla
or
layered two tortillas

✓ Flour

Need to Knead

Fry without

✓ with Fillings
(Usually cheese)

Compare
& Contrast

DEMONSTRATION

**Stuffed Sweet Potato Ball vs.
Empanada de Camote**

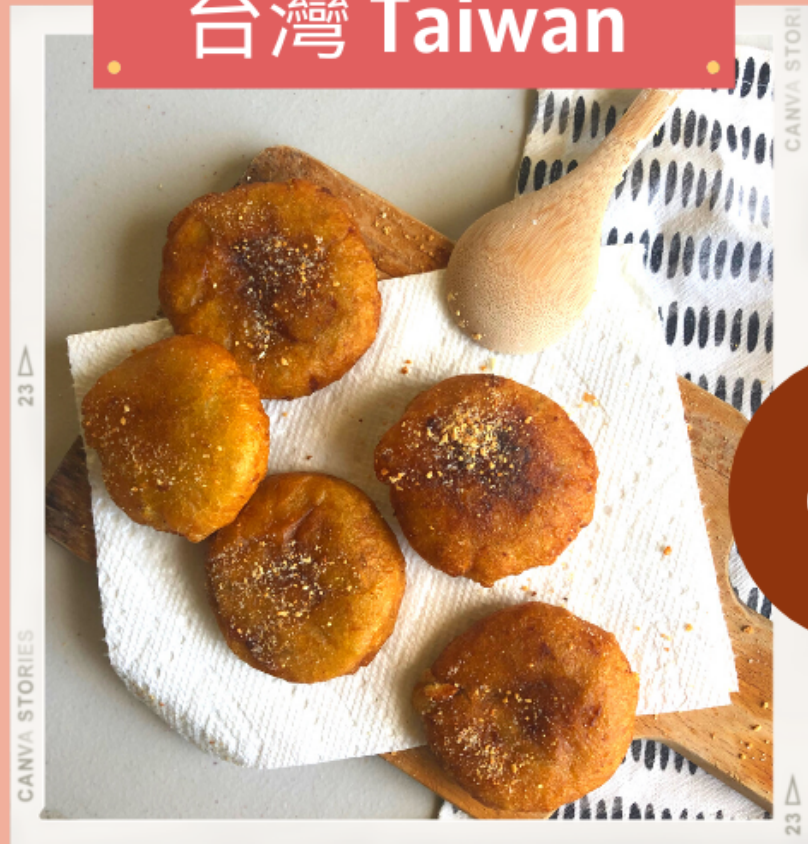
Dessert Set



This or That 我點心吃什麼？



台灣 Taiwan



STUFFED SWEET POTATO BALL
台南蕃薯椪

德州 Texas



EMPANADA DE CAMOTE
墨西哥地瓜酥餅

OR

你會選哪一個呢？
WHICH ONE IS YOUR
PREFERRED SNACK OPTION?

Intro.
Food1 vs. Food2

🎉 蕃薯椪 VS. 墨西哥地瓜酥餅 🎉
Stuffed Sweet potato Balls VS. Empanada de Camote

正餐介紹完，總該吃個甜點吧～
這次我選了同樣以「地瓜」為主角的兩樣甜點！！
一個是台南的蕃薯椪
另一個是墨西哥的地瓜酥餅

這兩個同是以地瓜為材料的甜點
彼此有什麼共通點呢？

「地瓜」的歷史背景是什麼呢？
台灣跟中南美洲對地瓜的重視程度一樣嗎？吃地瓜的方式有何相同及不同之處呢？
以及它對台灣及美洲的影響為何？

讓我們繼續看下去！！

After eating so many savory food, it is time for a dessert!!

Stuffed Sweet potato Balls from Tw and Empanada de Camote (meaning 'sweet potato empanada') from Mexico are the foods I am going to introduce next!
They are both sweet snack made from sweet potato.
So "Sweet potato" will be the theme this time !!

Questions waiting for being answered:
What is the origin of Sweet Potato?
What is the significance of Sweet Potato to the history of Taiwan?
What are the influence sweet potatoes have brought to both Taiwan and Latin America?

