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UNI AIR

Chill Out with Taiwan's Ice Desserts

不可錯過的台灣冰品

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With temperatures in Taipei soaring above 35 degrees, it's a perennial challenge to stay cool. An easy way to beat the heat (and gain calories) is to eat your way through the city's many dessert parlors. These cooling desserts come in all forms and flavors, including the classic mango shaved ice.

Mango shaved ice

This ubiquitous summertime dessert of mango-flavored shaved ice mixed with condensed milk, fresh mangoes and other fruits, and topped with a generous scoop of mango ice cream, can be found in many dessert parlors around Taipei. Two which have gained cult following are Smoothie House and Ice Monster. The former, recognizable by its brightly-lit mango-colored storefront, is conveniently located on Yongkang Street, also known for its beef noodle soup stalls. Portions here are giant-sized and best shared between two people. Go for lychee or strawberry toppings, though purists will say all-mango bowls — mango shaved ice with cut mango and mango ice cream — are the way to go. On the other side of town, Ice Monster makes a sinful mango avalanche — a mountainous mango ice tower with mango sorbet. The pineapple and kiwi flavors are also worth a try.

www.smoothiehouse.com; www.ice-monster.com

Iced douhua

Douhua, a traditional snack made from very soft tofu, is eaten year-round in Taiwan: in the winter it's served piping hot, while in the summer it is served on crushed ice. Popular toppings include mung beans, peanuts, chewy little tapioca balls, and diced seasonal fruit. Because beancurd is not naturally sweet, iced douhua is almost always served with a syrup that transforms it into a yummy dessert item. Xiao Nan Men is one of the best-known douhua chains in Taiwan with branches in major shopping malls, including Taipei 101.

Roji Monster

The storefront is unmissable — a slim, two-story gray building with a round, googly-eyed black monster perched on an in-built ledge. This Japanese dessert sensation from Taichung opened on Taipei's Civic Boulevard in 2017 (there's another branch in Bellavita shopping mall) and its iconic flakey shaved ice meticulously sculpted as monsters with beguiling eyes and gaping mouths continue to amuse customers. Upon entering the simple light-wood interior, grab a token illustrating the shaved ice of your choice — milk, Uji matcha, French cocoa, black sesame, or Miyako Island snow salt — then pick two stamps indicating toppings. Some of the more unique toppings include rice dumplings with matcha jelly, Earl Grey apple sauce, and soft-serve ice cream. This can be topped off with a sencha, tea latte, or monster waffle. Slink into a seat and eat your dessert next to monsters having a tea party. 🍷

www.roji.com.tw



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1. Roji Monster offers cute shaved-ice desserts. Uji matcha is one of the restaurant's best-known flavors. | 2. Iced douhua is made from crushed ice and soft tofu. It can be topped with a wide range of condiments, such as little tapioca balls. | 3. Mango shaved ice is a summertime treat in Taiwan. Modern takes on the classic include slushies with ice cream and fruit.

1. 路地氷の怪物冰品造型可愛，宇治抹茶口味為其中的經典。| 2. 冰豆花是由碎冰與豆花組成，可自由搭配喜愛的配料如粉圓。| 3. 芒果冰是台灣的經典冰品，發展至今樣式多元，以芒果冰沙搭配冰淇淋、水果配料的冰品也同樣受歡迎。



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