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# *The* **Epitome** */I'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

*Unleash the epitome of creative writers*

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## SYNOPSIS

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Kedah branch is proud to present the first issue of its e-magazine, The Epitome, as our focus to highlight our commitment to contribute to the areas of creative writing.

THE EPITOME aims to provide a platform for writers, educators, academicians, poet, and researchers to share their ideas, findings, knowledge, and experience, particularly on various creative writing genres - personal essays, poetry, short stories, songs, movie scripts, plays, and innovative projects in four different languages ( English, Bahasa Melayu, Mandarin, and Arabic).

## EDITOR'S NOTE

Dear readers,

It is with great pleasure and immense pride that we, the Academy of Language Studies at Universiti Teknologi MARA (UiTM) Kedah branch, extend our warmest welcome to all writers and readers to honor all 127 artistic masterpieces. This is indeed a tremendous achievement to commemorate our debut.

We are privileged to offer the platform for the writers to show their talents in creative writing in this magazine, which serves as a testament to our commitment to the area of personal essays, poetry, short stories, songs, movie scripts, plays, and innovative projects. Their invaluable contributions and unwavering commitment to academic excellence have played a vital role in shaping this magazine.

Thank you.

Best regards,

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## 擂茶飘香 (THE FRAGRANCE OF LEICHA)

Loh Siaw San

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擂茶作为客家保健养生美食，颠覆了大众对客家菜味浓的舌尖记忆。

一碗以绿色蔬菜为主的擂茶，你能猜到它就是客家菜吗？

擂茶，顾名思义，它应该是一种茶或者喝茶的办法。然而，如果你要在古晋“喝”擂茶，那就真的是说不过去了。简单来说，砂拉越擂茶就是一个以绿色蔬菜为主的美食套餐。套餐里面有各种蔬菜、米饭和茶汤。

在砂拉越华人的日常生活中，擂茶是一道深受大家喜爱的主食。在古晋市区，我们可以轻易找到专卖擂茶的档口。小部分的客家妇女也擅长煮擂茶，并把擂茶当作是待客佳肴。关于擂茶的食谱，各家制法大同小异，主要表现在配料的选择。擂茶特点是吃饭的时候佐以多种蔬菜，加上白米饭或是糙米饭拌在一起。各种含水量较少的青菜都可用：包括长豆、菜心、四角豆、树仔菜、包菜等。再加上花生、江鱼仔、虾米、菜脯等配料，十分丰富。

关于擂茶的典故，可追溯至唐朝的陆羽《茶经》卷三里所记载：“闻南方有一困蜀姬作茶粥卖”。这句话结合了河婆地名的传说，此蜀姬可能就是指何婆。何婆用“三生汤”——擂茶，给水土不服的兵士治病，成为一时的美谈。

与古代治病的目的不同，现代人吃擂茶，更多是为了健康与养生。擂茶不仅能生津止渴，清凉解暑，而且还有健脾养胃，滋补长寿之功能。擂茶汤除采用茶叶外，更多的是含有草药成分的植物。例如：苦刺心（苦刺的嫩叶）能清热解毒、排毒养颜；艾叶可用于温经止血，散寒止痛；九层塔能强身健胃、促进消化及驱风解热；薄荷叶具有消炎止痛、解热降温、健胃的功效等。

为了让擂茶汤的味道更顺口，客家人会加入花生、芝麻等调味。由于部分草药难以寻找，因此各家的做法不一，材料也可自行增减。由此可见，擂茶汤可说是一种“味道丰富”的“汤”。茶叶的甘味，苦刺叶、九层塔的苦涩味，薄荷的清爽味，芝麻、花生的香甜味。荤食版的汤还带有江鱼仔或虾米的鲜味呢！

此外，被简化的擂茶配菜虽然可以自由配搭不同的蔬菜，但里边一定少不了带甜味的树仔菜。除了树仔菜外，四角豆、油麦等也是客家农人菜园里常出现的。务农的客家人长期在大太阳底下曝晒，容易中暑，所以擂茶中的蔬菜如树仔菜、四角豆、油麦、韭菜等，都具备了解毒去暑的疗效。

擂茶的擂，即研磨。传统擂茶的工具主要是擂钵和擂棒。作法是将材料放入擂钵中舂捣，至原料成酱状茶泥。擂好的茶泥必须放在擂钵里或大盆里。待要喝的候时，把滚烫的开水往里一冲，稍微搅拌，便成了擂茶。

随着时代的进步，许多繁复的程序也逐渐简化。现在的擂茶汤，食材都会放入搅拌机中搅碎。享用时加滚水冲泡即可。至于味道方面，也会随着烹饪者或食客的口味，作出调整。例如：不喜欢苦涩味的可以减少苦刺心，想要汤头更清甜可以增加花生的比例，或者加入江鱼仔等。虽然如此，擂茶做工仍是十分繁复。每一种蔬菜必须全部手工刀切成颗粒，然后下锅炒香，不得马虎。

客家方言源流支派多，如：大埔客、河婆客、兴安客等等，各有不同的口音。饮食文化也不尽相同。很多人都知道擂茶是客家人的代表美食。但如果要更贴切，擂茶其实是河婆客的食物。早期的客家人祖辈从中国原乡，带着擂茶，漂洋过海，加上料理本土化后变成今天我们吃到的擂茶饭。究其原因，客家人先贤大部分都以耕种蔬菜为主。早期移民，都以劳力为生。他们选择的食物必须吃饱耐饱，且容易获得。因此他们选择了清炒自家耕种的蔬菜，然后购买豆腐、豆子等便宜的材料，再加入白饭，上面撒一些炒香的花生。这便是南洋化的河婆擂茶了。

河婆擂茶能饱腹裹肚、清热解渴，同时也连接着客家族群的历史命运。早期客家先贤下南洋来到砂拉越，入乡随俗，客家饮食文化经历本土化的渗透。从中国原乡的擂茶，再到南洋华人的擂茶，一碗擂茶从咸变甜，最后更成了米饭，虽然都叫擂茶，可它们的内容和角色都大有不同。这段历程恰好说明人下南洋华人历经数次大迁徙，长途跋涉，颠沛流离的日子，最终凭着顽强奋斗、刻苦耐劳的精神，在南洋找到了属于自己的天空。

如今，擂茶已作为保健养生食品中的佼佼者，人们吃擂茶已经不分籍贯。吃擂茶的方法也是根据自己的喜好。有些人喜欢吃饭配汤的方式，将饭和茶汤分开来吃。有些人喜欢将茶汤倒进饭中，搅拌均匀，来个茶汤泡饭。也有人不喜欢汤里面的苦涩味，单吃没有擂茶汤的擂茶饭。这种吃法，又到底算不算是在吃擂茶呢？

无论如何，如果你有机会去台湾品尝擂茶，千万不要太惊讶。因为台湾的客家擂茶，另有一番风味。



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