Taiwan Xiao-Chi

Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

This website would introduce some common Taiwanese cuisine, including its history and making process.

Taiwanese cuisine, or its native nickname "Taiwan Xiao-Chi", is considered as one of the special regional foods in Asia. Due to the colonization by both China and Japan, Taiwan Xiao-Chi have been deeply influenced by these two countries.

Taiwan Xiao-Chi | Northern Xiao-Chi | Southern Xiao-Chi | Differ Between northern and Southern Xiao-Chi | Shopping List

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Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Northern Xiao-Chi

In northern of Taiwan, the proportion of population that immigrated from China after War II is greater than southern of Taiwan. As a result, it is more common to see Chinese cuisine in the northern of Taiwan, and people usually prefer salty flavor of food.

Generally, the area of northern Taiwan is showed as right side. Basically, the criteria of which county is belonged to northern or southern of Taiwan is not only by its position but by the live style of local residents .

From China

Salad Boat

Lo Bah Png

Kong Oan

Taiwan Xiao-Chi | Northern Xiao-Chi | Southern Xiao-Chi | Differ Between northern and Southern Xiao-Chi | Shopping List

Taiwan Xiao-Chi

Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Southern Xiao-Chi

The yellow region is southern of Taiwan, the ancestors of residents here could be traced back to Ming and Qing dynasty, no to mention they had been under Japanese colonization for fifty years next. Therefore, ordinarily southern Xiao-Chi is considered has more Taiwanese and more kinds of cuisine than northern Xiao-Chi.

In Qing dynasty and Japanese colonization period, southern of Taiwan is a famous place for sugar production.

With the time passes, sugar has become a symbol of richness because sugar production brought a lot of cash flow to southern Taiwanese resident. As a result, southern residents begin to add sugar into the cuisine, yet, kind southern Xiao-Chi are much sweeter than northern Xiao-Chi.

Milk Fish Cuisine

Beef Soup

Khong Bah Png

Taiwan Xiao-Chi | Northern Xiao-Chi | Southern Xiao-Chi | Differ Between northern and Southern Xiao-Chi | Shopping List

Taiwan Xiao-Chi

Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Salad Boat

Salad Boat is known as "Miaokou Sandwich" for which MiaoKou is the name of a night market in Keelung, Taiwan. The best part of this sandwich is the bread.

The bread is crispy on the outside and soft in the inside. It has a little bit milk flavor and a little bit sweetness but not too strong with fresh cucumber, tomato, stewed eggs and ham plus Taiwanese sweet mayonnaise.

Recipe

1. Add flour, sugar salt, milk powder, egg into a mixing bowl and melt the yeast in the water and add them into the mixing bowl too.
2. Knead the step 1 for 5 to 10 minutes when it's turn to a smooth ball and then add the butter to mix evenly.
3. Cover the dough with cling film and wet tea towel and leave it to arise for 1 hour - 90 minutes.
4. We separate the dough into a small balls weigh 50g for one after the dough arise to twice bigger than the original size.
5. Put a rolling pin in the middle of the small ball and flatten it towards the sides.
6. Use fingers to roll the flattened dough into an olive shape. Wet the dough in the cold water and then coat the dough with breadcrumb then leave it on the side for another 30~40 minutes to allow it to rise again.
7. Heat up the oil in a wok and deep-fry the bread roll for 3~5 minutes at a lower heat. Throw a small piece of bread into the oil if the temperature is right and the bread will flow on the oil with a lot of bubble immediately. I will cook three bread rolls at once in case the oil temperature drops too quickly.
8. Use a pair of scissor to cut the bread roll and put a little bit of mayonnaise first then add cucumber, tomato, ham and stewed eggs in it.

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Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Lo Bah Png

"Lo Bah Png", or in Mandarin "Lu Rou Fan" in northern of Taiwan and "Rou Sao Fan" in southern of Taiwan, is the most most common, popular, and typical cuisine in whole of the Taiwan. Most of the Taiwanese restaurants in everywhere would sell this cuisine. It usually brings Taiwanese a wonderful hometown memory.

