

作家的 家傳菜譜

灶下的熱氣，曾是童年最溫暖的風景；
陪我們長大的菜，如今盛裝字裡行間。

當熟悉的香味飄起，
未來的作家將沿著時光筆跡，回到當年那張餐桌……

Linda Lau Anusasananan × 吳鳴 × 張西

Saving...

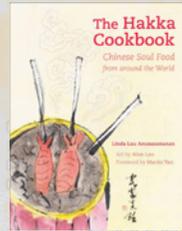


存入，作家的家傳菜譜 - Linda Lau Anusasananan

【My Hakka Savior】

從美國加州沿岸到原鄉梅縣，華裔客家人 Linda Lau Anusasananan（琳達·劉·安努薩薩納恩）跨越大洋，沿著客家味緒，展開追尋身分認同的旅程。

「劉玉珍」是她的華文名字，作為美食雜誌編輯，她穿梭各國，蒐集散落世界的客家食譜與移民故事，也喚起自己記憶裡的滋味，而她最難忘的——是那個帶領家庭與餐廳挺過困境、重獲力量的嬌小背影。這位家族的守護者，究竟是誰呢？



劉玉珍

美國客家人，外祖父母與父親都是來自廣東的客家人。兒時全家在加州天堂小鎮中經營中式餐廳。成年後，劉玉珍在《日落》(Sunset) 雜誌擔任美食作家與食譜編輯長達 34 年，也成為許多食譜書的顧問。1987 年，她發表《From China's Kitchens to Ours.》，是美國雜誌首篇報導中國家庭料理的專題文章。曾任舊金山分會「艾斯科菲耶女士協會」(Les Dames D'Escoffier) 與「美國中餐教師協會」(Association of Chinese Cooking Teachers) 主席。

獲獎經歷

2013 年《The Hakka Cookbook: Chinese Soul Food from around the World》榮獲「世界最佳中餐食譜書」殊榮，由國際美食圖書獎 (Gourmand World Cookbook Awards) 頒發。

這本書曾入選《瑪莎生活雜誌》(Martha Stewart Living)、《Saveur 美食雜誌》、美聯社 (Associated Press)、《多倫多環球郵報》(Toronto Globe and Mail) 與 KCRW 電臺《好食》(Good Food) 等節目與媒體的「2012 年度最佳食譜書」。

食譜作品

《The Hakka Cookbook: Chinese Soul Food from around the World》於 2012 年出版。以兒時對祖母家常菜的記憶為起點，透過田野調查與訪談，走訪世界各地如臺灣、美國、秘魯、馬來西亞、新加坡、牙買加、印度與加拿大等地搜集客家料理的食譜與風味。

由客家委員會客家文化發展中心與黃宣衛教授合作執行翻譯計畫，並於 2024 年出版華文版《華人靈魂料理—流傳全球的客家食譜》。



【 My Hakka Savior 】

邀稿 | Linda Lau Anusasananan

Both sides of my family are Hakka. This likely resulted through arranged marriages. My maternal grandfather, Koo Chong came to America in 1881, just one year before the passage of the Chinese Exclusion Act. He came from a small village in Guangdong province. He found work in San Francisco and Sacramento as a merchant.

我的父母雙方都是客家人，他們很可能是透過媒妁之言而成的姻緣。我的外公古松在 1881 年來美國，就在《排華法案》通過的前一年。他來自廣東的一個小村莊，先後在舊金山和沙加緬度從事商業工作。

Thirty eight years after his arrival, he went back home to find a wife. Au Shee came from a nearby village. Both were Hakka and spoke the same dialect. They would be a perfect match. They married in Hong Kong and sailed to America in 1921. Because my grandfather registered as a merchant, a class excluded from the exclusion act, he was allowed to reenter the United States with his wife.

我的外公在來了美國 38 年後，回到中國尋找妻子。歐氏來自附近的村莊，兩人皆為客家人，說相同的語言，被視為天作之合。他們在香港結婚，並於 1921 年搭船前往美國。由於我的外公以商人身分登記，而商人是排華法案中豁免的身分之一，因此他能夠攜妻子合法返美。

They settled in Sacramento, California, where he worked at the Lincoln Market as a bookkeeper. About a year later, my mother, Lillian arrived. A sister and brother followed.

他們在加州的沙加緬度定居，外公在林肯市場擔任簿記員。一年後，我的母親莉蓮出生，接著又生了一個妹妹跟弟弟。

The family moved to Stockton. As owners of a cigar store and restaurant, they became part of the entrepreneur class of the Chinese American society.

