

Lou Wei 滷味 (Soya-mixed meat)

Lou Wei is a Taiwanese typical and popular dish. It is available in night markets and at roadside food stalls. Lou Wei is made by marinade through simmering and stewing in a seasoned soy-based sauce with spices like star anise, cinnamon, cardamom and tangerine peel, cook marinade. It can be eaten as both cold food and hot food. Often, Lou Wei is made from internal organs, and entrails of animals. The most common animals involved are pigs, ducks and chicken. You can pick whatever you want: tofu, dried tofu, numerous veggies, mushrooms, fish balls, chicken hearts, mi xie (rice/), chicken legs, chicken butts, chicken necks, chicken tongues, pig ears, duck blood cakes, kelp, green beans and etc. Many of the dishes found within the Lou Wei group are also part of dim sum and other styles of Chinese cuisine. Usually, Taiwanese people will have beer with Lou Wei at hot summer days, for it is an excellent dish to stimulate appetite!!

Chicken hearts

Blood cake

Dried tofu

Chicken winds

Chicken tongues

Chicken legs

