

TAIPEI

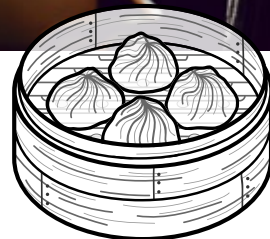
Vol. **12**
2018
SUMMER

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Taipei, Culinary Capital!
A Michelin Valentine



Follow Your Michelin Guide
and Savor Taipei!
Fun Stops Along the MRT



Exploring Taipei's Specialty Bars & Pubs –
Carefree Tippling; Tasting the Night

Taipei's Thriving Craft Beer Scene –
A Sit-Down With the Creators of 23 Brewing Company

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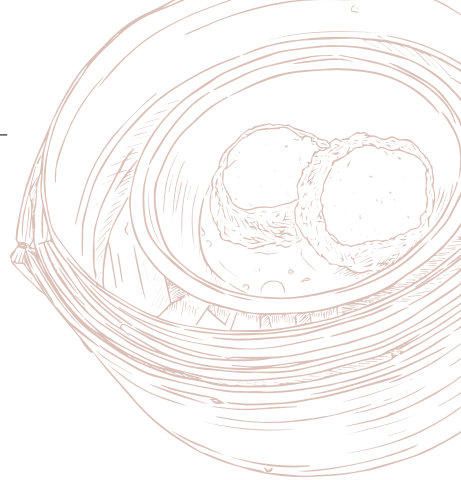
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Enjoy Gourmet Cuisine in Taipei!



Published for over a century, *Michelin Guide*, the “Gourmet Bible” in the eyes of most foodies, finally added Taipei City to its list this year – the 30th city where Michelin stars shine.



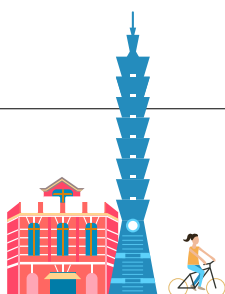
What impresses tourists the most here is the food – in addition to the friendly Taiwanese people, of course! The *2018 Michelin Guide Taipei* introduces Taipei as a city with a variety of vibrant cuisines, beckoning tourists from all over the world. Foreign visitors now have a gourmet guide, so they can “savor” Taipei in different ways.

This issue of *TAIPEI* introduces 20 Michelin-starred restaurants and 36 budget eateries recommended by Bib Gourmand. Delicacies from the Taiwanese, Cantonese, Japanese and French cuisines are ready to tickle your taste buds. You’ll even discover some exciting new night market food! Drawing on the abundance of local ingredients, the chefs of this city are using their creativity and delicate culinary skills to make unique gourmet food and establishing Taipei as the quintessence of global cuisine. Taipei has a rich and profound gourmet culture that is worth taking time to savor.

But there’s more fun than just food! This issue also introduces six traveling routes over different areas of the city. Follow us, taking photos and checking in on social media as you enjoy a taste of hipster or retro culture, and experience the current trends and natural scenery of Taipei City.

When the neon lights come on in the evening, don’t miss all the specialty bars and pubs this city has to offer. Craft beer has really caught people’s attention in recent years, and, as a trendy city, Taipei has shown its creativity in coming up with cool alcohol beverages and places where one can enjoy them. Come experience Taipei’s special drinking culture!

Follow *TAIPEI* to enjoy a full-flavored summer in the city!



Thanks for taking a look at *TAIPEI* magazine. In order to bring *TAIPEI* closer to its readers, the Department of Information and Tourism invites you to fill out this questionnaire and return it to us. For each subsequent issue of *TAIPEI*, 10 completed questionnaires will be drawn at random, and each of those lucky people will receive a free copy.



E-book

TAIPEI

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Taipei, Culinary Capital! A Michelin Valentine

Article

Wu Jiayu

Photos

Mirror Media

Michelin approval encourages chefs to inculcate a spirit of professionalism, and a heightened concern for diners' enjoyment in their culinary work.

First published over a century ago, the *Michelin Guide*, also known as the *Michelin Red Guide*, has been hailed as a culinary bible by lovers of food for more than a century. Taipei has, this year, finally been added to the series, becoming the 30th city around the globe where Michelin has planted its flag!

When you ask foreign travelers why they choose Taiwan as a play destination, one of the most frequently-given answers is that they want to explore Taiwan's rich culinary scene. The *Michelin Red Guide* series landed

in Asia in 2007, with Tokyo selected as the first city for inclusion, followed by Hong Kong, Macau, Shanghai, Singapore, Bangkok, and Seoul. Taiwan's cuisine has a globe-straddling reputation, and in no way comes up short against that of Japan or Hong Kong – so why did it take so long for it to win Michelin's favor?

According to Cheng Ying-huei (鄭瑛惠), director of the International Affairs Division in the Ministry of Transportation and Communications' Tourism Bureau, they began in 2009, energetically pushing the Michelin

Group to publish a Taipei edition of their globally-renowned “red culinary bibles.” “It’s like standing on the shoulders of a giant, making us visible to so many more people,” she says. Great food has always been a key reason for visiting Taiwan, and with the endorsement of the *Michelin Guide* the international visibility of Taiwan’s superb cuisine will be raised.

After a Long Courtship, Michelin at Long Last Comes Calling!

So what stood in the way of a Taiwan edition for so many years? In the beginning it was discussions on sponsorship – which locations to survey, et cetera ... with problems encountered with each potential subject. The Tourism Bureau at one point offered to pay for the Michelin team’s food, clothing, accommodation and transportation, but no agreement could be reached because Michelin inspectors must remain anonymous, and their identities not revealed. Also, it was inappropriate for the government to become involved with sponsorship matters involving private enterprise. Things dragged on for years, until finally, last year, a conclusion was reached to use Taipei, the city with the strongest and most diversified food and beverage culture, as Michelin’s portal. Michelin was finally ready to plant its flag in Taiwan!

The negotiations were long and arduous, and the optimal term of cooperation was subject to debate. A one-off thing, long-term cooperation, or a 5-year term? Those were the choices.

Explaining this in more depth, Cheng says that cooperation for one year is like a flower that blooms once; the benefits are insufficient. But long-term cooperation carries the risk of getting stale. Five years seemed like just the right number – presenting an achievable goal restaurants could work toward.

On the day the Michelin star list was publicly announced, some eateries were very pleased while others were vexed. However, those who did not make the list in this first year should not be discouraged – the struggle for next year’s recognition has already begun, and this serves as a powerful driver for dedicated work and progress. With the Hong Kong edition, for example, 22 restaurants were bestowed with stars the first year, and that almost doubled in the following two years, with about 20 added in each. A similar culinary miracle is hoped for in Taipei over the next five years.

A Taste Revolution – Seeing the Value in Fine Food

Recognition by Michelin not only enhances Taiwan’s culinary aura, at the same time it infuses the whole food culture with a burst of energy. Cheng hopes that Michelin’s critical appreciation of taste will provide guidance in the area of food evaluation for the whole country – shifting criteria from “price” to “quality.” It is hoped that diners will no longer blindly pursue the cheap and mundane “All you can eat for NT\$299” experience. Instead Michelin will lead them to savor a chef’s dedication and inspiration, and be willing to dig a few more bills from their pockets in exchange for finely-crafted creations – each one a treasure!



Taipei’s cuisine is highly diverse; in addition to modern international fare, the traditional old-time flavors should not to be missed. (Photo: Taipei City Office of Commerce)



Taipei offers a tremendous diversity of food styles; chefs deftly synthesize local ingredients with Western kitchen techniques, and the resulting dishes possess distinctive city flavors.

As for the chef, a “spirit of professionalism” must be established, with fastidious attention paid to the use of ingredients and the enjoyment one’s culinary offerings bring to guests. Cost can no longer be the only consideration. In following this path, the use of cheap adulterated cooking oil will be reduced and food safety enhanced.

Self-Reflections – Spotlight on Great Local Flavors

The Michelin spotlight has now illuminated the stage. Nevertheless, there are differing opinions about the final results. For example, who so many Western restaurants on the list? Does Michelin really understand the appetites of the Taiwanese? Is it appropriate for popular street-food and night-market snack foods to be subjected to Michelin’s assessment criteria?

Yeh Yilan (葉怡蘭), who writes on food, travel, and lifestyle, believes that winning international recognition

from the iconic Michelin Group is a splendid opportunity for Taipei cuisine to gain wider renown and approval, as well as a chance for self-improvement. Equally important, however, is that the people of Taiwan take stock of their own food culture, and not to allow selection criteria to influence or cause loss of local character.

In the past, the Michelin stamp of approval for the mastery of French cooking arts would be sought even if the products served were local cuisine. In the end, however, all this effort brought out nothing of a distinctive personality. “The more local, the more international” – this is the thoughtful insight author Yeh penned after traveling the world. To occupy a clearly defined position in the international community, the most important thing is to be yourself and to show off your unique local characteristics.

In recent years a uniquely Taiwanese sense of identity has grown stronger and stronger. At a number of the Western restaurants selected by Michelin, Taiwanese

ingredients and flavors have been brilliantly blended with Western culinary techniques, creating a Western cuisine with its own special taste. This is the spirit of true fine dining. In the end, it is only through the infiltration of local elements that international cuisine can include the unique flavors Taipei has created, and thereby attract tourists to visit again and again in pursuit of wonderful tastes that can't be found anywhere else.

Flavor Discovery Touring – Creating a New Travel Trend

“The best way to get to know a city is to eat its food.” Trusting in the *Michelin Guide*, foreign visitors can follow the maps and “eat” their way through the city, thereby creating a strong incentive to come visit. Academic researchers also estimate that release of the *Michelin Guide Taipei* may attract around 100,000 tourists to Taipei to “chase the stars!”

Yeh says she recalls the year Tokyo became the first city in Asia to get its own *Michelin Guide*. The Michelin name had been considered something remote, largely associated with Europe, yet now it was suddenly something accessible, brought closer to home, and it caused quite a stir in neighboring countries. However substantial the tourism benefits prove to be, the *Michelin Guide* will be effective for Taipei in sketching the city's food scene for foreign readers. Those who have an interest in coming to Taipei will also have a clear index they can follow.

Cheng says that from notice of publication to actual release, this guidebook has been a topic of intense interest, with media “hype” exceeding expectations. In one early example, a Hong Kong television program came to Taipei and shot “star-chaser” programming, predicting which eateries would be granted stars. And, after the official list was released, there was a frenzy in the Malaysian media to come interview those who had made it. “Strong interviews do not just focus on Michelin,” Cheng says. In addition to discussing listed eateries, they also introduce

the overall gastronomic environment in Taiwan. Through the broadcast of a series of program reports, it is hoped that this interest will continue to be stimulated.

Happy Palate Surprises – Using Food in City Marketing

According to Su-Yu Chen (陳思宇), Taipei City Government's Commissioner of the Department of Information and Tourism (DOIT), Taipei's superb food has always been a key in marketing the city, and now the city has another badge of international recognition to use in telling the world: “Taipei is indeed a true culinary capital!” Michelin is certain to be a highlight topic of discussion at this year's Taipei International Travel Fair, and will also be a focus at other large-scale city events and activities. For example, gourmet eating will be paired with flower appreciation for the annual Taipei Azalea Festival (台北杜鵑花季). Foreign groups will also be invited on special promotional tours to take in the Taipei experience.

Chen adds that DOIT is also engaged in planning the use of fine foods to link sightseeing attractions. For example, Beimen (the North Gate; 北門) in Taipei's old West District has, in recent years, once again become a highly visible landmark, enabling sightseers to enjoy a unique historical streetscape, while visitors to the area can also enjoy internationally recognized fine foods.

In recent years, the Department of Economic Development (產業發展局), Taipei City Government, has grouped the city's diversified cuisine according to theme, such as “The Most Memorable Taste in Taipei” and “International Cuisines in Taipei.” The annual Taipei Traditional Market Festival (台北傳統市場節) has also been staged for over a decade now, continually bringing “undiscovered” yet long-popular vendors of delicious street-market and market foods to prominence, such as Kuaiche (快車肉乾; various types of jerky), Yichang Yufang (億長御坊; traditional cooked foods), and Tong Jia Mantou (童家饅頭; traditional steamed buns). We sincerely hope that the wave of interest brought by the new



In the past, most tourists' impressions of Taiwanese cuisine were confined to night-market snacks. Now that Michelin has entered the scene, a new perspective on Taiwan gastronomy has appeared.

Michelin Guide will enable the international community to see the great diversity of Taipei's cuisine.


Beyond Tourism – What Other Benefits?

The anticipated effect on tourism caused by the *Michelin Guide Taipei*, in terms of material economic benefit, is that in addition to increased consumption of inexpensive fare and popular snack foods, there will be an upsurge in consumption of high-priced cuisine among tourists. Yeh Yilan believes that the most positive impact will be to the international community's impression of Taiwanese cuisine, extending from night-market snacks to high-end fare. A depth and meticulousness not often seen in the past will now be recognized.

"Tourism development cannot solely be built on Michelin," says Liu Hsi-Lin (劉喜臨), vice president of the National Kaohsiung University of Hospitality and Tourism. Outside the industry there is a high expectation that Michelin will boost local tourism, and he also believes there will indeed be certain benefits. But what is now even more important is to leverage the momentum, and raise Taiwan's profile as a key tourist destination.

From the government's perspective, advice should be offered to related industries. For the travel, accommodation, and other sectors, for example, Michelin chefs could be invited to give demonstrations, and "In Search of our Roots" tours could be organized to show tourists where ingredients used in Michelin cuisine come from, and how they are prepared. Such initiatives will help with resource expansion.

Liu adds that food companies also need to be self-supporting. In the past, chefs from local hotels would, from time to time, visit Michelin restaurants in faraway lands for study. However, new approaches can now be taken. The Le Palais restaurant at the Palais de Chine Hotel (君品酒店頤宮中餐廳), which was awarded three Michelin stars, is able to rotate its chefs among fellow properties within the LDC Hotels & Resorts Group. Other starred restaurants can send their renowned chefs to visit hotels in Taiwan's central and southern regions to serve as guest chefs, passing on Michelin benefits and know-how.

There is an old Chinese idiom: "Does the monk from elsewhere preach a better sermon?" Taiwan's private sector suffers no shortage of food experts, associations, and other related organizations. Liu proposes that Taiwan make good use of these resources in setting up its own culinary appraisal system, with food and travel programs at educational institutions acting in a consulting role. The research and experimentation done in Taiwan's various food industries could be systematically combed for evaluation and reference, showcasing local academic strength. "The ability for us and Michelin to learn from each other – that will be the most important thing." 