So Stay tuned!!

蕃薯碰 STUFFED SWEET POTATO BALL

HAN-TSÎ PON

蕃薯椪 唸作 Han-tsî Pon

「憨吉han-tsî」是地瓜的台語，而「椪Pon」在台語有膨脹的意思。

據說名字由來是因為用蕃薯製成的麵團在下鍋油炸後會「椪皮」（膨脹）。



台灣 Taiwan

Origin of
Food 1

蕃薯碰 STUFFED SWEET POTATO BALL

HAN-TSÎ PON

It is a traditional **Tainan** dessert, also known and pronounced as **Han-tsî Pon**.

In Taiwanese

"Han-tsî" = Sweet potatoes

"Pon" = "Expand"

When being deep-fried, the dough made of sweet potatoes will "PUFF UP".



台灣 Taiwan

蕃薯碰

HAN-TSÎ PON

STUFFED SWEET POTATO BALL

蕃薯椪確切由來不可考，只知道台南有名的蕃薯椪店家都有五、六十年的歷史，剛好符合台灣人從清末、日治到1950年代以來已蕃薯為主食的習慣。



Origin of
Food 1

蕃薯碰

HAN-TSÎ PON

STUFFED SWEET POTATO BALL

Its exact origin cannot be tracked. However, the famous sweet potato stalls in Tainan all have existed for 50 to 60 years.



Around 1950s, it was the time when the Taiwanese had the sweet potatoes along with some grains as a **STAPLE FOOD.**

蕃薯碰

HAN-TSÎ PON

STUFFED SWEET POTATO BALL

蕃薯的普及讓當時的許多日常食物都可以看到它的蹤跡，不管是以地瓜實體的形式還是被精製成粉的樣子。

蕃薯碰就是個很好的例子，它便是由蒸熟的番薯混入蕃薯粉及糯米粉的麵糰做成。



Origin of
Food 1

蕃薯碰

HAN-TSÎ PON

STUFFED SWEET POTATO BALL

THE COMMONNESS OF SWEET POTATO made it possible to see its traces in many daily foods at that time, whether in the form of sweet potatoes or refined powder.

EX: Han-tsi Pon

Stuffed Sweet Potato Ball



SWEET POTATO
mixed with
SWEET POTATO FLOUR
& glutinous rice flour



Video of
Food 1

墨西哥地瓜酥餅

EMPANADA DE CAMOTE



墨西哥地瓜酥餅 唸作『恩潘納達』

Empanada來自於西班牙語和葡萄牙語的動詞「Empanar」，意思是「包裹」。

Camote是西班牙文的「地瓜」。



德州 Texas

Origin of
Food 2

墨西哥地瓜酥餅

EMPANADA DE CAMOTE



"empanar", Spanish (V.)
- 'to wrap or coat in bread.'

Spanish(n.)
- 'Sweet Potato'



