

Contents

Taiwan Night Markets Alive - Eat Secrets!

Copyright and Disclaimer.....	02
Contents.....	04
Special Notes For You Special Readers?.....	05
Intro - Your Missing Travel Guide?.....	08
About David The Author!.....	10

1. Food and Eating Standards Now!.....	12
1. Better and improved!	
2. Food safety breach?	
3. Do not eat like the locals - yet!	
2. Eat With Your Tourist-Foodie's Habits!.....	29
1. Your food sensitivities!	
2. Your sanitary habits please!	
3. Travel Taiwan further with defensive gut bugs!	
3. Eat Drink Warm!.....	45
1. Why eat warm to hot!	
2. No ice no tap water!	
3. Eat better - taste greater in Taiwan!	
4. Eat To Taste More And Differently!.....	61
1. Easiest ways to try lots more!	
2. Indulge in mass appetite - as a group!	
3. Different tastes for different folks!	
5. 10 Popular Taiwanese Night Market Eats!.....	77
10 popular eats list!	
6. 3 Best Eats In 8 Popular Night Markets!.....	88
What best eats in which popular night markets?	
Taichung City. Tainan City. Keelung City. Kaohsiung City.	
Yilan County. Taipei City.	
Thank You Dear Reader and Traveller!.....	92

Author's thoughts (not in actual ebook):
Your Sample Pages!

Author's thoughts (not in actual ebook):
**6 night market visitor's FAQ top issues - into
14 Sub-Chapters into OVER 110 insider tips!**



3. Do not eat like the locals - yet!

In your early arrival in Taiwan, use this powerful tactic to steer safe from the hazards of consuming locally - especially street cuisine.

While your body adjusts and settles into the new environment, do not eat like the locals - yet!

**Being travel-savvy
by NOT eating
like the locals YET is..**

**!! NOT about local food
quality.**

!! NOT about your hygiene.

**!! It IS about the traveller
YOU feasting - as YOUR
body allows!**

Author's thoughts (not in actual ebook):

*14 Sub-Chapters like this (see Content Page) help
you uncover hazards and ways to manage them!*



(A) Watch out for new and unfamiliar ingredients!

- ✓ **See the practical reality - not enjoying Taiwan any less!**

Not eating like the locals yet does NOT mean that you enjoy any less of Taiwan!

For travellers with health issues, the elderly and young, and the less intrepid tourist - this is a travel-tested way to slowly ease into enjoying what local cuisine offers us!

- ✓ **Take care what may not go well with you - the visible edibles!**

In touring Taiwan, you have yet to discover what street edibles may possibly NOT go well with you! So be very mindful of: New and unfamiliar ingredients.

Fruits you have not seen nor tasted before. And even exotic to bizarre street eats of all kinds!

- ✓ **Be careful of the not-too-visible edibles!**
Behind the rich layers of flavours in Taiwanese street cuisine, is an intricate and diverse use of ingredients: Sauces, spices, seasonings, herbs and whatnots!

Edibles which your unsuspecting traveller gut may be unfamiliar and uncomfortable with!

*Author's thoughts (not in actual ebook):
Travel-savvy sensitivities that seasoned
travellers know and do - now revealed!*



Q: What is this dish the locals love and you visitors may find exotic?
A: Grilled bishop noses!

(B) They know the what and how in their eats. You do not (yet)!

- ✓ **Know the native ingredients they cook with and love!**

Take care how your foreigner's body may respond to the "magic" ingredients the Taiwanese love and blend so skilfully into their street cuisine:

Soy sauces. Asian herbs. Preserved veggies. Rice wine. Fermented soy stuff. Cornstarch and more!

- ✓ **Take care how they mix and pair their edibles!**

Look closer at the street cuisine: Can you really tell what ingredients lurk inside that fragrant broth or colourful dish the locals raved as perfect mix of taste?

Also, see how the local diners deftly pair foods with condiments, side ingredients and spices?

- ✓ **Watch for 3 problematic food/ ingredient combinations!**

Taiwanese night market cuisine often uses unique combinations of ingredients to give you amazing tastes! So look out for 3 items problematic to foreign palates and gut, when paired and eaten:

1. Asian medicinal herbs. 2. Alcohol. 3. Spices!

*Author's thoughts (not in actual ebook):
3 ideas or tips a page. Very-happy-to-read LARGE-print. No mood-sapping, boring travel read!*



**Do not eat
like the locals -
especially if you are..**

**!! New to travelling Asia
and Asian street markets!**

**!! Travelling Taiwan with
a sensitive gut - like I
the author do!**

**!! Touring Taiwan with food
intolerances or allergies!**

*Author's thoughts (not in actual ebook):
Important cautionary ideas or tips in special red
highlight. To the point and easy to remember!*

(C) Adjust gradually into consuming local cuisine!

- ✓ **Avoid shock of new - start (and stay?) with familiar eats!**

While you settle into trying local cuisine: Stick to foods and drinks you usually take in your travels! Whip up light comforting meals if you stay in a place with cooking facility.

Also, enjoy familiar foods from your Taiwan hotel, fast foods eateries or 7-11 marts!

- ✓ **Let your gut settle you into eating Taiwan!**

As the powerhouses of your digestion and immunity, your gut system will need time and help to acclimatise to the new environment and keep you travelling healthily!

See the next Chapter how you can support your gut in touring Taiwan!

- ✓ **Easy ways to ease into eating locally!**

While it depends on how soon your body adjusts to eating Taiwanese, you can ease into eating local cuisine in these clever ways..

Eat safe familiar foods only. Eat safe on early days then locally over time. Eat safe then local in different meals!

Author's thoughts (not in actual ebook):

Real Taiwan travel street-smart ACTIONABLE tips - you can take instantly to help yourself!