"Lo Bah Png" translates to English means braised pork on rice, its flavor may very depend the region of Taiwan, but basically the ingredients and making process would remain the same: use soy sauce to braise pork.

Recipe

1. In a POT, heat oil over medium heat. Add shallots and fry until they turn brown. Knead the step 1 for 5 to 10 minutes when it's turn to a smooth ball and then add the butter to mix evenly.
2. Add ginger and meat. Stir-fry until the meat is cooked and broken apart. We separate the dough into a small balls for one after the dough arise to twice bigger than the original size.
3. Add Lo Bah Png spices, soy sauce, wine, sugar, and water.
4. Cover and cook over medium-low heat for 1 hour, stirring occasionally.

This end product of Lo Bah Png sauce would be a thick sauce, like Bolognese, so you can add everything you like into it. Taiwanese usually would also add tomato, carrot, tofu...etc. into it to make cuisine more sumptuous.

It is very convenient and simple to make a Lo Bah Png sauce, also it is the most typical Taiwanese cuisine. I really do love Lo Bah Png so that I strongly recommend to give it a try if you have a chance to taste it :D

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Taiwan Xiao-Chi | Northern Xiao-Chi | Southern Xiao-Chi | Differ Between northeo and Southern Xiao-Chi | Shopping List

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Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Kong Oan

Kong Oan, also known as bouncy meatballs, are typical Taiwanese street food items. These Taiwanese meatballs usually consist of highly seasoned, ground fatty pork mixture combined with chopped shiitake mushrooms, tapioca starch, baking powder, and egg whites.

Is Kong Oan suitable to make at home? : NO

Unfortunately, Kong Oan could not be made in our kitchen, because Kong Oan is made by several complicated processes. However, we could easily buy Kong Oan in Asian supermarket.

The soup at the left side is Kong Oan soup, which is also a common and popular Xiao-Chi in Taiwan.
Its recipe is very easy. Boil a pot of water, put Kong Oans into it , cook until Kong Oans are heat (supermarket usually sell cooked Kong Oans, we only need to heat it). Put any seasoning you like into it, then the Kong Oan soup is done

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Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Milk Fish Cuisine

Milk Fish is a common fish in southern of Taiwan. From fish head to fish tail, Taiwanese could cook it variously, but no other cuisine is more famous than milk fish congee.

Milk fish congee is a popular breakfast in Taiwan city (a south city in Taiwan), however, for northern people, milk fish is too greasy to eat it at morning. We usually eat milk fish congee as midnight snack.

Recipe

1. Combine water and rice in a large pot, add salt and dashi bu tonic. Bring to a boil, reduce heat to low. Simmer uncovered for 20 minutes, stirring occasionally
2. After 20 minutes add chopped pieces of fish and cook until just done (just a few minutes

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Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Beef Soup

Beef soup is a famous Xiao-Chi in Taiwan (Taiwan is really a city of food in Taiwan or even east Asia), people even go "Beef soup trip" to Taiwan due to its popularity and taste. The most special feature of Tainan beef soup is it always use fresh beef which is slaughtered in one day's down.

This rules of making a beef soup then leads to some interesting outcome: The stores only open from dawn to noon because no one slaughter a cow in the afternoon, also, the stores would not open at Monday and Tuesday because in Taiwanese convention, traditional market will not operate in these two weekdays.

Due to the difficulty of obtaining beef, maybe it is not possible of us to make authentic beef soup at home.

Another funny trivia of beef soup is that the price of it would vary due to what part of beef you choose in beef soup.

Besides beef soup, the stores usually have other beef cuisine for customers to eat. For example, fried beef, cow heart, cow brisket even cow stomach. Just like mildfish, Taiwanese could eat most of the part of a cow.

Braised Cow Stomach

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Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Khong Bah Png

"Kong Bah Png" or in Mandarin "Kong Rou Fan" in northern Taiwan, or "Lu Rou Fan" in southern of Taiwan, which is also braised pork like Lo Bah Png, the main differ between them is that "Ong Bah Png" is a whole piece of pork but "Lo Bah Png" would cut pork into minced before braising.