Michelin-starred Restaurants in Taipei



01 Le Palais (Palais de Chine Hotel)



02 RyuGin

03 The Guest House (Sheraton Grand Taipei Hotel)



04 Ken An Ho

05 Kitcho

06 Sushi Nomura

07 Sushi Ryu

08 L'ATELIER de Joël Robuchon

09 La Cocotte by Fabien Vergé
(Closed indefinitely)

10 RAW

11 Taïrroir

12 Tien Hsiang Lo (The Landis Taipei)

13 Ya Ge (Mandarin Oriental, Taipei)

14 Golden Formosa

15 Ming Fu

16 Three Coins

17 MUME

18 Da-Wan

19 Danny's Steakhouse

20 Longtail



Taipei's Michelin Stars – A Who's Who

Article / Photos

Taipei Pictorial issue 603

Le Palais: Ken Chan and Matt Chen

Authentic Guardians of Cantonese Cuisine



(Photo: Le Palais)

Le Palais at Taipei's Palais de Chine Hotel (君品酒店頤宮中餐廳) has two master chefs: the Group Executive Chef specializing in Chinese cuisine, Ken Chan (陳偉強) from Hong Kong, and the Executive Chef specializing in traditional Cantonese cuisine, Matt Chen (陳泰榮) from Macau. All cookware and sauces used on the Cantonese side are from Hong Kong, but all the fresh ingredients are grown locally here. With reasonable prices and high-quality ingredients,



Le Palais hopes that everyone will come and enjoy their authentic Cantonese gourmet. A favorite of foodies is the Barbecue Pork (叉燒皇). Its lean meat comes with just a bit of fat and a sweet sauce. It just melts in your mouth!

Shoun RyuGin: Ryohei Hieda

The Taiwanese Ingredient Challenger



Appointed Chef de Cuisine of Shoun RyuGin (祥雲龍吟) by the Executive Chef of Tokyo's RyuGin (龍吟), Seiji Yamamoto (山本征治), Ryohei Hieda (稗田良平)

came to Taiwan three years ago. He uses almost 100% Taiwanese ingredients in his contemporary cuisine created with bold thinking. His most popular dish is duck, for which he imports Hoyeh duck from Yilan (宜蘭). This he hangs in a chilled aging room to dry for five days, before cutting it open to let it dry for 10 more days. After that, he smokes it with straw, giving the duck a milder taste.



The Guest House: Lin Juwei

A Surprising Chinese Cuisine



(Photo: The Sheraton Grand Taipei)

The Guest House at The Sheraton Grand Taipei (喜來登請客樓) specializes in Chuanyang wheat flour dishes and authentic Sichuanese cuisine, but its traditional Suhang dishes and delicious appetizers are just as good. The chef, Lin Juwei (林菊偉) uses only top quality Taiwanese

ingredients in his Chinese food. The open-style kitchen allows this chef to show off his excellent cutting skills, his proficiency at the culinary arts, and the things he has learned in 20 years of experience making wheat flour dishes. His signature dish, the well-simmered Chinese four-herbal soup (四神湯) is a favorite among Western tourists.



(Photo: The Sheraton Grand Taipei)

Ken An Ho: Wachi Isao

The True Samurai Spirit



Situated in a back alley off Anhe Road (安和路) in Taipei, the Japanese restaurant Ken An Ho (謙安和) just started in 2016 but has already been awarded one Michelin star.

The chef, Wachi Isao (和知軍雄) believes that the primary element in Japanese cuisine is water, so he chooses mineral water that has a similar quality to that found in Japan for making his stock and rice and even for washing up. For stock, he insists on using only *Katsuobushi* (dried bonitos) from pole-and-line fishing, which he then shreds into flakes with a special shredder. The sashimi comes from fish caught off Japan and Korea, and a different selection is offered every day.



Kitcho: Kyo Hsu

The Amazing Culinary Arts

05



(Photo: Kitcho)

Kitcho's (吉兆割烹壽司) Chef, Kyo Hsu (許文杰) didn't know they'd awarded him one Michelin star until the day of the presentation ceremony! Being one of the few Taiwanese chefs of Japanese cuisine so honored gave him an incredible feeling. In 20-plus years of culinary experience, he has completely mastered his cutting skills. He is always very careful in

selecting ingredients, and insists on choosing only fresh and natural ingredients from Japan. His specialties are mainly *nigiri* sushi, and sometimes he even invites Michelin-starred Japanese chefs to host dinner parties in Taiwan. This is something people look forward to eagerly. Michelin has noted that Hsu is a chef who likes to provide his customers exquisite Japanese tastes in recipes created with his own two hands.



(Photo: Kitcho)

Sushi Nomura: Yuji Nomura

The Impeccable Ingredients

06

Sushi Nomura (野村壽司) Chef, Yuji Nomura (野村裕二) came to Taiwan 11 years ago. Known as "The God of Sushi" in Taipei, he is grateful to be awarded a Michelin star, but finds it quite challenging and stressful, so he keeps a low profile and refuses any interviews. What attracts foodies most are his excellent cutting skills and impeccable ingredients. He uses Koshihikari and Hokkaido Nanatsuboshi rice, as well as sashimi shipped by air from Tsukiji Market in Japan, and spring water from Mt. Fuji for tea. When it comes to attention to detail, he sets the bar extremely high. The Michelin Guide mentions that Chef Nomura's standards for rice are rigorous; the marinated silver-skinned fish and the anago are particularly worth savoring.



Sushi Ryu: Yang Yonglong

The Youngest Michelin Winner

07

Sushi Ryu (鮨隆) has been in business less than 6 months but has already got a Michelin star. And there's a six month waiting list in their reservation book. Chef Yang Yonglong (楊永隆) teared up when he received the award. With 26 years of



(Photo: Sushi Ryu)

culinary experience, he notes that Japanese cuisine has a very complicated preparation process, and you need to know about way more than just cutting fish. He adjusts his methods of preparing fish according to the weather and humidity. He leaves home before six o'clock in the morning, and doesn't come home until after midnight. Every week, he orders ingredients from Japan, and he uses three different vinegars in making his sushi rice – in order to match the sashimi's flavor perfectly.



(Photo: Sushi Ryu)

L'ATELIER de Joël Robuchon: Olivier Jean

The Classic French Cuisine



(Photo: L'ATELIER de Joël Robuchon)

This is the 35th Michelin star L'ATELIER de Joël Robuchon has garnered globally. It was, in fact, the very first Michelin-starred restaurant to open a branch in Taiwan, and, when it did, Master Chef Joël Robuchon appointed his outstanding apprentice Olivier Jean to be Chef de Cuisine. The dishes here are creative while maintaining an authentic French taste – a taste which set the trend for Taipei's gourmet world. The chic bar design and the open-style kitchen make this restaurant a place where diners can enjoy good food and watch the chefs' excellent culinary prowess at the same time.



(Photo: L'ATELIER de Joël Robuchon)

RAW: André Chiang

The Creative Michelin Starred Cuisine



RAW opened its doors more than three years ago, but its founder, André Chiang (江振誠) has never lost the strong character traits he displayed at the beginning. He returned his two Michelin stars last year in Singapore and then came back to Taiwan; and this year, when Michelin awarded him another star in Taiwan, he still didn't attend the awards ceremony! He takes things like crispy snack noodles, three-color eggs, and traditional Taiwanese foods and brings brand new ideas to them. For example, in one recipe he deep fries spaghetti, and in another he combines chicken eggs with three-color fish eggs and steams them! Another signature dish is his combination of scallion pancake with elements of *okonomiyaki* (Japanese pancake with various toppings) to create a delicious new taco-like dish!



Tai'rroir: Kai Ho**Having Fun in the Kitchen**

Not too many people can make French cuisine out of canned food and still win a Michelin star, but Tai'rroir (態芮) chef, Kai Ho (何順凱) has done it. He doesn't like to talk much but he's very good at cooking! He takes ingredients he's familiar with, matches them in a distinctly Chinese way, and then uses his French culinary skills to come up with



surprising new tastes. For example, instead of truffles, he uses canned pickled cucumbers, slices and stuffs them under chicken skin to make a dish similar to the French delicacy, *poularde demi-deuil*. He also puts marshmallows on Western style pork chops to make them taste like Chinese sweet-and-sour pork ribs.

Tien Hsiang Lo: Yang Kuangtsung**Authentic Hangzhou Cuisine**

Tien Hsiang Lo at The Landis Taipei (台北亞都麗緻飯店天香樓) has been awarded one Michelin star. The restaurant's chef, Yang Kuangtsung (楊光宗) says that it's such an honor to get this award, although in his mind, there's no such thing as a "Michelin standard." When it comes to cuisine, he just wants to do his best. "The award is only another way to show recognition to the chef." Tien Hsiang Lo specializes in Hangzhou cuisine, which focuses on using less oil, sauce and seasoning. It delivers the ingredients' original flavors without modification from extra processing skills or flavorings.

**Ya Ge: Tse Man****The New Taste of Classic Cantonese Cuisine**

Tse Man (謝文), the newly-minted Chef de Cuisine at Mandarin Oriental, Taipei's (台北文華東方酒店) Chinese restaurant, Ya Ge (雅閣), has mastered the culinary skills of grilling, simmering, roasting and frying such top ingredients as sea cucumber, abalone, and dried fish maw. Amber stock is the soul of Cantonese cuisine, and for cooking abalone or vegetables, such stock adds flavor; but the strength ratio is a closely-



guarded secret in every Cantonese kitchen. Every afternoon at 4 o'clock, Tse will check the flavor of the stock himself, and he often stays after work to discuss cooking with his colleagues. The Oven-baked Crab Meat and Onion (焗釀鮮蟹蓋) has a rich stuffing and is baked golden and crispy, which makes it popular among customers.



Golden Formosa: Eric Chen

Bringing Taiwanese Cuisine to the Next Level



Serving Tianmu (天母) for almost 70 years, Golden Formosa (金蓬萊遵古台菜) provides authentic Taiwanese cuisine. The third generation owner, Eric Chen took over the business at age 30, and insists on using only fresh ingredients and unprocessed food. The signature dish, Crispy Pork Ribs (排骨酥) is fried twice in oils of different temperatures to keep it



crispy outside and juicy inside, ensuring an unforgettably delicious taste. Buddha Jumps Over the Wall (佛跳牆) contains over ten ingredients, including chestnuts, medicinal herbs and deep-fried pork ribs, all selected by Chen and put into a pot to simmer. The chicken broth is cooked just right, which keeps people coming back for more.

Ming Fu: Master Chef A Ming

The Best Buddha Jumps Over the Wall



The interior of the traditional Taiwanese restaurant, Ming Fu (明福台菜海產) has a rather simple look, just like any residential building. The two main characters at this six-table restaurant are Master Chef A Ming (阿明師), who's in charge of the kitchen, and Lin Liju (林麗珠), who takes care of service. The most famous



dish here is Buddha Jumps Over the Wall (一品佛跳牆), but other signature dishes include Chicken Stuffed with Sticky Rice (糯米雞), Beef Brisket Stew (清燉牛腩), Chicken Testicles and Pork Kidney Cooked in Sesame Oil (麻油雙腰), Barbecued Small Abalone (燒烤九孔), and Barbecued Sausage (烤香腸). The Ming Fu management insists it won't open a branch restaurant, nor do they do take-out or catering. They devote themselves to making high-quality Taiwanese cuisine, in the hopes that they will attract gourmands who truly love and appreciate their food.



Three Coins: Chiu Jinghei

The Perfect Taiwanese/Cantonese Combo



Of all the Michelin-starred restaurants in Taipei, the old Taiwan-style Cantonese restaurant, Three Coins (大三元) is the closest to the Presidential Office Building, so many of its customers are celebrities from the worlds of politics and business. Its owner, Chiu Jinghei (邱靜惠) says that the two keys to Three Coins winning its Michelin star were ingredients and a delicate taste. Ms. Chiu goes to the market every day to shop. Her fare is primarily Cantonese cuisine made with Taiwanese ingredients. For example, the dish Seafood Baked Papaya (海鮮焗木瓜) uses papaya from Pingtung, cuts in half, deseeded and stuffed with scallops, shrimp and mushrooms, with lots of cheese placed on top before being baked. This stuffing and the sweetness of the papaya make a perfect match!



MUME: Richie Lin

The Experimental Cuisine of Flowers



MUME has twice been named one of Asia's 50 Best Restaurants. Its chef, Richie Lin (林泉) is famous of his creative European cuisine and has lately become fascinated by the idea of developing flower recipes. Lin especially finds salads interesting. The signature dish, MUME Salad contains over 30 seasonal ingredients, including boiled or pickled daikon (white radish) that is seasoned with mountain pepper and fermented black soybeans, Chinese fever vine that has a slightly bitter and grassy taste, and zucchini blossoms, which have a melon-like sweet taste. All of these makes a feast for the eyes and for the taste buds.



Da-Wan: Huang Yihong

Best Barbecue in Taipei!



Da-Wan (大腕) is popular among show business celebrities. Its chef, Huang Yihong (黃一洪) sums up the requirements to winning a Michelin star in two simple sentences: "Be persistent and never compromise easily" and "Be an upright person." Being persistent means changing the habits of staff and customers who insist on using a lot of dip. Chili and shallot salt are all that is needed to enhance a piece of meat's flavor. The *Michelin Guide*



recommends the aged beef as the most delicious dish at Da-Wan. It's aged for not less than 21 days, then grilled to perfection and seasoned according to the customer's preference.

Danny's Steakhouse: Danny Deng

Cooking With Sincerity



Founded four years ago, Danny's (教父牛排) is the only steakhouse in Taiwan to win a Michelin star. Whenever people talk about great steak chefs in Taiwan, Danny Deng (鄧有癸), the "godfather of steaks," is a name that will surely come to mind. The key feature of the steaks cooked here is that they are smoked using three different types of wood: white oak, walnut and cherry to get a rich aroma, and then the meat is grilled over lychee wood. This American method involves several phases of grilling and produces a "crispy on the outside, tender on the inside" texture. And Danny's Coconut Pineapple Tarts (椰香鳳梨塔) use pineapples from south Taiwan sprinkled with lemongrass, Sichuan peppercorns, and chili powder.