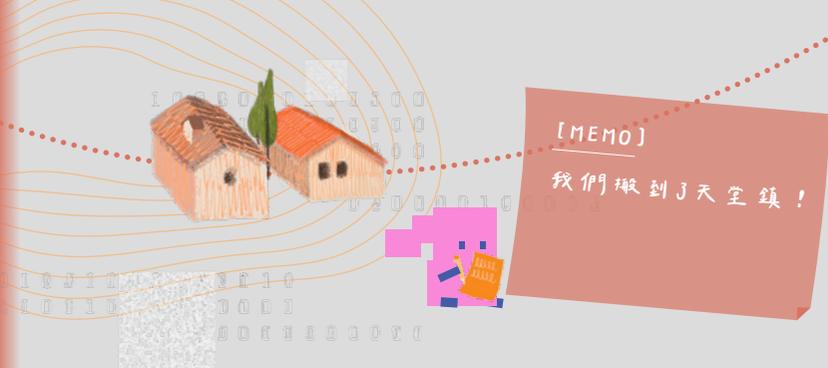
之後，全家搬到史塔克頓（Stockton），經營雪茄店與餐館，成為華裔美人社群中的企業經營者。

When my father, Harry Chong Lau, was just ten, he left his home in Guangdong to work for an uncle in Hong Kong. Later, he worked on a ship that sailed to Hong Kong and the United States. On his last trip, he jumped ship at San Pedro, California and found work as a farmhand in the Sacramento area.

我的父親亨利十歲的時候就離開廣東的家，到香港為舅舅工作，後來又在一艘往返香港與美國的船上任職。在他最後一次的航行時，他在加州聖佩德羅（San Pedro）跳船逃走，輾轉在沙加緬度附近的農場工作。

During World War II, my father served as a cook and mess sergeant in the army. In 1944, he gained American citizenship through his military service. That was just one year after the passage of the Magnuson Act, which allowed foreign-Chinese to become naturalized citizens and repealed the 61-year-old Chinese Exclusion Act.

二戰期間，我的父親在軍中擔任廚師與伙房軍士。1944 年，他因服役取得美國公民的身分。這是在《麥諾森法案》通過一年之後，該法案允許外國出生的華人入籍，並廢除了長達 61 年的《排華法案》。



[MEMO]
我們搬到了天堂鎮！

I'm not sure how my parents met. According to my mother, she was studying at the University of Pacific and dating another man when her parents introduced my father as a possible husband. My father's family came from a village a short bike ride from my grandmother's village in Guangdong. To my mother's parents, my father's greatest asset was being Hakka. He spoke the same language and he worked hard. In 1946, my mother acquiesced to her parent's choice and married my father. I was born a year later, followed by Alan in 1948, and Eugene in 1963.

我不太確定我的父母是如何認識的，據我母親說，當時她正在太平洋大學念書，並與另外一名男子交往，後來父母介紹了我的父親作為可能的結婚對象。父親的家鄉與外婆所在的村莊相隔不遠，只需騎單車便可抵達。對我母親的雙親而言，我父親的最大優點就是他是客家人，說著同樣的語言且工作勤奮。於是 1946 年，我的母親順從父母的安排，嫁給我的父親。一年後我出生，弟弟艾倫於 1948 年出生，然後是 1963 年出生的尤金。

My father worked in a Chinese restaurant in Oroville, about 100 miles north of Stockton. When the owner sold the property, customers from Paradise, a small town about 20 miles north, coaxed my father to open a Chinese restaurant in their town. Because there were no other Chinese restaurants in Paradise, my father reasoned with no competition he had a better chance for success. So in 1949, my family moved to Paradise. We were the first and only Chinese family in town.

我父親在奧羅維爾 (Oroville) 的一家中餐館工作，距離史塔克頓以北約 100 英里。餐館老闆賣掉餐廳後，來自北部約 20 英里處天堂鎮 (Paradise) 的小鎮居民勸我父親到他們鎮上開設中餐館。由於當地沒有中餐館，無競爭對象，故我父親評估後認為成功機率大。所以在 1949 年，我們全家搬到天堂鎮，成為鎮上第一個也是唯一的華人家庭。

In 1950, my father petitioned the Chamber of Commerce to open his Chinese restaurant. Opposition greeted him. Only after his white

friends vouched for him, did they allow him to open his business.

