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A gastronomic experience in the East District to get ready for!
If you have never been devastated by anything that's "sold out", please put down this paper and save it for someone else that will need it more.
The reason is because this issue may be about the hot out of the oven schedules for a list of shops in the East District, but it is actually a painstakingly crafted guide resulted from countless unfortunate mishaps, and behind each pitiful miss opportunity is a delectable delight that we couldn't get our hands on,

be it a much sought-after piece of bread, steamed bun, Chinese chive pie, bagel, or a cup of the most bubbly bubble tea... Sure, there are many ways to heal a wounded heart, but the best way is to tackle it head-on! With our scarred and hungry hearts, the contributors of this issue are determined to conquer these shops and their undefeated sold out goodies.
With this list of gastronomic delights, you can tackle it like business guru Peter Drucker and figure out when to "enter the market", and when you feel the dense weight of the famed bread by master baker Wu Pao-chun in the palm of your hands, you will know the meaning of high leverage ratio.

You can also look at it as if you were film director Wong Kar-wai, where time is of no essence, but the right timing is everything. To meet at the destined moment and to take a bite of the bread from Yihotang will send your heart pitter-patter. Perhaps you are more of the Einstein type, and the Qin Family Bakery's delectable treats will spark new revelations for the theory of relativity. The prime East District destinations on this list all have their own huge followings, with the lines in front of their shops feel like they are miles long. So, you better warm up and do some stretches, and get set, ready, go! After all, failure is not an option this time!

Scan for the complete online map.

Sunday PICNIC DAY

Don't dismiss the power of the grassy lawn. Picnics are a great way to have fun and to refine your outdoor dining skills. No detail should be overlooked; from portability, liquid content, and maintaining the tastiness of your food, any little thing could make or break your picnic day. When you have everything well prepared, you can then frolic under the sun with your heart light as a bird.

- [Maison Kayser] Baguette**
10:00am on weekdays, 9:00am on weekends.
The international bakery, Maison Kayser, located inside Breeze Center makes baguettes in accordance with traditional French standards. With a hint of caramelization on the skin, these baguettes also have a slight sourdough flavor on the inside. The perfect choice for any picnic and you won't have to worry about the baguette getting smashed out of shape.
No.39, Sec. 1, Fuxing S. Rd. (B2 Breeze Center)
(02)6600-8888#7507
- [LALOS Bakery] Croissant**
The first batch comes out between 8:00am to 9:00am.
Croissants were first made by the bakers of Vienna, but made popular in France by the Queen, and has since become an icon of France's pastry empire. Lalos' croissants are made with the "old dough" method, with flour imported from France and Isigny French Normandy butter. These aromatic croissants are flaky on the outside and soft on the inside, and are authentically French.
No.91, Sec. 1, Anhe Rd.
(02)2755-5968
- [ellie] Danish Red Bean Bread**
Between 8:00am to 9:00am; afternoon schedule varies.
Ellie la pâtisserie has been around for two decades, and its famous Danish red bean bread is a sure bet that you will be crowned the king or queen of picnics. Its flaky crust sets it apart from regular breads, and its fluffy inside is made with a generous amount of butter and whole red beans. You will forget about calorie counts when this magical bread comes from the oven.
No.22, Ln. 300, Sec. 4, Ren'ai Rd.
(02)2705-2596
- [Good Cho's] Bagel**
Offered at 10:00am on Wednesday, Friday, and Saturday.
We have the Eastern European Jewish people to thank for their great contribution in the form of the bagel. Bagels are easily portable and can last for a good few days, and you can't go wrong with having bagels in your picnic basket. Good Cho's offers handmade bagels in limited batches. You snooze, you lose. Hurry and grab some before they are all gone!
No.54, Songqin St.
(02)2758-2609

Tip of the day: Join the Taipei Picnic Club for more picnic ideas.