Longtail: Lam Ming Kin

Trendy Cuisine



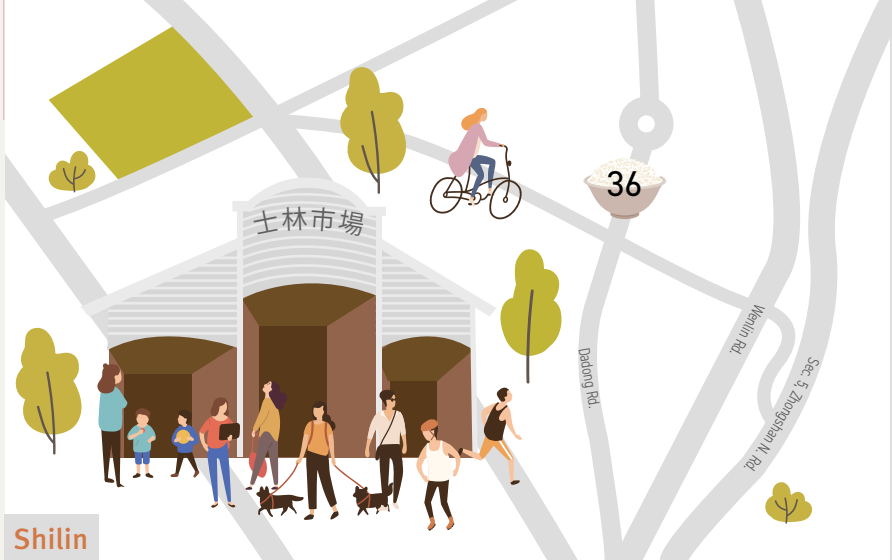
Chef Lam Ming Kin (林明健) has devoted himself to the creation of good food for over 20 years. With his rich experience working in different countries, he has developed his own unique culinary philosophy. At age 20, he quit college to pursue his dream, and this led him to Lan Kwai Fong (蘭桂坊) in Hong Kong. Longtail serves up mouth-watering dishes and cocktails. With its friendly service and inviting atmosphere, diners get to experience Taipei's splendid night life in a place that's great for gathering and dining indeed! Lam uses local ingredients and applies cooking skills and creativity garnered from many countries. He recommends Shrimp Sliders (鮮蝦漢堡) and Charred Foie Gras Dumplings (鴨肝餃子). Cocktails here are a must. [T](#)



Excessive alcohol consumption may be harmful to your health.

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Shilin



In Search of Taste – The Bib Gourmand

Besides those awarded Michelin's shining star, other street foods and hundred-year-old gourmet dishes honor Taipeiers with their presence. Before the *Michelin Guide Taipei* was released, Bib Gourmand had already recommended 36 affordably-priced Taipei eateries. Whenever and wherever you wander this city, you are sure to encounter something new to tempt your palate.





The Bib Gourmand Selection – 36 Establishments of High C/P Value

Article / Photos

Taipei Pictorial issue 603

The *Michelin Guide*, generally considered the “Gourmet Bible,” announced its Bib Gourmand selection this year in Taipei. Thirty-six affordable gourmet eateries were listed, including those offering such night market food as stinky tofu, pork rib medicinal herb soup, and sesame oil chicken soup. Eight local gourmet beef noodle places also made it to the list. Determined by Michelin’s regular rating system, the Bib Gourmand designation tries to satisfy all types of diners. Following local budgetary considerations, Michelin has selected quality meals at reasonable prices, so people can use the *Guide*, spend little, yet still enjoy gourmet food!

In 1997, the cute lip-licking image of Bib first appeared. Different from its guide to star-level sophisticated restaurants, the Bib Gourmand honor aims to recommend delicious meals at reasonable prices in the city. In Taipei, the price of any one dish ranges from \$30 to \$1,000 TWD. By comparison, in Paris, a typical Bib Gourmand meal costs around 36 Euros (about \$1,300 TWD), while in New York it’s \$40 USD (about \$1,200 TWD), and 1,000 THB (about \$930 TWD) in Bangkok.

Enjoy life, everyone! Grab a copy of the *Michelin Guide* and go on your around-the-world trip. Be it food, trip planning or accommodation – the *Michelin Guide* is meant to promote urban tourism. Whether you are on a personal driving tour or just biking around at a leisurely pace, the Guide can help. As the 30th city with a Michelin Guide, Taipei steps on to the international stage and shows its gourmet food and rich culture to the world.

Mao Yuan



Founded in 1971, this traditional Taiwanese restaurant is now run by the second generation, and its staff have all worked here for years. Customers can pick whatever seafood they want from the big tank. You can have your fish fried, steamed, made into soup, or you can select one fish to be cooked in several different ways. You don't often find this old-fashioned way of serving in Taipei nowadays, but foreign customers always find it interesting. The signature dishes here are Oysters with Garlic (蒜泥鮮蚶), and Steamed Seasonal Fish with Preserved White Gourd (鹽冬瓜蒸時令魚).

01

185, Sec. 2, Chang'an E. Rd., Zhongshan Dist.

02-2752-8587

Meili



The owner of this restaurant is named Meili Hsu (徐美麗). Her *Luchungguo* (滷腸鍋; pork chitterlings braised in soy sauce) and the *Fenggan* (粉肝; velvety pork liver) are what customers keep coming back for. You'll notice that the names of items appear on the menu but no prices. The owner will recommend dishes and portions according to the number of guests. The most special dish here is the soup, which is made by using an old secret method and simmered for hours. The Steamed Chicken (白斬雞) and *Fenggan* are two of the more simple dishes; which makes the choice of ingredients even more crucial.

02

146, Jinzhou St., Zhongshan Dist.

02-2521-0698

My Stove



The interior design of this restaurant takes one back to the Taiwan of a half century ago. The owner, Chris opened this eatery because of his "special feeling for street food." Only 60 bowls of his most popular dish, Braised Pork on Rice (滷肉飯), are served per day. To make this culinary delight, first, fresh pork neck is fried in lard; then broth is added and is simmered for nearly a day. The whole process – from preparing the ingredients to bringing it to table takes three days! This dish maintains a nice balance between salty and sweet, and it's fatty but not greasy. The owner also recommends the Neritic Squid with Eggs (云蛋軟絲) and the Lightly-salted Dried Fish (一夜干). Chicken Roll (雞捲) and Braised Pork Knuckle (滷豬腳) are popular with the clientele too.

03

9-1, Ln. 100, Songjiang Rd., Zhongshan Dist.

02-2522-2697

My Sweet Home Small Kitchen



The chef, Cao Youqi (曹佑淇) specializes in Hunan, Sichuan, Jiangzhe and Taiwanese cuisine. When she was young, her family hired a cook from Sichuan, who let her help in the kitchen when she was just 5. By the age of 10, Cao was helping sun dry sausages and it was in these years that she learned her cooking skills. She doesn't use sugar in any dishes, and knows about 40 ways to create spicy seasoning! Her warmest food memory is of a dish made of loofah, oyster and bean sprouts (絲瓜蚵仔豆腐) that her Taiwanese stepmother prepared. Cao uses only wild ocean fish, and her signature dishes are Stinky Tofu Fish (香臭魚), Sour and Spicy Fish (酸辣魚), and Dry-fried Fish (煎魚). People come all the way from Hong Kong just for her seafood.

04

115, Yanshou Street, Songshan Dist.

0966-558-669

Shuang Yue Food



The owner Mr. Lai used to live in England, but now is back in Taiwan helping to realize his mother's dream. Their homemade dishes, such as medicinal herb chicken soup, satisfy many picky customers in the Legislative Yuan neighborhood. The Fleeceflower Root Chicken Vermicelli (何首烏雞麵線) is prepared using medicinal herbs, red and black dates, and fleeceflower roots, which add a mild and sweet taste. The chicken stock is rendered from freshly slaughtered free-range birds, and simmered for hours with extra chicken meat added before serving. This method keeps the soup fresh and the meat juicy and tender.

📍 6-2, Qingdao E. Rd., Zhongzheng Dist.

☎ 02-3393-8953

05

Halal Chinese Beef Noodles



Located in a busy East District (東區) backstreet, Halal Chinese Beef Noodles (清真中國牛肉麵食館) stands out from other trendy restaurants because of its unique atmosphere. The owner, Zhong Zhiwei (鍾枝葦) explains that the secret to making great soup is never to turn off the stove. You can choose from two kinds of soup to go with your noodles here: clear stewed or braised. Another signature dish is *Jinbing* (斤餅; Chinese pancake), but unlike at other restaurants, it doesn't come with roast duck, only sweet bean sauce (甜麵醬) and leek. This allows you to better discern the *Jinbing's* original flavor, which foodies appreciate the most.

📍 1, Aly. 7, Ln. 137, Yanji St., Daan Dist.

☎ 02-2721-4771

06

Jian Hong Beef Noodles



Open 24-7 because of the long hours required for preparation, Jian Hong Beef Noodles (建宏牛肉麵) is popular among night owls patrolling Ximending (西門町), taxi drivers and young people. The chief features of this place are its cheap prices and big portions; you can even ask for extra noodles and soup for free! The chef uses beef shank cut into big chunks and then well braised. Have a bowl of these beef noodles late at night, and you'll feel revitalized in body and mind!

📍 7, Xining S. Rd., Wanhua Dist.

☎ 02-2371-2747

07

Lao Shandong Homemade Noodles



Since the opening of this diner in 1949, its homemade knife-cut noodles and beef soup have conquered many a customer's stomach. The noodles are freshly made, which is hard to find in Taipei nowadays. In addition to the chewy noodles, dumplings are a signature dish here as well. Order a small plate of appetizers – such as Jellyed Pig's Head Meat (豬頭肉凍) to go with your dumplings or hot beef noodles! And while the gelatinous concoction is melting in your mouth, have a sip of the soup, and savor the lingering aftertaste!

📍 No. 15 Basement, 70, Xining S. Rd., Wanhua Dist.

☎ 02-2389-1216

08

Liao Beef Noodles



📍 98, Jinhua St., Daan Dist. ☎ 02-2351-7065

09

Lin Dong Fang Beef Noodles



📍 4-3, Andong St., Zhongshan Dist. ☎ 02-2752-2556

10

Liu Shandong Beef Noodles



📍 2, Ln. 14, Sec. 1, Kaifeng St., Zhongzheng Dist. ☎ 02-2311-3581

11

Niu Dian Beef Noodles



📍 91, Kunming St., Wanhua Dist. ☎ 02-2389-5577

12

Founded a half century ago, Liao Beef Noodles (廖家牛肉麵) always gives its customers the best. It selects one of the leanest cuts – the fore shank, and simmers it in 30 kilos of beef fat and bones to make a delectable soup. Don't forget to add one spoonful of sourkraut to your beef noodles and thus enhance the taste tremendously! But, since the boss lady loves to travel with her family, Liao's is closed three times a year. Check to see if it's open before you go!

This noodle shop has gained an international reputation. It's the favorite of Hong Kong singer Eason Chan (陳奕迅), who simply must have a bowl of noodles every time he visits Taiwan! The soup here is between braised and clear stewed – very mild in taste. The stock is made from Taiwanese beef bones and medicinal herbs, simmered for 20 hours non-stop. It presents a subtle medicinal herb aroma followed by a rich, savory taste; but it's not at all greasy. The meat is Australian beef shank. Add some store-made spicy oil to your noodles and you'll see how perfectly it compliments the beef!

Originally from Shandong, China, this local restaurateur opened his diner to re-create the hometown flavor he remembered from his boyhood. His son, Liu Shaolin (劉少麟) used to be a wanderer who left home to see the world. Now he's back to take over his father's restaurant, and is the chef here. He gets up in the early morning to prepare the stock. The beef is sliced thin and chewy, and the noodles are thick. This eatery is situated in the Taipei Main Station (台北車站) neighborhood, and attracts many student customers. The Chinese Pancake Soaked in Beef Soup (牛肉泡餅) is an especially fulfilling dish!

The owner's intention was to create an industrial-style, high-end beef noodle place. This store stands out in the Kunming Street (昆明街) neighborhood, and looks more like a trendy player situated in an old district of Taipei. Its signature Manchurian-Chinese beef noodles (滿漢牛肉麵) come in a fresh and sweet clear stewed soup. Each bowl combines beef shank, tendon and stomach, and meat lovers flock to enjoy it. A small plate of spicy soy sauce is provided, allowing customers to try two flavors at one time.

Yongkang Beef Noodle



📍 17, Ln. 31, Sec.2, Jinshan S. Rd., Daan Dist.

For the last half century, the delicate aromas of Yongkang Beef Noodle (永康牛肉麵) have lingered around this neighborhood, emanating from their signature braised-beef noodles and soup with thin noodles. Whenever young students from south Taiwan first come to school in Taipei, they usually make a beeline for Yongkang Street (永康街), and for Yongkang Beef Noodle. Then they walk around Qingtian Street (青田街) enjoying their introduction to the big city. Yongkang Beef Noodle is famous for both its Sichuanese beef noodles and for its soup – richly flavored with heavy seasoning.

☎ 02-2351-1051

13

Fu Hang Soy Milk



📍 108, Sec. 1, Zhongxiao E. Rd., Zhongzheng Dist.

There's always a long lineup at Fu Hang Soy Milk (阜杭豆漿). What attracts diners most are the chewy and aromatic *Youtiao* (油條) and *Shaobing* (燒餅). The soymilk here is thick with a sweet soy bean flavor. Have some to wash down a piece of the fresh-from-the-oven *Shaobing* with *Youtiao*; it's so delicious you'll want to have it for every meal! Salty soy milk is a perfect match for *Youtiao*, so they're usually sold out before noon. Come early if you want a taste!

☎ 02-2392-2175

14

Hang Zhou Xiao Long Bao (Daan)



📍 19, Sec.2, Hangzhou S. Rd., Daan Dist.

The Huang brothers used to run a grill diner. Then, about 20 years ago, they met a Shanghai chef and became good friends with him. This Shanghai friend taught them everything about making *xiaolongbao*, which is how Hang Zhou Xiao Long Bao (杭州小籠湯包) got started. The juice of the Loofah *Xiaolongbao* bursts out with your first bite, so you'll need to get a napkin ready to keep it off your clothes! The prices here are reasonable, and they sell *dian xin*, or light snacks, only.

☎ 02-2393-1757

15

Peng Family



📍 60, Dongfeng St., Daan Dist.

Peng Family (彭家園) serves traditional Cantonese dishes, such as Crispy Taro Duck (芋泥香酥鴨) and Crispy Chicken (脆皮雞). Their method of preparing the ever-popular Crispy Taro Duck is to slice the meat and then top it with mashed taro before deep frying. When consumed, the diner first experiences the crunchiness of the exterior, followed by the firmness of the taro, and finally the tenderness of the duck inside. The rich taro flavor goes so well with the juicy duck that the more you chew it, the more flavor is released.

☎ 02-2704-5152

16

Dian Xin

Cantonese Cuisine

Zui Feng Yuan



📍 5, Ln. 8, Sec. 3, Bade Rd., Songshan Dist.

Zui Feng Yuan (醉楓園) serves authentic Cantonese dishes renowned for their unforgettable flavors and affordable prices. Chef Peng (彭) still follows recipes he learned from his great uncle. The specialty here is Crispy Taro Duck (芋泥香酥鴨) and Qiong Shan Tofu (瓊山豆腐). The Lamb Hotpot (羊肉火鍋) is made with Australian grass-fed lamb, cooked with sugarcane root, aged ginger and fermented red bean curd (南乳). Their Fish Head Hotpot (魚頭火鍋) has a traditional flavor for a base, but pairs it with a miso-like soup, which is different from the shacha sauce used by other restaurants. This dish is fresh and delicious with a lingering aftertaste.

☎ 02-2577-9528

17

Din Tai Fung (Xinyi Road)



📍 194, Sec. 2, Xinyi Rd., Daan Dist.