In 1950, in spite of bomb threats, my father opened the Pagoda in Paradise.

1950 年，我的父親向商會申請開設中餐館，但遭到反對。後來在幾位白人朋友的擔保下，商會才允許他開業。即使在炸彈的威脅下，我的父親還是在 1950 年毅然開張了「天堂寶塔餐館」(The Pagoda in Paradise)。

When the restaurant opened, I was only three and my Alan was two. My mother knew no one. She didn't drive. My father didn't allow her to work in the restaurant. My father spent all his time working at the restaurant. We lived in a commercial area where few families with kids

lived. We felt like outsiders, alone. Road construction and lingering racist attitudes hindered business success.

當餐館開張時，我才三歲，弟弟艾倫兩歲。我的母親不認識任何人，也不會開車。我父親不准她在餐館工作，我父親將全部時間投入工作。我們住在周遭幾乎沒其他有小孩家庭的商業區，也因此讓我們顯得孤單且格格不入。加上道路施工與社會上揮之不去的種族歧視，生意始終不見起色。

Soon Popo, my maternal grandmother (we called her Popo), came to live with us. She brought moral support for my mother and help for the restaurant's struggling business.

很快的，我的外婆（我稱她為「婆婆」），搬來與我們同住。她成了母親的精神支柱，並為陷入困境的生意提供幫助。

She suggested my mother take over the restaurant's bookkeeping to be



[MEMO]
爸爸在天堂鎮開的寶塔餐館。

part of the business. She enlisted her brother to help cook in the restaurant. With my mother she started a Chinese Gift Shop next door to the restaurant so customers could spend more money.

她建議我母親接手餐館的帳務，參與經營，並請來她的兄弟為餐館掌廚，然後與我母親在餐館隔壁經營一家中國禮品店，讓顧客有更多消費的理由。

Popo became the matriarch and the savior of our family. Although she was only 4 foot 10 inches tall, she commanded respect. Popo epitomized a true Hakka woman. She worked hard and succeeded in business. She managed her money

well. When it became legal for Asians to buy real estate in California, she invested in property. She rescued us.

婆婆成為我們家的大家長與救星。儘管她身高只有 147 公分，卻讓人肅然起敬。婆婆是名符其實的客家女性——勤奮努力，擅長經營。當加州法律開放亞裔購置不動產時，她便投資買地，幫我們渡過難關。

Most importantly, she nourished our stomachs and souls with good food. She loved to garden and grew long beans, curvy gourds, and Chinese greens. She built a chicken coop to raise chickens and eggs. She ordered Chinese specialties such as dried bird's nest, dried shark fins, sweet Chinese sausage (lop chong), gelatinous thousand year old eggs, and salted fish from Chinatown. She

immersed eggs in brine in big glass jars to make salted eggs.

最重要的是，她用美食滋養我們的身體和心靈。她熱愛園藝，種植長豆、葫蘆與各式青菜，還養雞生蛋。她從唐人街訂購燕窩、魚翅、臘腸、皮蛋和鹹魚等中式食材，也會用大玻璃罐醃製鹹蛋。

Many of these specialties appeared at our weekly family banquet. When we were young, the family gathered for a huge meal on my father's day off, Tuesday. Everyone contributed. Popo often made a family-style bird nest or shark fin soup. If we had recently been to Chinatown, we might enjoy a roast duck. Stir-fried garden greens, braised tofu, steamed fish, roast pork might be on the menu. Those nights of gluttony nourished not only our bodies, but comforted our souls.

這些特殊菜色很常出現在我們每週一次的家庭聚會中。年幼時，全家人會在父親休息的星期二一起聚餐。每個人都有貢獻，婆婆常熬燕窩或魚翅湯。若

近期去過唐人街，餐桌上可能會出現烤鴨，再加上炒時蔬、紅燒豆腐、清蒸魚、燒肉等。這些佳餚不僅飽足肚腹，也撫慰了我們的靈魂。

Like most Hakka, Popo didn't waste anything and was a master forager. One day while driving along the fields near Oroville, Popo suddenly shouted at my father to pull off the road. She had spied a stand of tall green stalks growing in the irrigation ditches along the road. She knew a treasure lied underneath. We plunged our hands into the cold water and muddy silt to pull out wild potatoes known as arrowhead (chi gu.) That night, she braised the arrowhead with Chinese bacon (lop yok), five-spice, and soy sauce to make an aromatic savory stew.

