



DESTINATION: KAOHSIUNG

MONTH: February

WEATHER: 33°C, mostly sunny and humid

TRAVELLER: Elyse Glickman

COUNTRY: TAIWAN

KAOHSIUNG



KAOHSIUNG'S SOUPS, skewers, sweets, sticky rice and other standbys roll off the palate with sweet and herbaceous flavours. From tiny alley shops to a Michelin-star banquet restaurant, to a night market off the tourist track, digging deep into Taiwan's second city can expand one's definition of Taiwanese food.

Flavours Of Home

There are 13 restaurants inside the five-star Grand Hi-Lai Kaohsiung covering a broad swath of Asia. Michelin recognised **Fu Yuan** ("Lucky Garden") Restaurant on the 9th floor offers a degustation menu of dishes that show earthy, generations-old recipes can be executed in ways that are delicate and refined. Seafood abounds given the city's coastal location.

www.grand-hilai.com/en

THEY COME OUT AT NIGHT

The **Liuhe Tourist Night Market** is relatively tidy, covered in bright lights, and full of fun distractions behind the stalls (competing cosmetics superstores, souvenir shops and electronics emporiums). The **Ziqiang Night Market** a few blocks away has more subtle signage and lighting and fewer tourists checking things off their lists. The vendors are also more liberal with spice, seasoning, herbs, and in some cases portion size. Rather than fight for a spot on crowded sidewalks, you can find a bench next to the Chenghuang ("City God") Temple to eat your soup at leisure while savouring the vibrant surroundings.

UP OUR ALLEY

Yancheng District's historic architecture, narrow streets and expressive murals constitute a rabbit hole of delectable bites and aromas. Like the glossy contemporary food shop **Amain Mochi**, most of the institutions serving only a handful of things draw the longest lines. **Duck Zhen** is worth the wait for painstakingly prepared duck with rich, satisfying flavours. **Po Po Shaved Ice**, whose history is playfully detailed on



its walls, crafts massive shaved-ice bowls with local fruit and ingredients. **Lee's Tangyuan**, a 70-year-old tangyuan and dessert bakery, is also an essential stop.

FEEL GOOD FOOD

Boasting 250 lavish acres of temples, pagodas, gardens and chapels, The **Fo Guang Shan Buddha Museum** is so stunning that it requires at least a full day to thoroughly appreciate the artistry and cultural legacy on display. Its **Hilai Vegetarian Restaurant**, patronised by the museum's monastic Buddhist staff and discerning vegetarians from everywhere else, reflects the philosophy that food that's good for the soul can also make the palate and spirit happy. www.fgsbmc.org.tw/