☎ 02-2321-8928

Din Tai Fung's (鼎泰豐) delicate snacks are famous in Taiwan and overseas. Wonton (餛飩), zongzi (粽子), and other snacks on the menu are made the authentic Shanghai way. The pork chop fried rice (排骨蛋炒飯) takes traditional Taiwanese fried rice with egg and gives it a Shanghainese twist! You'll want to have one mouthful after another. Their cold bamboo salad is only served in Taiwan, and the pickled cabbage is only found at the Taipei 101 and the Xinyi Road (信義路) branches.

18

Shanghainese Cuisine

Hao Gong Dao Jin Ji Yuan



📍 28-1, Yongkang St., Daan Dist.

☎ 02-2341-6980

You'll discover snack plates and bamboo steamers piled all over the place in this little bistro. It'll bring to mind scenes from old Hong Kong movies. This business has been here for over forty years, providing mainly Shanghai appetizers and treats for budget-conscious diners. Each item is handmade, and the puff pastry (酥餅) is unique with its many mashed fillings, such as Chinese dates, taro, and red beans with egg yolk, or salt and pepper. The signature dish here is their *xiaolongbao*, which sports an amazing 18 pleats on each bun!

19

Song Kitchen



📍 14, Ln. 15, Sec. 5, Zhongxiao E. Rd., Xinyi Dist.

☎ 02-2764-4788

Song Kitchen (宋廚菜館) is packed all year round. The Braised Pork Intestine (九轉肥腸) is an authentic Pekingese dish with a touch of the Taiwanese in it. But, the Peking Duck (北平烤鴨) is the headliner here, with ducks from Yilan (宜蘭) farms chargrilled in a traditional oven. To ensure an optimal taste experience, you must preorder this dish two days ahead. The duck is served with the chef's "Duck Slicing Show" as a warmup act!

20

Pekingese Cuisine

Tao Luan Ting Roast Peking Duck Palace



Tao Luan Ting (陶然亭) is famous for its Peking duck. These Muscovies are from Yilan bird farms, and each weighs about 3 kilos with no offensive smell. The fowl are kept on their home farms 100 days longer than Cherry Valley ducks are. The meat is chargrilled in a special oven, sliced into 36 pieces with meat and skin separated, and then served with fresh Chinese pancake. The Sliced Peking Duck (片皮鴨) can be used in the preparation of six different dishes, such as the silky and tasty Liu Huang Cai (溜黃菜), which is eggs fried in duck fat. In addition to Peking duck, Tao Luan Ting's snacks are delicious too.

📍 2F, 86, Fuxing N. Rd., Songshan Dist. ☎ 02-2778-7805

21

Joseph Bistro

Indian Cuisine



The owner/chef, Joseph once worked as a chef at a 5-star hotel. His cuisine combines the elegance of classic French cuisine with the spices of India. He has even been inspired by Taiwan's night market food, such as stinky tofu, and has many gustatory inventions to tantalize your taste buds! Inspired by the Wanluan Trotter Bento (萬巒豬腳便當), he has designed Pork Vindaloo (黑豚咖喱) using the fore feet of a black pig cooked in spices such as vanilla seed and cumin. To this he adds three different chilly powders – one to enhance aroma, another for spiciness and a third for color.

📍 13, Ln. 69, Songjiang Rd., Zhongshan Dist. ☎ 02-2508-1329

22

Dian Shui Lou (Songshan)

Jiangzhe Cuisine



Dian Shui Lou (點心樓) initially declined to have a Michelin rating, but eventually was recommended by Bib Gourmand anyway. It's simply hard to say no to its delicate dishes. This south-China-style restaurant is named Dian Shui Lou, because they're confident you'll love their *dian xin* and tea. This eatery uses mainly local ingredients and designs its menu according to what's in season. In addition to the high-quality south-Chinese snacks, their Jiangzhe dishes are popular too, such as the Xihu Fish in Sweet-vinegar Glaze (西湖醋魚), and the classical Braised Streaky Pork (點水烤方).

📍 61, Sec. 4, Nanjing E. Rd., Songshan Dist. ☎ 02-8712-6689

23

Hamamatsuya

Japanese Cuisine



Hamamatsuya (濱松屋) knows eels. They have many ways of serving them – for example, their signature eel rice can be enjoyed three different ways: by adding seaweed combined with sesame seeds; served with Onsen Tamago (溫泉蛋; Japanese style soft-boiled egg), or with broth added to make Ochazuke (茶泡飯; cooked rice drowned with green tea or water). The eels here are farm raised in Taiwan for export to Japan. The size of each eel is kept small, so that the meat is tender without the muddy odor common to so many large types. This place also offers barbecued eel.

📍 12, Ln. 119, Linsen N. Rd., Zhongshan Dist. ☎ 02-2567-5705

24

Serenity



When a vegetarian chef met a Sichuan chef, they got together to open Taiwan's first Sichuan-style veggie restaurant. Their signature dish, Vegetarian Crisp Tripe with Basil (塔香脆腸) is famous; it is a time-consuming dish that has king oyster mushrooms as its main ingredient. Other specialties include Steamed Stinky Tofu (清蒸臭豆腐), Crispy Salted King Oyster Mushroom (鹽酥杏鮑菇), and Gong Bao Vegetarian Chicken (宮保素雞丁). All dishes are prepared without any spring onions or green garlic, as these are not considered strictly vegetarian ingredients in traditional culture.

📍 1, Ln. 1, Zhenjiang St., Zhongzheng Dist.

☎ 02-2357-0377

25

Vegetarian Cuisine

No. 1 Food Theater Cuisine



Starting its life as an old rice barn in 1944, this building has carried on its founding purpose, i.e. food, and lives on as a diner that brings exotic gourmet components together. It specializes in set meals, such as curry and pork chop rice; both of which are popular among office workers. The chefs use only locally-grown ingredients, and signature dishes include (dinner-only) grilled whole Guik Ding Chicken (桂丁雞), Beef Short Ribs with Noodles (牛小排麵), and Japanese curry. Pre-ordering these special dishes is highly recommended.

📍 2, Aly. 3, Ln. 346, Sec. 2, Bade Rd., Songshan Dist.

☎ 02-2775-1689

26

Innovative Cuisine

Chen Dong Pork Ribs Medicinal Herbs Soup



The twenty-something-year-old Chen Dong Pork Ribs Medicinal Herbs Soup (陳董藥燉排骨) is famous in Raohe Street Tourist Night Market (饒河街觀光夜市). Its pork rib medicinal herb soup is simmered with lots of pork ribs and Chinese medicinal herbs. The soup is light in color; it has a fresh yet rich flavor, and a sweet aftertaste. Even with all those medicinal herbs in it, you can still taste the lovely flavor of the pork itself – a perfect choice for people who are not so into the medicinal herb taste.

📍 In the middle of the market area in front of 160, Raohe St., Songshan Dist.

☎ 0910-901-933

27

Street Food

Fuzhou Black Pepper Bun



At Raohe Street Tourist Night Market, there's always a long lineup in front of Fuzhou Black Pepper Bun (福州世祖胡椒餅). The buns are freshly-baked; the pastry is thin and crispy; and the meat stuffing is juicy. Bite into the crispy exterior and the peppery meat juice just explodes into your mouth. And you won't find the stuffing too greasy either, though it is a bit fatty. All these flavors just work together perfectly!

📍 In the middle of the market area in front of 249, Raohe St., Songshan Dist.

☎ 0958-126-223

28

Raohe Street Tourist Night Market

Shi Boss Spicy Tofu



At the super-popular Shi Boss Spicy Tofu (施老闆麻辣臭豆腐), the must-try dish is the Spicy Stinky Tofu Soup (麻辣臭豆腐湯) with silky duck's blood. Fried stinky tofu with pickled cabbage is another crowd favorite that one just can't stop eating. Shi Boss Spicy Tofu is one of the more famous food stands at Raohe Street Tourist Night Market. For people who have never tried duck's blood – don't be put off! Have a bite and you'll see how tender and juicy it is with no blood odor or taste at all. This authentic Taiwanese street food is perfect for foreign visitors looking for a new culinary experience.

📍 189, Raohe St., Songshan Dist.

☎ 0910-163-404

29

A Nan Sesame Chicken



Located in Nanjichang Night Market (南機場夜市), A Nan Sesame Chicken (阿男麻油雞) seasons their soup to a lighter flavor. It warms you up in wintertime, and is great in other seasons too. And, if you eat at the stand, you can have extra soup for free! The broth is rich and gives off a tantalizing aroma of sesame oil. The perfect proportioning of oil and chicken soup is what won over the Michelin inspectors' hearts and stomachs.

📍 Ln. 311, Sec. 2, Zhonghua Rd., Zhongzheng Dist.

☎ 0955-572-506

30

Stinky Tofu Boss



Located in Nanjichang Night Market, Stinky Tofu Boss (臭老闆現蒸臭豆腐) has been operating for 22 years. Stinky Tofu Boss steams their tofu rather than fries it like other places do. Steaming keeps it fresh and juicy. The tofu here is strictly vegetarian and served without adding any MSG. It has a solid, dense texture that soaks up the sauce. With the stinky name spread out all over this diner, you'd think that's all they serve, but their Red Vinegar Noodles (紅醋麵) are also popular.

📍 6, Ln. 313, Sec. 2, Zhonghua Rd., Zhongzheng Dist.

☎ 02-2305-2078

31

Rong's Pork Liver



Rong's Pork Liver (豬肝榮仔) sells only soups – pork liver and pork strip. The broth is rich with a meaty flavor; the liver is perfectly cooked; and the strip is tender and succulent. Have a bite of the silky, slightly chewy liver with grated ginger. You won't notice the classic "liver taste" that many people dislike. This is one yummy soup, with a gourmet taste you won't soon forget!

📍 In front of 68, Ningxia Rd., Datong Dist.

☎ 02-2553-9710

32

Liu Yu Zi



Liu Yu Zi (劉芋仔) sells only two items: Egg Yolk Taro Cake (蛋黃芋餅) and Taro Balls (香酥芋丸). The balls are made of taro from Jiashian District of Kaohsiung City (高雄市甲仙區), steamed into a mash and then deep fried. The ingredients that go into the Egg Yolk Taro Cake's filling are displayed on the food stand. These include round, yellow duck egg yolks and fibrous pork floss. You'll notice these piled up next to the deep fryer. When you bite into the cake, you'll taste the taro mash first, then the pork floss, and finally the egg yolk. It's really a satisfying little foodstuff!

📍 In front of 34, Ningxia Rd., Datong Dist. (Stand No. 091, Ningxia Night Market)

33

Liang Ji Lou Wei



The Cantonese sauce here has Sichuan peppercorns and chili oil in it. It doesn't have the usual Sichuanese spiciness but rather a sweeter flavor. This shop's dried tofu is so tasty that many celebrities from the entertainment world can be seen lining up for it. Located in the middle section of Linjiang Street Night Market (臨江街觀光夜市), this busy stall has a small rectangular cupboard filled with more than 20 types of *luwei* (滷味; foods braised in soy sauce), such as dried tofu, chicken offal, kelp, and duck wings.

📍 Aly. 50, Ln. 39, Tonghua St., Daan Dist. ☎ 02-2738-5052

34

Luo Ji Xiao Chao



The owner of Luo Ji Xiao Chao (駱記小炒) certainly knows how to "fry." This place doesn't serve fried rice or fried noodles, just plain rice with a choice of one of five fried dishes. So, the chef's seasoning skills are crucial. The mouth-watering aromas attract customers from all over. The dishes are salty but not heavily so, and go perfectly with the plain rice. The fried lamb and fried clams are both full of umami and worth trying, but the most popular item among locals is surely the fried top shells. The European and American Michelin inspectors seemed to prefer the fried beef, and considered this place a well-hidden gem that is definitely worth visiting.

📍 27, Aly. 50, Ln. 39, Tonghua St., Daan Dist. ☎ 02-2708-1027

35

Hai You Pork Ribs



Hai You Pork Ribs (海友十全排骨) has been open for 40-plus years, using fifteen Chinese medicinal herbs, such as licorice and goji, to season its soup made with pork, lamb, and walking catfish. Their soup doesn't have much of an herbal taste, but combined with the sweetness of the pork, it sure smells delectable! Have a sip and let it slide down your throat; it will warm up your whole body. One special thing about this soup is that it's also perfect for summertime! 🍹

📍 49, Dadong Rd., Shilin Dist. ☎ 02-2888-1959

36



Follow Your Michelin Guide and Savor Taipei!



Fun Stops Along the MRT



Now that the *Michelin Guide Taipei* has been released, have you started planning your gourmet tour?

From its beef noodles to its night market street foods, from Taiwanese specialties to Chinese restaurants and Michelin star-winning dishes, the city offers a variety to fascinate and satisfy your taste buds.

No matter what you desire – a taste of hipster culture, retro, current trends or natural scenery – Taipei's got it!

Follow the six fun routes we've selected for you and navigate Taipei feasting on Michelin-level food. You're welcome to take photos at your stops and check in on social media as you treat your body, mind and spirit!

Article

Wu Jingwen

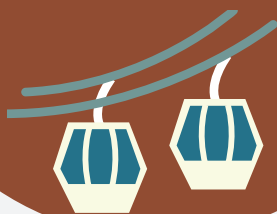
Photos

Wu Jingwen, Gao Zanzian, Shutterstock.com



Wenshan District

The Urban Leisure Route



09:00

Taipei Zoo

Come to the zoo and experience “The Call of the Wild!” In addition to its must-see super-popular foreign guests: the pandas and penguins, you won’t want to miss those endangered local animals: the Chinese leopard cats and the Taiwan black bears. If your legs get wobbly, there’s the zoo shuttle trolley. Just hop on and have fun!


 MRT Taipei Zoo Station



12:00

Tea Time at Maokong


After visiting the zoo, take the Maokong Gondola (貓空纜車) and enjoy the stunning scenery on the ride up the mountain. While at the peak, take some time to wander around. There are western-style snack shops and Chinese tea houses for you to choose from. On sunny days, you can look out at Taipei 101; but if it’s rainy with the fog lingering around, just stay under the roof, listen to the pitter, drink tea, and appreciate the sheer beauty of it all.

 Maokong Gondola Maokong Station

15:30

Fujin Street, Minsheng Community

Lush trees line the streets of this community, which is home to mostly 4-storey old-style apartment buildings. Rows of phoenix trees add a European feeling to the ambience, while small businesses such as coffee shops, eateries, galleries, clothing stores and sundry goods stores, all bustling with humanity, are scattered in amongst the allies and back streets. This area is perfect for laidback strolling and taking time to appreciate the peace and quiet.

 MRT Songshan Airport Station, Zhongshan Junior High School Station





18:00

Bib Gourmand Selection: My Sweet Home Small Kitchen

Once you've finished your downshifting in the Fujin Street (富錦街) neighborhood, you can visit My Sweet Home Small Kitchen (我家小廚房). The owner here cooks authentic home-style Hunan cuisine, which is generally hot and spicy. The owner puts his heart's passion into these dishes, which are spicy enough to bring you to tears! Give it a try and you'll know what I mean. Many people from different countries come to enjoy this food, bringing an exotic atmosphere to the place.