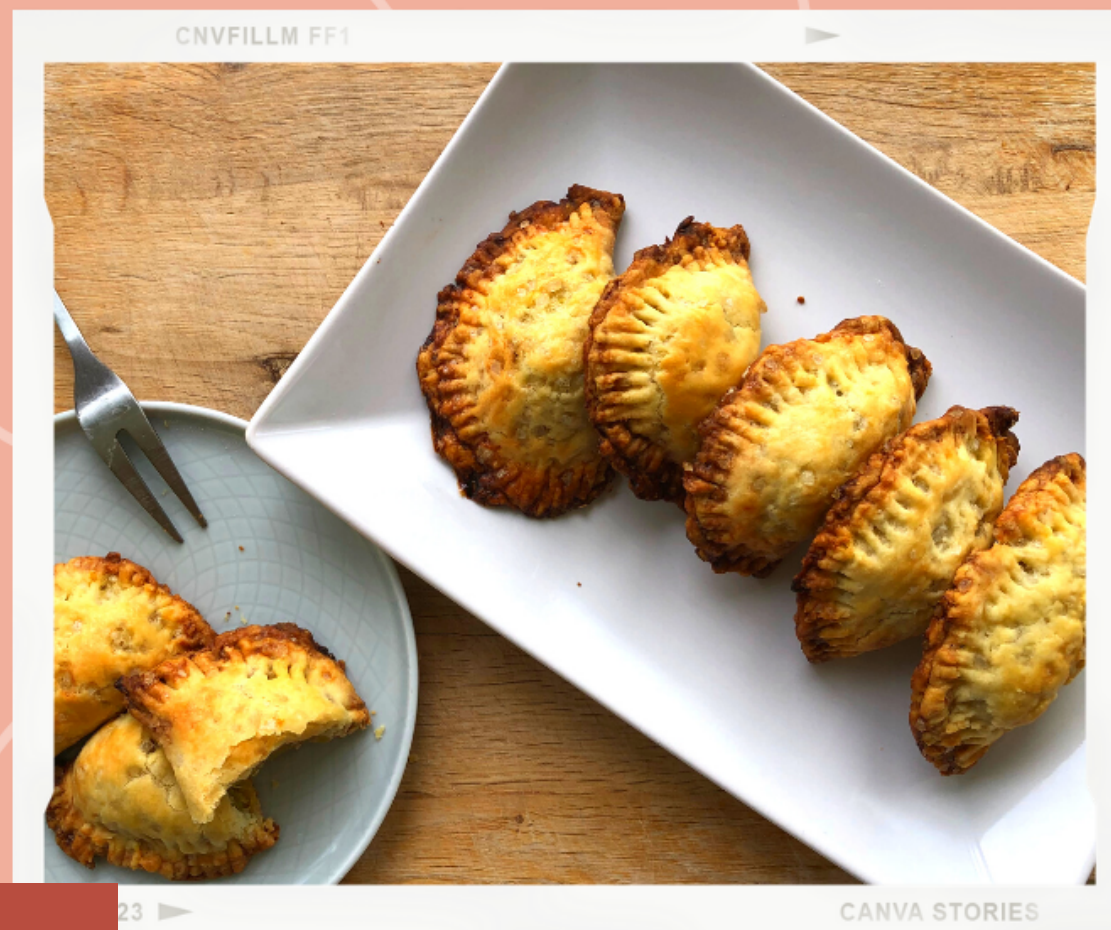
德州 Texas

墨西哥地瓜酥餅

EMPANADA DE CAMOTE



Empanda酥餅的形狀為半圓形或半月形，其實做法跟「派 (Pie)」差不多，據說是為了方便工人攜帶及食用才將其作成半圓形的小塊狀。



墨西哥地瓜酥餅

EMPANADA DE CAMOTE



It is prepared similarly to a large pie which is cut in pieces, making it a portable and hearty meal for working people.



墨西哥地瓜酥餅

EMPANADA DE CAMOTE



據說最早的Empanada可追溯至西元前100年的波斯，再來的證據便是在中世紀北非穆斯林摩爾人入侵時，將這種對折的酥餅傳入西班牙以及葡萄牙。

西班牙

北非

Origin of
Food 2

墨西哥地瓜酥餅

EMPANADA DE CAMOTE



The first reference of empanada is said to be found in **Persia** back in **100 B.C.**, while the second one was the Moors invasion from Africa where they shared this folded pastry with both **Spain** and **Portugal**.

Spain

North Africa

墨西哥地瓜酥餅

EMPANADA DE CAMOTE



在16世紀西班牙人登陸美洲新大陸時，才將 empanada 傳入美洲，給當時美洲原住民阿茲特克及馬雅人。

Origin of
Food 2

墨西哥地瓜酥餅

EMPANADA DE CAMOTE



With the arrival of Spanish colonists in the 16th century, empanada recipe was shared with the Aztecs and Maya.

墨西哥地瓜酥餅

EMPANADA DE CAMOTE



剛傳入美洲時，Empanada還沒有那麼多變化，主要是以玉米粉製的麵團包入用地瓜或南瓜做成的甜餡料，再下鍋油炸製成。

而一直到今日，這種酥餅在拉丁美洲及歐洲仍非常流行，也根據不同地區的發展，變化出各種不同的製作方法和食用習慣。



Origin of
Food 2

墨西哥地瓜酥餅

EMPANADA DE CAMOTE



Empanadas in Latin America at first didn't have that many variations.

