



The Vegetarian gelatin (Ai Yu) 愛玉

The Vegetarian gelatin (Ai Yu) is not only a natural and refreshing summer dessert, it has the effect of relieve coughing, and antipyretic. Its dried vines and roots can be used as the treatment of rheumatism and joint pain. Hence, The Vegetarian gelatin (Ai Yu) can be said as a kind of multi-purpose plant.

The Vegetarian gelatin (Ai Yu) is said to be found in the mountains of Chiayi in Qing Dynasty. The time the residents found the fruit, they still had no idea of its purpose, until a clever girl, named Ai Yu, accidentally wash the fruit and found this kind of fruit produces gelatin and that be made into fresh and delicious drink. So afterwards, this plant was named after the clever girl's name, Ai-Yu.

After washing the seed of Ai Yu fruit, it takes about thirty to sixty minutes for the water that filled with the gel to be solidified.

The Vegetarian gelatin (Ai Yu) is often eaten along with sugar water and lemon juice to give it more refreshing taste. It is commonly seen being put upon mashed ice, as well.



愛玉 *Ficus awkeotsang* Makino



Vegetarian gelatin