 MRT Nanjing Sanmin Station

21:00

View the Night Scene From Rainbow Bridge

Crossing over the Keelung River (基隆河), Rainbow Bridge (彩虹橋) connects Songshan and Neihu. After it gets dark, the soft street lighting along the riverbanks mingles with the reflection of the arched bridge, forming a romantic atmosphere and attracting many lovebirds to tryst here. Under the bridge, there's an art installation where sweethearts attach their "love locks." You'll see "I Love You" written on the ground in many languages. As you quietly appreciate the night scene, local people may come jogging or biking by, forming a more interesting image.


 MRT Songshan Station



22:00

Bib Gourmand Selection: Raohe Street Tourist Night Market

Visit Raohe Street Tourist Night Market (饒河街觀光夜市), where you can enjoy three street foods recommended by Bib Gourmand – each served at just the right portion. First, head to Chen Dong Pork Ribs Medicinal Herbs Soup (陳董藥燉排骨) for their braised pork on rice and pickles (瓜仔肉燥飯) and a bowl of fresh clear pork chop soup. You'll be left with just enough room in your belly for some stinky tofu from Shi Boss Spicy Tofu (施老闆麻辣臭豆腐) nearby. Once that's consumed, take home a Fuzhou Black Pepper Bun (福州世祖胡椒餅) for a late night nosh, and you've completed a most satisfying evening!

 MRT Songshan Station



East Town

The Trendy Fashion Route

08:30

44 South Village

In the splendid Xinyi district, there's a warm and rustic corner with a relaxing atmosphere. 44 South Village (四四南村) has preserved the setup it had when it was a military dependents village. The old, townhouse-style bungalows have been transformed into exhibit spaces, food emporia, and shops offering sundry cultural and creative goods. All products sold at these businesses have been designed and made in Taiwan using only top quality, which will surely make visitors want to take their wares home. Guests often snap pictures in front of these red, blue and green doors and windows, or just sit on the grass basking in the sun and admiring the nearby Taipei 101.

 MRT Taipei 101/World Trade Center Station



10:00

Songshan Cultural and Creative Park



This park was once the Songshan Tobacco Factory (松山菸廠), but now, with its Baroque garden courtyard and well-preserved historic warehouse complex, it serves as a popular space for art and culture exhibits. Next to the park is the Taipei New Horizon Building (台北文創大樓), which, after the Eslite Spectrum Songyan Store (誠品生活松菸店) opened in it, grew to include a popular bookstore, performance hall, cinema, and hotel complex. You can stroll around, have a coffee or just read and let the morning while away easily.

 MRT Sun Yat-Sen Memorial Hall Station

12:00

Bib Gourmand Selection – Song Kitchen

This is one of the most-famous chargrilled duck restaurants in Taipei. It used to be called Quanjude (全聚德), but later changed its moniker to Song Kitchen (宋廚菜館). It serves up delicate Northern Chinese dishes, and you won't want to miss seeing the chef slicing the duck to perfection! Every dish is carefully prepared and presents an unforgettable taste.

 MRT Taipei City Hall Station



14:00

Xinyi Commercial District, Taipei 101


Xinyi Commercial District (信義商圈) is considered a “front-line battlefield” when it comes to department store competition, and it's always packed with shoppers on weekends. From Shanti Boulevard (香堤大道) all the way to the pedestrian area at Vie Show Cinemas Taipei Hsin Yi (信義威秀), street performers display their amazing variety of skills, each vying for your attention. And if you like a particular performance, why not toss a few coins into the tip basket? Don't be shy!

 MRT Taipei City Hall Station

18:00

Michelin 1-Star – Da-Wan

In this area, where the top grill restaurants compete for your dollar, Da-Wan (大腕) is the only one to have received a Michelin star. You simply cannot dine there without trying the signature dish: grilled Wagyu (or Japanese cow). The owner will carefully remind you which seasoning and dip goes with which, helping you fully appreciate the flavor of the meat.

 MRT Zhongxiao Dunhua Station

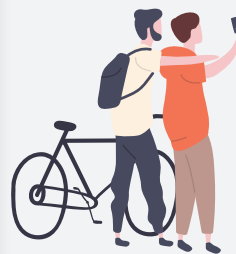


20:00

Treasure Hunt Down East Town Backstreets

On the business circle near Section 4, Zhongxiao East Road (忠孝東路4段), you'll find big shopping malls and many unique clothing stores. The "Online Auction Street" is the new favorite choice of local fashionistas for budget clothing. This area is a good place to hang out after work, and you'll find exotic restaurants, taverns, grill eateries and Isakaya, or Japanese style pubs, to satisfy your gustatory cravings! Making a reservation on weekends is highly recommended.


 MRT Zhongxiao Fuxing Station



21:30

Michelin 1-Star – Longtail

Open until 3 in the morning, this is a perfect place for night owls with picky taste buds. The chef specializes in preparing his contemporary fusion cuisine with creativity. As an example, Longtail's BBQ Pork Bun borrows the coriander flavor of the classic Taiwanese street snack, *guabao* (刈包; braised pork bun) to create a whole new taste.

 MRT Technology Building Station



West Town

The Glorious Traditional Route



08:00

Bib Gourmand Selection – Fu Hang Soy Milk

If you want a more traditional route for your perambulations, what better way to start a day than with Fu Hang Soy Milk (阜杭豆漿)? Their authentic *shaobing* (燒餅; sesame flatbread) with *youtiao* (油條; deep-fried dough) tastes better and better the more you chew it. If that's not enough to satisfy you, take some snacks to go and stroll about the old town area.

🚶 MRT Shandao Temple Station



09:00

National Taiwan Museum, Land Bank of Taiwan, Futai Street Mansion, the North Gate

Among the five Taipei Qing Dynasty town gates, Beimen (北門), or North Gate, is the only one retaining its original South Fujian style architecture. Walking through the arch, you'll feel the passing of time and space. Several tourist attractions and historical sites surround North Gate Square, including Taipei Post Office (台北北門郵局), Futai Street Mansion (撫臺街洋樓), Mitsui Warehouse (三井倉庫), National Taiwan Museum (國立台灣博物館), and Taiwan Land Bank Exhibition Hall (土地銀行展覽館). Each one helps connect urban history for the Westgate Project.

🚶 MRT Taipei Main Station



12:30

Bib Gourmand Selection – Beef Noodles




As you ramble around the old town area, stop to recharge your batteries with a bowl of beef noodles! There are three beef noodles places in the MRT Ximen Station (捷運西門站) neighborhood that are recommended by Bib Gourmand: Jian Hong Beef Noodles (建宏牛肉麵), which is open 24-7 to welcome visitors, Lao Shandong Homemade Noodles (老山東牛肉家常麵店), where the specialty is handmade noodles prepared “al dente,” and Niu Dian Beef Noodles (牛店精燉牛肉麵), a favorite of trendy fashion lovers, and an eatery that will never disappoint.

🚶 MRT Ximen Station

13:00

Ximending Commercial District

The square near Exit 6 of MRT Ximen Station is the young people's hangout spot in Taipei, with large crowds often gathering to watch street performances. Once you're here, the plethora of shops – colorful, glittering and trendy, will definitely keep your eyes busy! There are other places for you to explore too, including the famous tattoo street, the movie street, the American Street (美國街), the Wannien Commercial Building (萬年商業大樓) and the Red House (西門紅樓).


 MRT Ximen Station



16:00

Bangka Lungshan Temple, Xinfu Market U-mkt

The devotees at Bangka Lungshan Temple (艋舺龍山寺) worship Guanyin. This holy place is a belief center for local people, a gathering place, and also a tourist attraction where international visitors can discover the aesthetics of temple architecture while experiencing local folk culture. The nearby East Sanshui Street Market (東三水街市場) sells fresh-produced groceries and everyday supplies; this place serves people who prefer traditional markets over supermarkets. The U-shaped building, U-mkt (新富町文化市場), used to be a traditional emporium in the Japanese era, but more recently, has been revitalized and transformed into a space for food education. Its rich history attracts many "old souls" who want to experience the glory of its rebirth.

 MRT Longshan Temple Station



18:30

Bib Gourmand Selection – Nanjichang Night Market

Many people go to Nanjichang Night Market for the noodles, and the hidden gem is surely the red vinegar dried noodles at Stinky Tofu Boss (臭老闆現蒸臭豆腐). The stinky tofu here is solid and chewy; it's salty but not overwhelmingly so. Add a little spicy sauce, and your stinky tofu will taste even better! After this, you can head to nearby A Nan Sesame Chicken (阿男麻油雞) for a bowl of good-for-all-seasons chicken soup.

 Walk out Exit 3 at MRT Longshan Temple Station, take Bus BL 29; or go to MRT Ximen Station and take Bus 12, 205, 212, 223, 249, or 253 to Nanjichang Apartments Stop (南機場公寓站)

Zhongzheng District


The Art Enthusiast's Route



09:30

NTU Campus and its Neighborhood

The vast lawn at the end of Palm Avenue on the campus of NTU (National Taiwan University) is a popular place for people to take their kids on weekends. Along the Avenue, the beautiful historic buildings, with their azaleas blooming in springtime, make excellent choices for wedding photos, or for “Internet celebrities” who want to check-in on Facebook. With such a richly-human atmosphere, many bookstores and coffee shops have chosen to locate in the nearby Wen-Ro-Ting (溫羅汀) area, which, in turn, attracts many art enthusiasts to hang out there.

 MRT Gongguan Station



11:30

Bib Gourmand Selection – Din Tai Fung

When you visit Yongkang Commercial District (永康商圈), you shouldn't miss Din Tai Fung (鼎泰豐). Order some *Xiaolongbao* (小籠包), fried rice and a bowl of House-Steamed Chicken Soup (元盅雞湯), and you savor the very marrow of Din Tai Fung. Not satisfied after all that? Take some dessert such as Thousand Layer Cake (千層油糕) and *Red Bean Xiaolongbao* (豆沙小籠包) to go, and have yourself a picnic in Daan Park (大安森林公園). Enjoy your delicacies with the aroma of flowers, the singing of birds, and the sunshine all around you!


 MRT Dongmen Station



14:00

Yongkang Commercial District, Qingtian Street

The passing of the decades has seen these Japan-style wooden dwellings house Japanese officials and, now, NTU staff – all the while with leafy giants alongside. The buildings and trees on the block paint a gentle portrait, with a rustic and elegant look. Go north a little more and enter the Yongkang Commercial District, where you'll find appetizing street food, sundry shops for art enthusiasts, coffee shops and tea houses. While you're there, remember to have a bowl of mango shaved ice and buy some souvenirs!


 MRT Dongmen Station

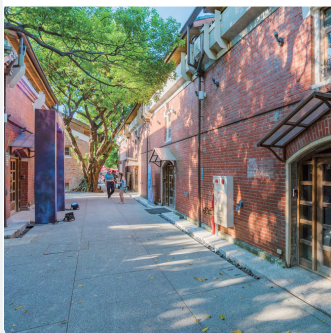


16:30

Huashan 1914 Creative Park

For lovers of the finer things, and those who frequent enjoy exhibits, band concerts and art movies, here is one of the first such cultural attractions in Taipei – a destination not to be missed! Enjoy this relaxing little oasis of happiness by finding a grassy corner to sit and chat, watching the many performances by street buskers, or by taking pictures by the leafy walls of the four connected buildings or at the six-section red brick complex. Moreover, there are restaurants, coffee shops, and stores selling creative products in the park; all of these locales packed on weekends.

 MRT Zhongxiao Xinsheng Station



19:00

Bib Gourmand Selection – Shuang Yue Food

Shuang Yue Food (雙月食品) is an eatery filled with the love of mother and child. Its chicken soup is a must-try dish. The oil rice is also highly recommended, and is many parents' top choice when it comes to handing out gifts to celebrate their new baby's one-month birthday.

 MRT Shandao Temple Station



Shilin District

The Intellectual LOHAS Route



09:00

Tianmu Shuiguan Road Trail

The most significant aspect of this trail is the water pipeline along the roadside. This pipe was laid to conduct spring water from Yangmingshan (陽明山) to the Tianmu (天母) and Shilin neighborhoods in the Japanese era. The trail is a beginner-level hike; first, you have to climb more than 1,000 steps, but once you get to the flat gravel road, it gets much easier. The whole trip takes about one and a half hours. When you stroll the low-altitude subtropical broadleaf forest with its flowing creeks, you'll feel cool and comfortable!

🚌 From MRT Zhishan Station, take Bus 267, 601, or 224 to the Tianmu Stop, then walk to Tianmu Police Station



11:00

Shidong Market

With the clever makeover fashioned by its design team, this traditional market has become trendy. This place has a chic, arty atmosphere with an elegant and clean look. It's now air-conditioned, and has shopping carts provided. All of these improvements have consumers smiling, and have earned this emporium the designation: "Five-Star Traditional Market!" Shop the first floor's fresh produce area till you're tired, then head up to the second floor food court for a snack and a beverage.

🚌 From MRT Zhishan Station, take Bus 616 or Citizen Minibus 11 to the Tianmu Baseball Stadium Stop





12:00

Michelin 1-Star – Golden Formosa

The ultra-popular must-try dishes here are the crispy pork ribs (排骨酥) and the plain boiled chicken (白斬雞). And, although their signature dish, “Buddha Jumps Over the Wall,” (佛跳牆) must be preordered, it is certainly worth waiting a few days to enjoy. During the cooking process, the chef sometimes works with a knife in each hand, and sometimes he’s seen fishing crispy deep-fried pork ribs from the hot old pan. This pot contains all kinds of toothsome ingredients and regularly attracts celebrities to dine.

🚌 From MRT Shipai Station, take Bus R 12 or 645 to the Taipei School of Special Education Stop

14:00

The National Palace Museum

Situated in the green mountains of Waishuangxi (外雙溪), the National Palace Museum (國立故宮博物院) has collected over 690,000 artifacts, paintings, books and documents, mainly from the Song, Yuan, Ming and Qing dynasties. Other than the most famous pieces, like *Jadeite Cabbage with Insects* (翠玉白菜), which are on permanent display, museum exhibits rotate on a regular basis. Many products at the gift shop are cleverly designed and full of fun, such as the roll of paper tape: *Qing Court Communication as Reflected Brush and Ink of Kangxi Emperor* (朕知道了). You can also visit the Zhishan Garden (至善園) at the foot of the mountain to appreciate traditional landscape architecture, with many spots great for picture taking.

🚌 From MRT Shilin Station, take Bus R 30, 255, 304, 815, Little 18, Little 19, or Citizen Minibus 1; or, from MRT Jiannan Rd. Station, take Bus BR 20



19:00

Bib Gourmand Selection – Hai You Pork Ribs

Bib Gourmand recommended only one food stand out of Shilin Night Market (士林觀光夜市) stalls, and that is Hai You Pork Ribs (海友十全排骨). Their signature dish is pork rib soup cooked with 15 herbs for 10 hours. The soup is clear, leaving your palate with a mild and sweet aftertaste, and the meat is tender – an unforgettable dish! Sometimes the waiting line is so long that the owner has to beg people not to come, surely makes the ones who’ve already finished their soup smile!