All empanadas were made of corn dough, deep fried and stuffed with sweet fillings like pumpkin or sweet potato.





Video of
Food 2

STUFFED SWEET POTATO BALL
台南蕃薯椪

OR

EMPANADA DE CAMOTE
墨西哥地瓜酥餅

台灣

圓形

✓ 地瓜

✓ 不需揉麵團

✓ 油炸

無加油

中南美洲

半圓形

✓ 地瓜

✓ 不需揉麵團

✓ 油炸或烘烤

奶油

STUFFED SWEET POTATO BALL
台南蕃薯椪

OR

EMPANADA DE CAMOTE
墨西哥地瓜酥餅

Taiwan

Circular

✓ Sweet Potato

✓ No kneading

✓ Fry

No oil added

Latin America

Semicircular

✓ Sweet Potato

✓ No kneading

✓ Fry or Bake

Butter

Compare
& Contrast

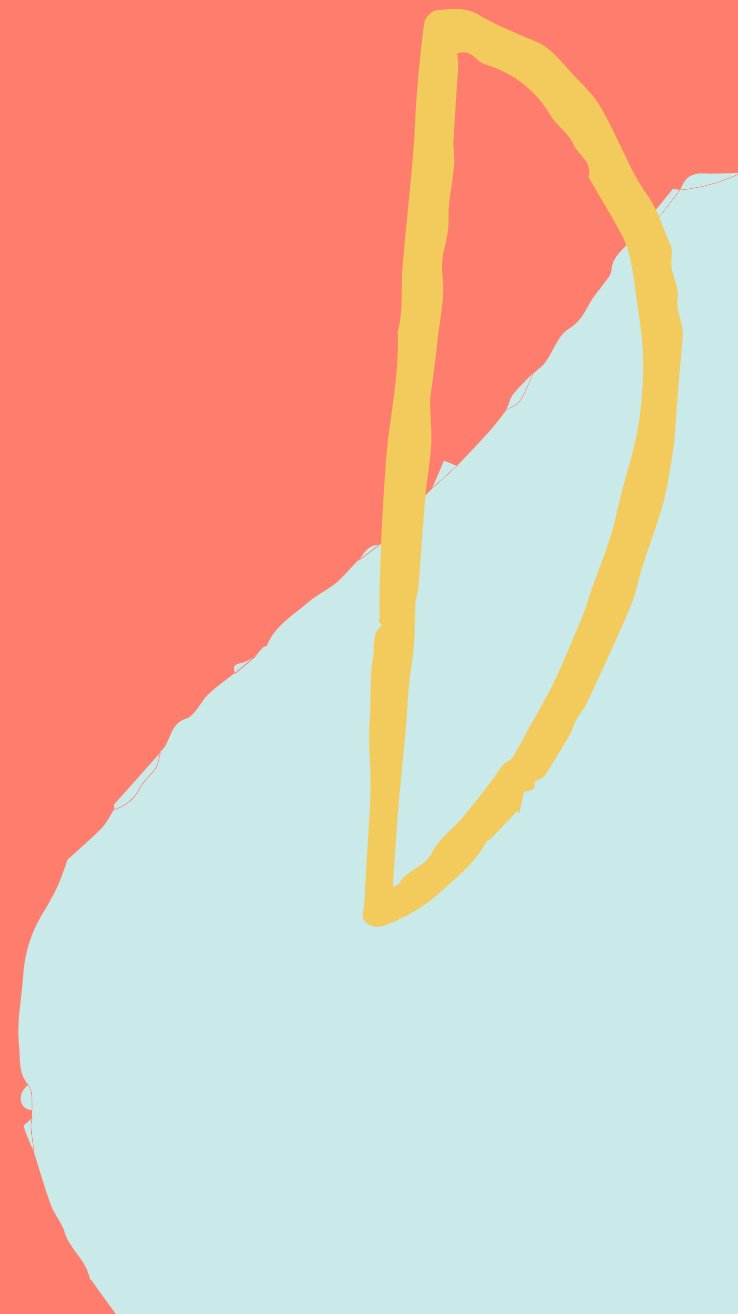
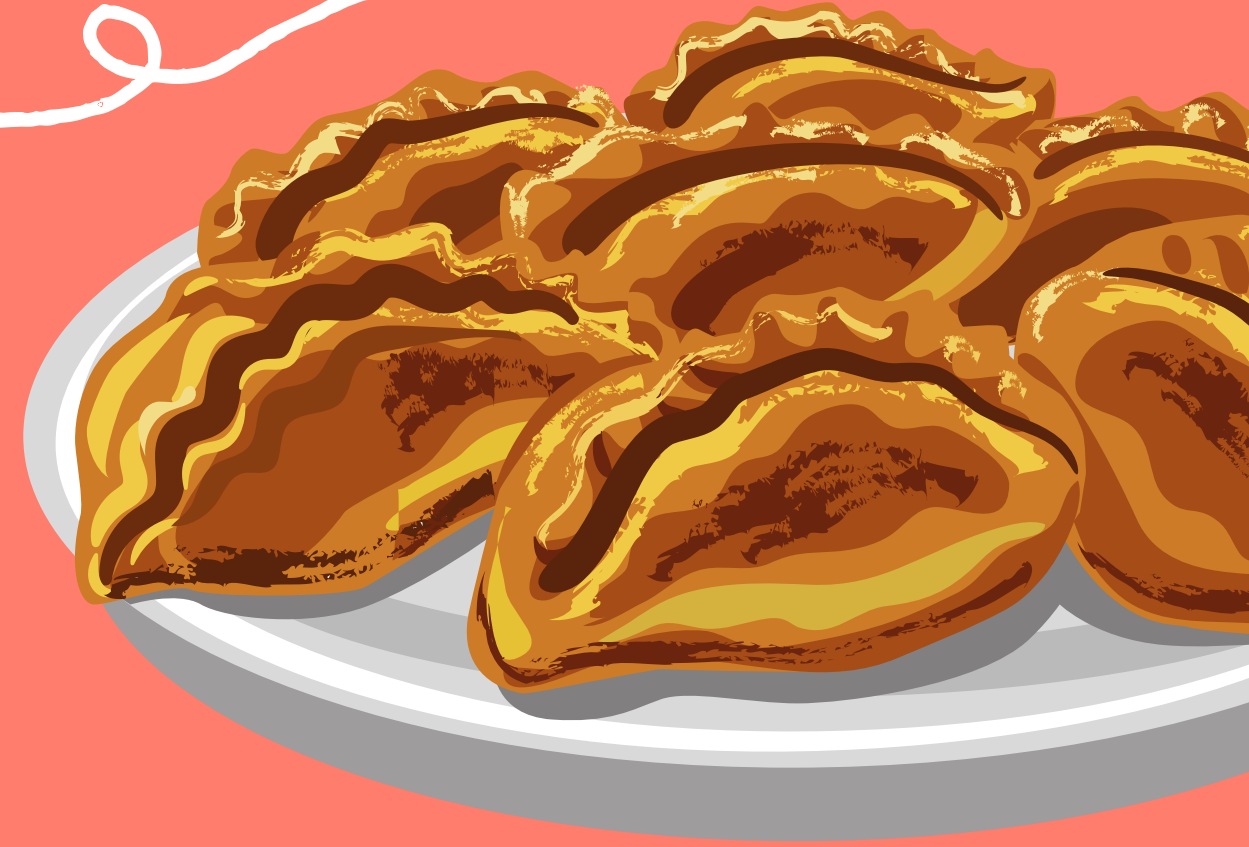


REFLECTION ON THE PROJECT

- EFFORT, TIME, AND MONEY
- DEEPER UNDERSTANDING ON MY CULTURE
- IMPROVED SKILLS: WRITING, TRANSLATING, EDITING, ETC.
- PROUD OF MYSELF
- CONTINUE TO POST!
- FOLLOW ME IF YOU ARE INTERESTED!



ANY QUESTION?



THANK YOU!

SEE YOU NEXT TIME!