像許多客家人一樣，婆婆惜物愛物、擅於覓食。有次我們開車經過奧羅維爾 (Oroville) 附近的農田時，婆婆突然大叫要父親停車，她眼尖發現灌溉溝渠旁有一片高高的綠色莖葉，立刻知道下面有寶藏。我們把手伸進冰冷的水和泥沙中，挖出一種名為慈菇的野生馬鈴薯。那天晚上，她用臘肉、五香粉和醬油燉慈菇，煮出一道芳香可口的燉菜。

[MEMO]

婆婆來了！
成為我們家的救星！

[MEMO]

富有惜物精神的
慈菇燉菜！



[MEMO]
「你兜愛當沙鼻自己係客家人！」

Popo embraced her Hakka identity. She constantly told us, “You should be proud to be Hakka.” Her Hakka pride washed over us with little acknowledgment. As the only Chinese in school, we felt like outsiders and desperately wanted to fit in. But Popo insisted she would teach us to be good Hakka children. Everyday after our American classes, we went to her kitchen for our Chinese lessons. We practiced calligraphy with ink-filled brushes. We read from Chinese picture books. We could understand much of what was being said in Hakka but regrettably none of us mastered speaking Hakka fluently.

婆婆深愛自己的客家身分，她常說：「你兜愛當沙鼻自己係客家人。」但當時年紀尚小、不夠成熟，我們對她的叮嚀總是置若罔聞，也無心理解什麼是「客家的驕傲」。身為學校裡唯一的華人孩子，我們不想顯得更加與眾不同——我們只想融入人群。但婆婆堅持要教我們做個客家好孩子。每天放學後，我們便到她的廚房上中文課。學書法、讀中文繪本。雖然我們能大致聽懂客家話，但很遺憾的是我們沒有一個人可以說流利的客語。

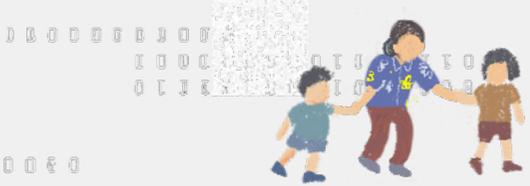
After class, Popo cooked dinner for us. She stir-fried vegetables from her garden. Soups started with a broth imbued with the essence of a chicken

or meaty bones. She mixed eggs with broth and bits of green onion or thousand-year old eggs, then steamed the mixture until it set in a delicate custard. Sometimes she steeped a whole chicken in hot water just until the flesh turned smooth and slippery. Popo’s food satisfied and comforted us.

課後，婆婆會為我們烹煮晚餐。她會炒自家菜園裡的蔬菜；用雞骨或大骨熬湯；另外將雞蛋與高湯混合，再加入些許蔥花或皮蛋，蒸成滑嫩的雞蛋羹。有時候她會把整隻雞用熱水浸泡，讓雞肉滑嫩可口。婆婆的料理總讓我們的身心都獲得滿足與慰藉。

It wasn’t until I started research for The Hakka Cookbook, Soul Food from around the World that I began to understand what she was trying to teach us. As I stumbled around in my research, I wished I paid more attention to her words decades ago when she was there to guide me.

直到我為《華人靈魂料理—流傳全球的客家食譜》進行資料研究時，我才真正理解她當年想教給我們的是什麼。當我在研究中跌跌撞撞時，我才領悟到，如果當年能更用心聆聽她的話、好好記下她的知識就好了。



Through Popo’s life I see how the Hakka survived. Their unique history of migration shaped their character. They were hard working, tenacious, practical, and frugal. They never gave up. They learned to adapt to any situation and thrive. Since society often ostracized them, they took care of each other.

透過婆婆的一生，我看見客家的生命力。他們的遷徙歷史形塑了獨特的性格：他們勤奮、堅韌、務實且節儉，從不輕言放棄，他們學會適應環境、逆境求存。因為時常遭社會排擠，他們學會彼此扶持。

She applied these Hakka traits to our family as she saved us during our period of uncertainty. Eventually we learned to adapt and succeed. Popo, thank you for teaching me what it means to be Hakka and to take pride in my identity.

婆婆正是以這些客家精神挽救了我們一家，助我們度過艱難的歲月。最終，我們學會適應、並獲得成就感。婆婆，謝謝妳教會我身為客家人真正的意義，也讓我以此為榮。

[MEMO]
透過婆婆的一生，看見客家的生命力。

“Popo, thank you for teaching me what it means to be Hakka and to take pride in my identity.”