🚌 MRT Jiantan Station

Zhongshan/ Datong Districts

The Cultural Experience Route



09:30

Dalongdong Baoan Temple, Taipei Confucius Temple

The devotees at Dalongdong Baoan Temple (大龍峒保安宮) worship Baosheng Dadi (保生大帝). It is a belief center for local people, and hosts the Baosheng Cultural Festival (保生文化祭) annually. The temple's woodwork, colorful paintings and Koji ceramic work are all worth seeing. To preserve the main hall corridor's wall paintings, the temple has invited special conservators from Australia, who've come to Taiwan several times in order to preserve, clean, and restore these murals to their glorious past appearance. This effort helped the temple receive The UNESCO Asia-Pacific Cultural Heritage Preservation Award in 2003.

Across the street and a short distance away you'll see the Taipei Confucius Temple (台北市孔廟). If you look closely, you'll notice there aren't couplets or poems on any pillar, window or door in the temple; which means no one should try showing off their writing skills in front of Confucius. There's a 4D VR theatre where visitors can learn more about Confucian culture.

 MRT Yuanshan Station



11:30

Michelin 1-Star – Ming Fu

After visiting Dalongdong Baoan Temple, you should never pass up the authentic Taiwanese fried nest fern at Ming Fu (明福台菜海產). This is the only Michelin 1-star restaurant that was absent from the award ceremony in Taipei. Why don't you bring your friends and enjoy their signature dish: Buddha Jumps over the Wall.

 MRT Zhongshan
Elementary School Station

13:30

Dadaocheng

If you're looking for a place where old-timers take a stroll down Memory Lane, then visit Dadaocheng (大稻埕)! You can wander around the venerable town site admiring the building facades with their Japanese-Western hybrid style, then check out the ancient businesses specializing in regionally specific items, Chinese herbal medicines, fabrics, and creative handmade goods. Need a break? Have a bite at one of the many eateries in front of Cisheng Temple (慈聖宮). This part of town definitely lets you experience the energetic fusion of old and new, past and present. For people seeking divine help in finding love, Taipei Xia-Hai City God Temple (台北霞海城隍廟) is the place to go.

🚇 MRT Beimen, Daqiaotou, Shuanglian Stations



16:00

Chifeng Street

There used to be many blacksmiths on this street, but now a lot of cultural and creative types have set up shop in one of the old smithies. Among these, you'll find vintage and secondhand clothing stores, coffee shops, bookstores, as well as hardware and auto part stores. This accidental coming together has created a unique atmosphere in this neighborhood. You might want to drop by in the early evening, just when the sun is setting and the lights are coming on. It's a magic moment that happens every day!

🚇 MRT Zhongshan Station



18:30

Bib Gourmand Selection – Ningxia Night Market

The must-try dish at Ningxia Night Market (寧夏觀光夜市) is the authentic pork liver soup at Rong's Pork Liver (豬肝榮仔). And you won't want to miss the taro balls at Liu Yu Zi (劉芋仔). You can try the ones prepared with pure taro, or those with egg yolk. Both are scrumptious and crispy! The purple taro and yellow egg yolk add a colorful component, which young ladies love to add to their check-ins on social media. 📸

🚇 MRT Shuanglian Station



Chinese Class



有推薦的嗎？

You tui jian de ma?

What do you recommend?



最推薦哪一道菜呢？

Zui tui jian na yi dao cai ne?

Which dish do you recommend the most?



Tips

When traveling and going to an eatery for the first time, you probably wonder what to order, right? Not all menus come with pictures. Today I'm going to teach you a couple of very useful sentences to deal with such a situation. Stop wondering, just ask the restaurant staff! They might serve you something that surprises you, but that's part of the fun of traveling, isn't it?

A “Follow the Rainbow” Tour

Article

Chung Wen-Ping

Photos

Professor Chou Kun-hsuan, Chinese Culture University; Chic-Jen Yan



If you happened to be in Taipei on November 30th last year, and you happened to look up into the sky on that long autumn day, you, along with the whole wide world, would have witnessed the breaking of a world record by Chinese Culture University (文化大學; CCU), located on Yangmingshan (陽明山). The “Long-lived Rainbow” appeared on the university’s northwest side at 6:37am, first descending to the north into a mountain valley, then rising into the northeastern sky. This magical rainbow bridge seemed to remain fixed in place throughout the day, “hanging” in the sky for nine hours before evaporating at 3:55pm. This surpassed the previous record of six hours set at Wetherby in Yorkshire, England on March 14th, 1994; and it was the first time that Taiwan had ever garnered an official Guinness World’s Record related to natural phenomena. The feat generated both amazement and great buzz, riveting the country’s attention and drawing foreign media coverage as a genuine hot topic.

For Panoramas Overlooking Taipei – Call CCU No. 1!

Spotting a rainbow and enjoying it is a matter of luck, not choice. However, you can still choose to follow the path of the Long-lived Rainbow, by climbing Taipei’s mountains on a mini-trip with all the



The world’s longest-lasting rainbow, recognized by a Guinness World Record, rises in the mountains of CCU. (Photo: Professor Chou Kun-hsuan, CCU)

romance of a rainbow and the “spur of the moment” feeling of lucky fortune.

The Long-lived Rainbow’s birthplace, CCU, is located in the Datun Mountain Range (大屯山系) at an elevation of 460 meters, making it Taipei’s “highest” institute of higher learning. It is also one of the few universities in Taiwan located near a national park. Each time the mountain rains depart and the sun reappears, rainbows will almost imperceptibly appear around the campus. Among CCU folk, the nickname for their school is the “Home of Rainbows,” a moniker that is in no way undeserved!

With its lofty perch, CCU also enjoys a panoramic vista over Taipei City, and is a superb location for sunset and nightscape viewing. The prime spot, behind the gymnasium, is known as “Rear Mountain Lovers’ Slope” (後山情人坡). As one walks along Xia Dongshi Industrial Road (下東勢產業道路) from Tianmu East Road (天母東路), the terrain becomes elevated and no obstacle blocks lines of sight. If it’s free of fog and heavy rain, the Tamsui River (淡水河), Mt. Guanyin (觀音山), and the mass of humanity between mountain and river – the flow of traffic and the great cluster of buildings – can be taken in at a glance. Taipei spreads out like a super-sized map at



Zhuzihu's calla lily fields have the pretty look of scattered snow on high mountains. (Photo: Chic-Jen Yan)

your feet, everything clearly laid out and caught in a single sweep of your eye, a superb tableau that is unmatched!

The Romance of American Military Housing

CCU's neighborhood, Shanzihou (山仔后), is also home to a large concentration of old bungalows built in the 1950s as American military housing. The Korean War had erupted, and the US was attempting to prevent Communist expansion in Asia. A Military Assistance Advisory Group (MAAG) was dispatched to Taiwan, and military housing built for US officers stationed here. A meticulous search for possible locations was conducted, with US advisors and architects even taking to the skies in helicopters to inspect the city from above – Taipei map in hand! Once this quiet and secluded high-mountain area

was selected, 217 bungalows were constructed in the style of American country homes. Each is on a plot at least 264 square meters in size, surrounded by lawn with a patio, and each has a fireplace inside. Another feature rarely seen in Taiwan are the chimneys, which create a distinctive “little American village” look. Other residents of the area dubbed it “foreigner housing,” or *a dou a cuo*. Today, this is the most intact American military housing enclave left in Taiwan.

After the US military departed Taiwan, the homes were left abandoned for a considerable period. In recent times, the Taipei City Government has taken the lead in an energetic renovation and rejuvenation initiative that has given birth to an American-style café and a dessert shop in two of the buildings. This has enabled this Taipei enclave, which experienced its modern Western cultural baptism long ago, to renew its connection with the daily lives of Taipei's citizenry.



Maple trees swish daintily along the lanes, while clouds and mists creep up the mountainside. The quaint retro beauty of the scene seems right out of an old movie. This is a grand spot for relaxed scenery viewing, while you sip on a coffee and eat sweets, whiling away a sumptuously decadent and lazy afternoon.

Cherry Blossoms and Calla Lilies Blooming in Relay


Just as the Japanese enjoy viewing their cherry blossoms, so, the people of Taipei make an annual pilgrimage up Yangmingshan to take in the flowers. This city's residents are just a little more fortunate, however, in that the Yangmingshan flower season lasts more than half the year! The show begins in early spring with the

Taiwan cherry and Showa cherry blossoms; then the Chinese hydrangea, Yoshino cherry, azalea, calla lily, and big-leaf hydrangea bloom in turn. These stunning landscapes are ephemeral, each lasting only a short time throughout the spring and summer. Miss out and you can only wait patiently for next year.

Yangmingshan's flower-appreciation sites include the Flower Clock (花鐘), Floriculture Experiment Center (花卉試驗中心), Yangmingshan National Park Visitor Center (陽明山國家公園遊客中心), and other locations. Augmenting the list (each February/March) is the splendid Cherry Blossom Tunnel on Fuxing 3rd Road (復興三路) and the newly-planted Yoshino cherry trees outside Fuxing Senior High School (復興高級中學). Unlike the sparsely-flowering roadside cherry trees, commonly arranged in twos and threes, the Formosan cherry trees along Fuxing 3rd Road and outside Baigong

Shanzhuang (白宮山莊) were planted long ago by the Beitou District Office (北投區公所), resulting in a concentrated "sea of flowers" along both sides of the road. When the wind blows, the splendid colors of the falling blossoms in every way rivals that of the famed "wind-blown snow" in Japan.

In the past, there was a grand old tree stood behind the rear entrance at Fuxing Senior High School. Aged around sixty years, it was dubbed the "Cherry King" because of its tremendous blossoms. Sadly, in 2015 it breathed its last; brown root rot necessitating its removal. Since then the school has planted new Yoshino cherry trees along the sidewalk on the left side, and the rich tapestry of the ebullient blooming has both surprised and delighted viewers. Expectations are that this annual natural event will become a popular tourist draw someday.

In April, the cherry blossoms fade into memory and the calla lilies obligingly burst onto the scene. The calla lilies of Zhuzihu (竹子湖) are perennials with flowering bulbs from the family Araceae. April is their peak production period, with 12 hectares under cultivation; and white and green wetland calla lilies form the majority. Zhuzihu accounts for over 80% of Taiwan's calla lily output. Springtime is the loveliest time of year in Zhuzihu, with a large swath of the intersecting green fields thickly speckled with white flowers like a beautiful high-mountain snowfall. The biggest difference between calla lilies and other types of flowers on Yangmingshan is that you can appreciate them from afar and also legally pick them. Rent your waterproof boots and gear from the farmer and head out into the fields to experience the fun of picking flowers yourself! The calla lily's lovely large, snow-white spathe and green stem form a simple, elegant line. Choose carefully, measuring them one after another, and pluck only those lilies that have won your heart. If that isn't "romance," what in the world is!? 

TAIPEI FUN TAIPEI

Exploring Taipei's Specialty Bars & Pubs – Carefree Tippling; Tasting the Night

Article

Zhang Wenxin

Photos

Liang Zhongxian, M.O. Bar



Getting together with a few friends after work to quaff a beer or two is a great stress-reliever. (Photo: Liang Zhongxian)

Night in the city, and the neon is flashing. Are you, busy through the week with no time to catch your breath, looking for a little corner where you can stop and sit on a Friday or Saturday night? In Taipei, specialty bars and pubs have sprung up to fill this need for the office crowd, and are thus concentrated in the Xinyi and Daan districts. These new-style establishments are different from the city bars, wine houses, beer houses, and izakayas of the past, stocking alcohol of myriad variety and with interior spaces presented as “fashion capital” statements. The creative ferment has crafted an “alcohol gourmet culture” exclusive to Taipei.

Sipping 1920s' Style

The Mandarin Oriental Taipei Hotel's (台北文華東方酒店) exterior has a calm, dignified appearance, typical of Taipei hostelryes. The M.O. Bar, tucked within, is truly satisfying to ladies and gents in search

of world-class bartending. Stepping inside is like stepping through a time tunnel – back to a more glittering, resplendent era, when drinks were lingered over in a genteel, elegant manner.

The interior of the M.O. Bar is decked out in the style of the 1920s. Staff members are dressed in all-white suits, echoing the attire popular in that era. The long central bar serves as the main stage for the bartenders, where an endless chorus line of inspired cocktails moves from imagination to reality. Amidst the urban-retro trappings, one can enjoy M.O. Bar's highballs, premium champagnes, wines, and a copious variety of spirits. A special attraction is the frequent invitation of world-class bartending talents, such as Manabu Ohtake, Diageo Reserve World Class Bartender of 2011, to be “artist in residence” for a period of time. During his tenure as guest bartender, Ohtake came up with some ingenious concoctions combining Western



spirits with Eastern elements. Here, you do not just sit down to enjoy a glass, you step onto a fashionable and cosmopolitan international stage.

Savoring Fine Spirits and Great Food “At the Inn!”

Located in Xinyi District, Placebo Taipei opened in 2016, and has the character of an inn from a martial-arts movie – a design inspired by the zombie flicks owners Darren and Anarchy used to watch when they were kids. If you don’t ask about it, however, the spooky zombie connection won’t be obvious. Seen from the outside, the warm lighting and interior decor create an ambience that draws people in for a bit of R&R.

All drinks and foods at Placebo Taipei are developed, marinated, and brewed in-house using local Taiwanese ingredients. A plate of soy-braised treats and a bowl of mutton soup, accompanied by a homemade jasmine-tea gin dubbed “The Jasmine Lullaby,” warms one from the depths of one’s soul to one’s heart on a cold winter’s night. Because the majority of the clientele is female, the bar acknowledges that preference with a fine selection of mulled wines. Roselle, roses, and mulberries may be mixed with a red wine and/or cognac to produce a sweet and sour medley that, from moment of contact with the tongue, all the way down one’s insides, runs smooth and silky. Their effect is soothing, echoing the name of the bar, your Placebo Taipei experience indeed providing “placebo-like” comfort for body and soul.

Whisky Museum Down a Cozy Lane

Ask where to find the best spirits in Taipei, and you’ll find nary a lover of whisky who does not answer: “L’arrière-cour.” This whisky bar has been in place for almost 20 years, and considers itself a “Whisky Museum.” One of the inspirational souls behind the endeavor, Lin Yifeng (林一峰), is a Taiwanese whisky



The Mandarin Oriental Hotel’s M.O. Bar has an elegant 1920s’ character, and offers mixed drinks in a myriad of styles and flavors. (Photo: M.O. Bar)



Placebo Taipei welcomes patrons with its warm Chinese inn character, and with fine foods crafted using local ingredients. (Photo: Liang Zhongxian)



Lovers of all things whisky can find premium spirits and culinary creations at L'arrière-cour. (Photo: Liang Zhongxian)



Taihu Brewing's Landmark hopes that everyone will come and savor the distinctive tastes of its fine beers. (Photo: Liang Zhongxian)

master. His dream in opening the bar was to inform more people about the richness of the world of whisky.