Recipe

Basically, the cooking method of Kong Bah Png are familiar.

1. In a POT, heat oil over medium heat. Add shallots and fry until they turn brown. Knead the step 1 for 5 to 10 minutes when it's turn to a smooth ball and then add the butter to mix evenly.
2. Add ginger and meat. Stir-fry until the meat is cooked and broken apart. We separate the dough into a small balls for one after the dough arise to twice bigger than the original size.
3. Add Lo Bah Png spices, soy sauce, wine, sugar, and water.
4. Cover and cook over medium-low heat for 1 hour, stirring occasionally.

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Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

Differences between northern and southern Taiwanese cuisine

You would find many situations that many differences between northern and southern Xiao-Chi. Mainly it would reflect on flavor that residents prefer. In northern of Taiwanese, we usually prefer salty of food, we also prefer small and delicate cuisine. On the other hand, the flavor of southern Xiao-Chi are much sweeter than northern Xiao-Chi, it could be said that most of the southern Xiao-Chi would contain sugar into it. Additionally, the outlook of southern Xiao-Chi is more simple than northern Xiao-Chi, and also the price and portion of southern Xiao-Chi would be more economic, too. These may be result in the personality discrepancy between northern and southern Taiwanese, southern of Taiwanese usually are considered more optimistic and causal than northern of Taiwanese.

Besides the difference about flavor, outlook, price, and portion, some of the Taiwanese cuisine, they may have the identical name, however essentially, they are not the same cuisine, some of them even are cuisine in northern Taiwan, but are dessert in southern of Taiwan.

The following instances are classic Taiwanese food that they have identical name, but not the same things in northern and southern of Taiwan. For what type is more authentic, sometimes Taiwanese would have funny dispute on the Internet.

Northern Taiwan Bi-Han soup

Southern Taiwan Bi-Han soup

"Bi-Han", or translate in English "rice noodle", is a kind of staple food in Taiwan. As pictures shown at the left side, it could be noticed that northern Taiwan Bi-Han is short and thick, whereas southern of Bi-Han has a familiar shape as noodle. Additionally, northern Bi-Han soup usually only have simple sauces, however, southern Bi-Han always also offer meat or seafood in it.
Moreover, northern Bi-Han has its other name "Bi-Thai-Bak", which could only be added into traditional ice in southern Taiwan but could be made as soup and added into traditional ice in northern Taiwan.

Zong Zi is a famous Chinese cuisine in the world, the shape of it and wonderful flavor makes many western people salivate. In northern Taiwan, people usually previously cooked the ingredients and wrap it into a leaf and steam it only to make it heat. In terms of southern zong zi, people usually wrap raw ingredients into the leaf and boil to cook it, this method make zong zi tastier than northern one. Every year in dragon boat festival (festival that people usually eat zong zi), the fans of northern zong zi and fans of southern zong zi would argue which type is authentic zong zi for a long time. The fans of northern zong zi would argue southern zong zi is mushy and the fans of southern zong zi would fight back that northern zong zi is too dry and hard to eat, which is quite silly and funny.
Basically, northern zong zi never are once because it indeed is a triangle shape of Pig Wax, you can buy it very easy in the local flavor market near by your house haha

Northern Taiwan Zong-Zi

Southern Taiwan Zong-Zi

Taiwan Xiao-Chi | Northern Xiao-Chi | Southern Xiao-Chi | Differ Between northern and Southern Xiao-Chi | Shopping List

Taiwan Xiao-Chi

Northern Xiao-Chi | Southern Xiao-Chi | Differ between Northern and Southern Xiao-Chi | Shopping List

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Ingredient Name	Measure	Amount

Taiwan Xiao-Chi | Northern Xiao-Chi | Southern Xiao-Chi | Differ Between northern and Southern Xiao-Chi | Shopping List

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