At L'arrière-cour the goal is not quantity, but a glass that perfectly suits the moment. There is no spirit menu here. The bartenders first spend time communicating with their customers, inquiring about such things as what the person has just eaten, and whether his or her taste preference leans toward something strong or something


a little smoother. After this, a number of possible choices are presented – a good idea for the customer who isn't sure what he wants, and while you're taste-testing, you also hear the story of each liquor, and about its unique characteristics and flavors. This customized process is like chatting with a good friend, and is why so many return to L'arrière-cour time and again.

Fine Brews for Leisurely Sipping

Want to know what the most fashionable way to drink is in Taipei currently? Standing is "in!" And if there's any one place responsible for this trend, it's Landmark, the Taihu Brewing Company's (臺虎精釀啤酒) craft beer bar in Xinyi District. Craft beer is all about savoring slowly; "sipping" is thus at the core of alcohol-appreciation here, and Taihu Brewing wishes to encourage that in its consumers. The bar's Chinese name, "啜飲室," literally means: "sipping room." In addition, because the establishment is partially open

to the elements, Landmark takes the TLC step of providing capes for patrons, so they can keep warm while lingering over their drinks alfresco!

Landmark is home to a gathering of Masters. In addition to Winnie, or Hsu Juo Wei (許若瑋), pioneering female and chief brew master, who has 10 years of experience, all bartending staff have attained SERIOUS BEER Certification Level 1. Chat with them and you'll come away knowing a great deal more about craft beer! Taihu Brewing/

Landmark also sells its beer in cans, and recently cooperated with renowned painter, Yao Jui-chung (姚瑞中), to create beer can artwork that uses themes involving beer's raw materials, while showcasing the characteristics of four Taiwanese cities. Its India Pale Ale (IPA) is the Taipei offering, and has textured layering with an aftertaste that travels from bitter to sweet and tells the classic Taipei tale of hard work in the pursuit of success. While sitting down to savor the beer, savor as well the inspiring story of this city depicted on the can. 



M. O. Bar

📍 5F, No. 158, Dunhua N. Rd., Songshan Dist. (松山區敦化北路158號5樓)

☎ 02-2715-6698

🕒 **Mon~Thurs**
17:00~00:30
Fri/Sat 17:00~01:30
Sun 17:00~23:30



Placebo Taipei 安慰劑

📍 83, Sec. 2, Keelung Rd., Xinyi Dist. (信義區基隆路2段83號)

☎ 02-8732-2345

🕒 **Sun~Thurs**
20:00~02:30
Fri/Sat 20:00~03:00



L'arrière-cour 後院

📍 4, Ln. 23, Sec. 2, Anhe Rd., Daan Dist. (大安區安和路2段23巷4號)

☎ 02-2704-7818

🕒 **Sun~Thurs**
19:00~03:00
Fri/Sat 19:00~04:00



Taihu Brewing Landmark

臺虎精釀啜飲室

📍 68, Sec. 5, Zhongxiao E. Rd., Xinyi Dist. (信義區忠孝東路5段68號)

☎ 02-2722-0592

🕒 **Mon~Thurs**
17:00~23:30
Fri/Sat 15:00~01:30
Sun 15:00~23:30

23

PUBLIC

Taipei's Thriving Craft Beer Scene – A Sit-Down With the Creators of 23 Brewing Company

Article

Rick Charette

Photos

Shi Chuntai

Brett Tieman and Matt Frazar are co-founders of Taipei's 23 Brewing Company (23號啤酒), founded in 2014. The fellow Americans have a passion for craft beer, and met through the local home-brewing community. Taiwan's craft-brewing scene has flourished over the past decade-plus, and 23 Brewing is part of the second wave of craft-brew enterprises to launch, along with other successful names such as Redpoint Brewing (紅點手工鮮釀啤酒) and 55th Street Craft Brewery (五十五街精釀啤酒), some also run by beer-passionate expatriates. The local microbrewing market was thrown open in 2002, with Taiwan's WTO entry.

23 Brewing's creations are sold at points all around Taiwan, and about a year-and-a-half back the decision was made to launch along a wholly new path – opening their own dedicated taproom, in south Taipei's Gongguan (公館) area, conveniently a short walk from MRT Taipower Building Station (捷運台電大樓站). A second has since been opened in MRT Xinbeitou Station's (捷運新北投站) BADOU Restaurant & Food Court (BADOU 溫泉美食一條街), right beside Beitou's famed hot-spring resort area, and a third is on tap for MAJI Square (MAJI集食行樂) in Taipei Expo Park (花博公園), beside MRT Yuanshan Station (捷運圓山站). On a recent sunny day, sunlight

pouring in through the floor-to-ceiling windows, *TAIPEI* talked with the duo at the Gongguan flagship outlet – 23 Public.



Why Choose Taipei?

Their points of origin are night and day. Brett came to Taiwan via brash and boisterous New York, Matt via laid-back San Diego. Both have developed a keen affection for the city and its people, and a shared mission is to make each of their taprooms an intrinsic part of life in the communities they're located in.

According to Matt, they spent much time discussing why there wasn't a big craft-beer scene in Taipei, and wanted to bring American-style craft beer and culture to the city and Taiwan. "Taipei is really the place where things are happening," he says, "and people here are more international, so this was the best spot to set up and sell our beer. If we'd set up in the south, for example (where local palates are perhaps not quite so ready), I can't imagine the struggle."

In Taiwan breweries must be in industrial zones, which as Matt says "are not very scenic, hindering people from visiting and learning about craft beer." They liked the idea, as with many breweries and wineries in the West, of opening an attractive brewery showroom, but decided that in-city taprooms are the better path. They're encouraged by the local population's receptivity toward craft beer – "about 99% of the time those who try it love it, enjoying the experience." Those who dare find that craft offerings are "really delicious-tasting beers."

Your Friendly Neighborhood Craft-Brew Meeting Place

They want to bring "the beer culture at large to Taiwan – the taprooms, the whole environment,

the style of drinking where everyone is around a big bar," says Brett. "It's communal, very neighborhood-oriented."

"Much of Taiwan drinking revolves around food, and groups," says Brett. "A lot of my early beer-drinking here was at spots like *kuai chao* (快炒) places, or stir-fried shops, which is really fun. But I missed the neighborhood bar where I would go by myself. That's pretty common back home – hit your neighborhood bar, hanging out with your bartender, your neighbors. The bar is like an extension of your living room; you're socializing with your community."

They chose Gongguan for their first taproom because of its neighborhood feel, locating on a corner in what was a fruit store (the big windows already in place). This is an area of students and highly educated long-term residents, with two universities and, they say, no true bar in the community when they arrived. Now there are four or five, a hotspot for bar-hopping developing. There now have many regulars, and each is "rewarded" with their own personalized coaster.

They've worked hard to promote a "community pub" reputation by training managers and staff to interact with customers and create personal relationships. "We live our beer," says Matt, and they love talking to visitors about them. They've created a unique ambience, and it's common for managers to call neighbors by name as they stroll in. People come in to "experiment with beer first, and have a little bit of a snack and conversation – what you might call a 'Western' style of drinking."

Generally, says Matt, when locals don't have the best initial craft-beer experience, "it really comes



down to the people serving. For example, we have our sour beers, which most locals haven't tasted before. We train our staff and give people the full experience, explaining the beers. People love it – we convert people every day here.”

Adds Brett: “You know, a big part of this product is managing people’s expectations before they try it, so they’re prepared.” Joking, he says it’s akin to the “bad taste” left in a foreign visitor’s mouth if given stinky tofu to eat without any preparation. If one is surprised by unfamiliar taste, texture, and smell, whether beer or tofu, the chance of rejection is much heightened.

The Changing Taipei/Taiwan Beer Palate

“Our first beer, the No. 1 Pale Ale, was hugely popular when brought out four years ago, with

80-plus percent of buyers foreigners,” says Matt. “Now, with our taproom here, it’s about 80/20 local and foreign, with tourists about 10%.”

Amongst locals, says Brett, “one of the most pleasant surprises has been the spread in age and gender – it’s not just students.” Seeing that most college kids cannot afford craft beer often, they offer Happy Hour specials. Brett describes two “shifts”: students and other younger people during Happy Hour, and a mixed-bag “evening shift,” with a heavy dose of local residents.

In-house, beyond the Happy Hour they also offer special-deal flights of beer that lets people sample many types. “Opening our taprooms has created brand awareness, and been a big boost for business,” says Matt. Their previous B2B business has not been affected, their customers not seeing the taprooms as a conflict of interest or direct competition. Everyone understands the craft-

beer ‘pie’ is being made larger, and they say craft brewers themselves are beginning to cooperate.

Impact of the New Michelin Guide Taipei

Earlier this year a new *Michelin Guide* focused on Taipei’s culinary scene was brought to market. “This will be great for Taiwan,” says Brett, “and it does reflect the palate sophistication that’s always been here. Taiwan has always been a bit of an underdog for tourism, and hopefully this will be bringing more tourists to Taipei looking for a high-quality food and drinking experience.”

Their own creations go great with classic American fare like pizza and BBQ, says Matt, and they’re experimenting with local snack foods like dumplings, *guabao* (刈包), and *luwei* (滷味). “The *luwei* (soy-braised dishes) goes great with our No. 1 Pale Ale, or really anything hoppy, like IPAs.” They also offer chocolate sticks from a local chocolatier, which go very well with their stout.

The Brett and Matt Taipei Lifestyle – Fave Foods and Leisure-Time Pursuits

Matt really enjoys frequenting certain restaurants and bars in town, notably those that offer good beer on tap for him to explore, calling himself a “craft-beer nerd.” He finds more and more “cool bars and other places” popping up in the city. Being from California, he also likes to get away to nearby Yilan County (宜蘭縣) on weekends to “hit the beach, do some surfing, and have fun” – good beer in hand, of course.

Brett states that “I enjoy my life right now. I have a lot of love for Taiwan for giving me this experience. I like to stick around this part

of town, which is also a great entry point for tourists to discover Taiwan, filled with people who’ll be able to speak their language” and offer good local travel advice. He also specially enjoys MAJI Square in Taipei Expo Park, which has open space for kids (he’s now a dad) and a “nice little shop selling craft beer,” and the Beitou area around their other outlet, because of its strong community feel.

Both are big fans of *kuai chao*, local-style BBQ, and beef noodles. In truth, they say, they love pretty much all Taiwanese food, including stinky tofu. Brett finishes by saying, “To be honest, the food and the MRT system are two of my big reasons in deciding to move here,” calling the MRT system “one of the most comfortable and convenient city-transportation systems I’ve ever used, especially with kids.” Both enthusiastically encourage travelers to come explore the city’s neighborly hospitality. 📍

23 Public

📍 100, Sec. 1, Xinhai Rd., Daan Dist. (大安區辛亥路一段100號)

☎ 02-2363-2387

🕒 15:30~00:00

🌐 23-brewingcompany.com



Interview video

Excessive alcohol consumption may be harmful to your health.



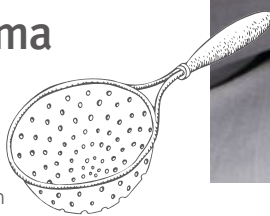
Appreciating the Tastes of Home Dining – Culinary Expert, Satoko Nagahama

Article

Chiang Hsinying

Photos

Shi Chuntai, Mini Cook, Shutterstock.com



Beimen (北門), the North Gate of old Taipei, has been watching time passing for the past century and more. In February 2016, once the access road to Zhongxiao Bridge (忠孝橋) was demolished, Beimen could finally show itself again to Taipei citizens. Taipeiers suddenly became aware that this city had a timeless old

soul hiding beneath its trendy new look! People here savor everyday life primarily through food – meal after meal, day after day, year after year; and they've built up memories according to taste, which they now can follow on a path back home. About 16 years ago, Satoko Nagahama (長濱智子) married a Taiwanese man and has lived

in Taiwan ever since. She still makes her own *dashi* (Japanese style stock) in order to keep alive the tastes of her Japanese youth, and although she preserves this gustatory memory, she has definitely made Taipei her home.

The Missing Taste and the Taste We Miss

The richest expression of culture any overseas mother can pass on to her children is the taste of her hometown food. In 2002, Nagahama started her new life in Taipei, which wasn't a difficult decision as she had been to Taiwan several times and it had always left a wonderful impression on her. She had also gone to school and worked in Hong Kong, Mainland China and elsewhere in Taiwan. She loved the local cuisine and the friendly Taiwanese people, but when her child was born, her connection with this society weakened a little, and her child began thinking about the meaning of "home." Nagahama couldn't help but wonder: "As a mother living away from her own country, what can I pass on to my child?"

"People say that a child's taste buds develop before the age of 10. And eating out all the time certainly won't help a child remember its mother's home cooking. Mothers are the enlighteners of children's taste buds, and the culture of cuisine does have shapes, colors and aromas. So, Nagahama decided to immerse herself in culinary research, starting with the four essential types of *dashi*: kelp, dried bonito, small dried fish and mushroom. Nowadays, while enriching her creations on the Nagahama table, she often remembers her own mother: "When I was young,



Satoko Nagahama says in her book that the first thing she teaches in cooking class is how to make *onigiri* (rice ball/triangle) and miso soup, and that the best way to learn the original flavors of food is by making plain rice and stock. (Photo: Mini Cook)

there weren't many chances to dine out. Mom made every meal herself, and I just took it for granted. It wasn't until I went to work in Hong Kong that I realized what a privilege it was to have someone cooking for me every day."

The World of Japanese Cuisine and Worldly Japanese Cuisine

Cooking three meals a day is a lot of work, even more so in the fast-food world of today. Time is more than just money now, it's something money can't buy. As Nagahama has said: 20 years ago dinner was served in the traditional Japanese style, which included a piece of fried fish, one stewed dish, some miso soup and plain rice. But the modern dinner table might only have beef brisket stew with rice and vegetables. In addition



———— Satoko Nagahama ————

Born in Osaka, Japan, Satoko Nagahama moved to Taiwan in 2002. For many years, she has devoted herself to the teaching of culinary arts. Her methods are based on the principle: “Keep it natural and simple,” and on the enhancement of original flavors. In her homemade cuisine classes in Taipei City, Nagahama uses stock that delivers an authentic Japanese taste, in the hopes of arousing people’s passion for cooking. She is the author of the cookbook: *The Secret of Stock Full of Umami: Keys to Handling Ingredients of 4 types of Stock, and making Authentic Japanese Homemade Dishes* (《鮮味高湯的秘密：掌握四大高湯食材熬煮關鍵，做出道地的日式家庭料理》).

to traditional fare, current Japanese cuisine also incorporates elements of European, American, Asian and Chinese kitchens. And Japanese homemade dishes are gradually being replaced by food that can be served quickly and conveniently, such as sandwiches, pasta, pizza or curried rice. Noticing this change, Nagahama decided to collect her cooking ideas and put together a book; she also opened a Japanese cooking class in which she promotes original flavors and does not make adjustments just to please Taiwanese taste buds.


In March of this year, Nagahama approached National Taiwan University (國立台灣大學), Ryukoku University in Japan, Japanese Culinary Academy and the EVA Air about holding a seminar entitled: “The Taste of Japanese Cuisine” at GIS NTU Convention Center. In this seminar, the participants started by discussing the role of umami in basic Japanese cooking, then they explored the most typical *kaiseki ryori* (a traditional Japanese multi-course meal) to uncover the extremes of aesthetics that Japanese cuisine tries to pursue.

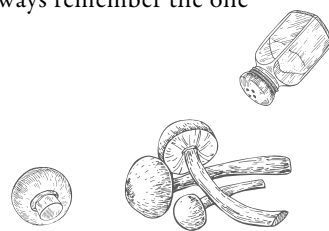
The Japanese diet has undergone major changes from the 19th century till now, particularly since World War II. At the beginning of the 21st century, it seems to be a good time for Japanese cuisine to rebound and rise again. The Japanese government and people have worked together to protect and promote the four core components of their cuisine: “local ingredients,” “a balanced diet,” “seasonally-inspired appearance,” and “annual festivals;” and were able to put Japanese cuisine on the UN’s List of Intangible Cultural Heritage in 2013. It must be pointed out that the chairman of the Japanese Culinary Academy, Yoshihiro Murata

(村田吉弘) played an essential role in making this happen. The crisis of decline was seen as an opportunity. Over the past ten years, Japanese cuisine has become increasingly popular all over the world. The latest *Michelin Guide Taipei* lists six Japanese eateries in their top twenty!

A Passion for Cuisine and a Passionate Cuisine

Various forms of Japanese cuisine are booming all over the world. It is as exquisite as *shiki*, or lacquerware, and adds color to our lives. But when you are at the dinner table with the warm, dim light of memory filling your consciousness,

you'll realize that the food of home was like a comfy bed, where your family's anxieties, exhaustions and worries faded away, and all the broken pieces of life were mended. As mother of two boys, Nagahama often spends her weekends and holidays on the soccer pitch, or in the suburban mountains observing nature. At the beginning of this year, she bicycled eighty kilometers from Gongguan (公館) to Daxi, Taoyuan (桃園大溪). She says: "I hope my children learn to cook." So, as you work to bring out the umami in your recipe, remember the secret of cooking: the people you dine with may be different, but you'll always remember the one who cooked for you. 



Shopping With Satoko Nagahama at Local Markets

Binjiang Market

"Taiwan's traditional markets are full of fun!"

Occupying an area of over 7,000 pings, or 23,140 square meters, Binjiang Market (濱江市場) is one of Nagahama's most frequented food emporia. The produce here comes from the mountains and ocean, and includes both budget-priced and high-end products. You can find fresh fruits and veggies, high-quality meat, and the best in seafood shipped directly from the fishing ports. If you love gourmet food, or are simply interested in cooking and ingredients, you'll definitely find something here to interest you. Want to learn the ingredients' secrets? Chat with vendors, and they'll reward you with tips that only the experts know. Enjoy a fun experience filled with local Taiwanese color!



(Photo: kikujungboy / Shutterstock.com)

- 📍 336, Minzu E. Rd., Zhongshan Dist.
- 🕒 **Fruit and Vegetable Market:** Mon~Sun 04:00~12:00
- 🕒 **Fish Market:** Mon 09:00~17:00; Tues~Sun 07:00~19:00

Taipei Xia-Hai Cultural Festival – The City God’s Birthday Party

Article

Wu Jiayu

Photos

Mirror Media



“Greeting the City God on May 13th Lunar Calendar” – Taipei Xia-Hai City God Patrol Day

Yue Lao (月老), the Chinese deity of love and marriage at Taipei Xia-Hai City God Temple (台北霞海城隍廟), is well-known for answering believers’ prayers; even people from overseas know this. But are you aware that the City God’s (城隍爺) birthday is coming up? May 14th in the Lunar Calendar, which corresponds to June 27th in the Gregorian, celebrates this deity’s birth, and the temple, local historical/cultural groups, and several culturally-creative business owners are holding a series of activities inviting everyone to join this grand celebration!

The First Part of the Celebration – Crossing the Black Ditch to Taiwan

The Xia-Hai City God used to be the guardian deity of Tongan Xian, Quanzhou Fu, in Fujian Province, Mainland China. But, he crossed the Taiwan Strait, also known as the “Black Ditch,” with the pioneers of 1821, and this year the temple is going to stage the first of a series of events leading up to the 200th anniversary of that occasion. Dubbed “2018 Happy Voyage to Taiwan,” the

festivity will present the stories of people who made that perilous Black Ditch crossing, a voyage where six out of every ten people who tried to cross the Strait lost their lives, one decided to go back, and just three persevered to the end. Next year, the second part of the celebration will tell how, not long after these Tongan folk arrived in Taiwan, they fought a group of earlier immigrants from Mainland China over territory at Bangka (艋舺). The Tongan people lost and retreated to Dadaocheng, where they set up the Taipei Xia-Hai City God Temple. To mark the temple's 200th year in 2020, there will be a grand event celebrating its history: "Greeting the City God."

This year, instead of having the traditional Day Patrol or Night Patrol, there'll be an art street parade, staged by students of Zhongxiao Junior High School (忠孝國中) and students of the Degree Program in Performing Arts at Taipei City University of Science and Technology (台北城市科技大學演藝系). Together they will sing the song: "A Happy Voyage" (快樂的出航) as they do the Wave Dance interpreting the choppy Black Ditch. Local artists will build an art installation depicting a junk (a type of ancient Chinese sailing vessel) at Dadaocheng Wharf; and marchers in Taiwanese Opera costumes will portray the *Eight Immortals Crossing the Sea* (八仙過海). All of this will contribute to a wonderful Carnival celebrating the City God!

The Dragon Boat's Pilgrimage – The Happy Voyage to Taiwan

In addition to having a parade showing the arrival of our ancestors, there will also be the "Pilgrimage on the Water," an event that has been held for years. Attendees will see the City God statue taken by dragon boat, just as the Xia-Hai City God took his "happy voyage" from Tongan to Taiwan two centuries ago.



Disciples make a beeline for Taipei Xia-Hai City God Temple.

The Xia-Hai City God will cruise the Tamsui River (淡水河) on his dragon boat with Yue Lao, while the entourage on blue highway yachts will act as guardians. Yongle Puppet Troupe (永樂偶藝坊) will perform: *From Quanzhou to Taiwan* (泉州過台灣), the scene in Tsai Hsuehshi's (蔡雪溪) masterpiece: *Dragon Boat Racing* (扒龍船), where people crowded along the banks of Tamsui River to watch a Dragon Boat Festival race. After the deity statues have landed, they will join the street parade, and the whole group of pilgrims will head back to Taipei Xia-Hai City God Temple.

As Taipei Xia-Hai City God Temple PR person, Wu Menghuan (吳孟寰) notes, "The Taipei Dragon Boat Race used to be held on Tamsui River before it silted up." We can only hope this event will cause people to trace their history and understand the close relationship between the beginnings of Taipei and the Tamsui River. In those early days, people in Dadaocheng traded with other countries, creating a booming tea business and generating an early prosperity.

In addition to the birthday celebrations, stores in Dadaocheng will display City God-related products and artifacts. The Japanese Taiwan News, which maintains friendly relations with the temple, will join in Xia-Hai City God's birthday party. It will host a Taiwan-Japan Festival (台灣-日本祭), with a market on Yongle Plaza (永樂廣場) providing food, Japanese goodies and entertainment for those coming to enjoy the big day.

The main event will happen on May 14th Lunar Calendar – the actual birthday of Xia-Hai City God. The temple will prepare a feast for the enjoyment of the deity, his wife and other gods. Afterward, a Birthday Dharma Assembly (祝壽法會) will conclude the proceedings. So, Dadaocheng will be humming with a vibrant, busy electricity for a whole month, with many opportunities to wish the City God a most Happy Birthday! [T](#)



After City God finishes the "Pilgrimage on the Water" and disembarks, a dragon dance greets him and invites him to join the street parade back to Taipei Xia-Hai City God Temple.



2018 Xia-Hai City God Birthday Party



Date	Event	Location
6/2~7/1	City God Cultural Exhibits	Stores in Dadaocheng
6/22~6/24	Taiwan-Japan Festival	Yongle Plaza
6/27	Xia-Hai City God's Birthday Feast	Taipei Xia-Hai City God Temple Square
6/27~7/1	Birthday Dharma Assembly	Taipei Xia-Hai City God Temple Square

Travel Information

For traveling between Taipei and Taiwan Taoyuan International Airport, whether by inexpensive, high-quality shuttle, safe and fast taxi, high-grade professional airport limo service, or the brand new Taoyuan Airport MRT, you're spoiled for choice in satisfying your particular time and budget.

Taxi

Service locations:

North of the Arrivals Hall of Terminal I and South of the Arrivals Hall of Terminal II

One-way fare:

Meter count plus 15%, with freeway tolls extra; average fare to Taipei around NT\$1,100.

Terminal I Arrivals Hall taxi-service counter

Tel:(03)398-2832

Terminal II Arrivals Hall taxi-service counter

Tel:(03)398-3599

Taoyuan Airport MRT

Service locations:

A12 Airport Terminal 1 Station &
A13 Airport Terminal 2 Station

One-way fare: NT\$160



Passenger Shuttle Bus

Service locations:

Southwest of the Arrivals Hall of Terminal I (exterior vehicle pickup corridor) and northeast of the Arrivals Hall of Terminal II (exterior vehicle pickup corridor)

Shuttle-service companies:

Kuo-Kuang Motor Transportation, Evergreen Bus, Free Go Express, Citi Air Bus

One-way fare: NT\$85~145

Travel time:

40~60 minutes depending on routes (60~90 minutes for Citi Air Bus, which has more stops)

Schedule: Every 15~20 minutes

Metro Taipei

Service Hours: 06:00~24:00; 24-Hour Customer Service Hotline: (02)218-12345



One-Way Trip

NT\$20-65



Day Pass

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Taipei Metro Pass

24hr: NT\$180

48hr: NT\$280

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Easy Card



iPASS

There are two types of Taipei Fun Pass available: the Unlimited version (attractions + transportation) and the Transportation version (transportation only). You can visit Taipei City, New Taipei City and Keelung City within the validity of the pass.



Taipei Fun Pass I Unlimited

1-Day Pass/2-Day Pass/3-Day Pass

NT\$1200/1600/1900



Taipei Fun Pass I Transportation

1-Day Pass/2-Day Pass/3-Day Pass/5-Day Pass/Maokong Gondola 1-Day Pass

NT\$180/310/440/700/350

NOTICE

In order to facilitate inquiries by the public, the city government has set up the 1999 Taipei Citizen Hotline. Whether by telephone, cell phone, or Voice over IP (payphone excluded), dial 1999 for free access. There is a time limit, with service personnel restricted to 10-minute service availability, and a 10-minute limit on call transfers. Callers are asked to make the most efficient use of this resource, making all calls as brief as possible.

For more information, call 1999 or visit <http://english.rdec.gov.taipei/>



TAIPEI

TAIWAN EMERGENCY TELEPHONE NUMBERS

Police / 110

Crimes, traffic accidents, and other incidents for which police assistance is needed

Fire and Emergency / 119

Fire, injury or accident, or other urgent matters for which emergency relief is needed

Women and Children Protection Hotline / 113 ext.1

24-hour emergency, legal information, and psychological services for victims of domestic violence and/or sexual abuse. Foreigner 24-hour General Inquiry Hotline: 0800-024-111

NON-EMERGENCY TELEPHONE NUMBERS

Unit	Tel
Taipei City Govt. Citizen Hotline	1999 (02-2720-8889 outside Taipei City)
English Directory Service	106
IDD Telephone Service Hotline	0800-080-100 ext.9
Time-of-Day Service	117
Weather Service	166
Traffic Reports	168
Tourism Bureau (MOTC) 24-Hour Toll-Free Travel Information Hotline	0800-011-765
Tourism Bureau (MOTC) Toll-Free Traveler Complaints Hotline	0800-211-734
International Community Service Hotline	0800-024-111
Tourism Bureau Information Counter, Taiwan Taoyuan International Airport	Terminal 1: (03)398-2194 Terminal 2: (03)398-3341
Bureau of Foreign Trade	(02)2351-0271
Taiwan External Trade Development Council (TAITRA)	(02)2725-5200
Taiwan Visitors Association	(02)2594-3261
The Japanese Chamber of Commerce & Industry, Taipei	(02)2522-2163
Ministry of Foreign Affairs	(02)2348-2999
Ministry of Foreign Affairs Citizens Hotline	(02)2380-5678
Police Broadcasting Station	(02)2388-8099
English Hotline for Taxi Service	0800-055-850 ext.2
Consumer Service Center Hotline	1950
Bureau of National Health Insurance Information Hotline	0500-030-598
AIDS Information Hotline	0800-888-995

Source for Above Information:
Information For Foreigners Service / Tel: 0800-024-111
Tourism Bureau, Ministry of Transportation and Communications
Tel: (02)2349-1500

※ Entries in brown columns indicate service in English provided

LIST OF TAIPEI VISITOR INFORMATION CENTERS

Taipei Main Station

(02)2312-3256
1F, 3, Beiping W. Rd.

Songshan Airport

(02)2546-4741
340-10, Dunhua N. Rd.

MRT Ximen Station

(02)2375-3096
B1, 32-1, Baoqing Rd.

MRT Jiantan Station

(02)2883-0313 65
65, Sec. 5, Zhongshan N. Rd.

MRT Beitou Station

(02)2894-6923
1, Guangming Rd.

MRT Taipei 101/World Trade Center Station

(02)2758-6593
B1, 20, Sec. 5, Xinyi Rd.

Plum Garden Visitor Center

(02)2897-2647
6, Zhongshan Rd.

Miramar Entertainment Park Visitor Center

(02)8501-2762
20, Jingye 3rd Rd

Gondola Maokong Station

(02)2937-8563
35, Ln. 38, Sec. 3, Zhinan Rd.
(Exit area, Maokong Station)

URS44 Dadaocheng Visitor Center

(02)2559-6802
44, Sec. 1, Dihua St.

MRT Longshan Temple Station Visitor Information Center

(02)2302-5903
B1, 153, Sec.1, Xiyuan Rd.



@cindy_xu3eJo3 #Photographer: Li Yinyi #Beitou District - A floral ocean in Guandu (Zhongmiao Xianrong Park) #taipeitravel

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Sales locations



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Bus Station Service Center



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more details, please refer to the website.

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Tourism Bureau, MOTC

ORGANIZER / 觀光傳播局
Department of Information and Tourism

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