Monday ANTI-BLUE DAY

Monday is probably the most detested day out of the entire week. According to a report by Weird Science, on Mondays, most of us don't crack our first smile until 11:16 am. Let some delightful desserts bring that bright smile back on your face, because in the words of Pierre Hermé, the man that Vogue called "the Picasso of Pastry", "Savory foods nourish us; sweets delight us."

- [1789 Café] Éclair**
From 11:00am till noon, maybe a second batch in the afternoon.
The name éclair says it all, because in French it means "flash of lightning", so named because it is eaten quickly (in a flash). In France, the standard-size éclairs are 13 to 15 centimeters long, with the creativities of different pastry chefs showcased on the oblong pastry. Eight to ten different flavors are offered daily, with local ingredients, such as pink guava and lychee, incorporated.
No.97-1, Sec. 2, Ren'ai Rd.
(02)3322-2089
- [claoциаogoodfood] Scone**
First batch at 8:00am, 10-20 batches following that at various times.
Scones are a must on the tiered stand of an English afternoon tea. In 1960, Queen Elizabeth II even shared her personal scone recipe with U.S. President Eisenhower in a handwritten letter. This mini scone shop, claoциаogoodfood, is located at a corner on Anhe Road, and offers a variety of scones and house-made spreads, with the flavor selections depending on the owner's mood that day.
No.24, Sec. 1, Anhe Rd.
(02)796-628
- [Yihotang] Red Bean Bread**
First batch at 10:00am, with around 5 batches made in a day.
The red bean is touted for its health benefits, and is also the subject of a popular Chinese song. For the locals, this humble bean is an ingredient that is familiar and comforting. Yihotang understands what the red bean bread means to the Taiwanese people, and taking into consideration people's varying taste preferences, two versions are offered: Japanese-style red bean and dark brown sugar red bean.
No.34, Ln. 233, Sec. 1, Dunhua S. Rd.
(02)8773-6965
- [Rain Man Boulangerie Bistro] Chausson aux Pommes**
12:00 noon
The chausson in chausson aux pommes means slippers in French, and it is a flaky pastry filled with apple compote. Rain Man Boulangerie Bistro is known for their breads, and Chausson aux pomme is one of their most popular items. Made with a mixture of French and Japanese flours, the dough is fermented at a low temperature to bring out the fragrant wheat aroma.
No.3, Aly. 2, Ln. 553, Sec. 4, Zhongxiao E. Rd.
(02)2764-2432

Tip of the day: Stressed is just desserts if you can reverse.

Tuesday MIX & MATCH DAY

Break the rules and be free! Let's be daring with fusion cuisine, and perhaps try some mango and foie gras with Pinot Noir. This is what's refer to in fashion as mix-and-match, where a lace bow can be matched with metallic studs. Mixing different styles and ingredients can spark for distinctive tastes and experiences. Add some rock n' roll punches to Mile Davis' jazz, be bold, be fabulous!

- [Yihotang] Red Bean Bread**
3:00pm
Key Mix-and-Match Point: Healthful benefits. Goji berries, lily bulbs, lotus seeds, dried lychee are mixed in the bread's red yeast rice dough. This bread, named The Pink Lily, is the result of this painstaking mix-and-match effort. Red yeast rice hails from a long extensive history. This bread lives up to the anticipation of preserving the natural flavors of the ingredients used, and it is also full of beneficial nutrients.
No.34, Ln. 233, Sec. 1, Dunhua S. Rd.
(02)8773-6965
- [Climontine] Purple Rice Soy Milk Bread**
Once a day at 10:30am
Key Mix-and-Match Point: Creativity. European, German, American, Japanese, savory, sweet, soft, hard, with filling or without, the choices are endless. Thank goodness that Climontine's purple rice soy milk bread is a mix-and-match made in heaven! The dough is first mixed with soy milk, and then purple rice and mochi are added. Butter is then folded in to create its Danish style multiple layers, resulting in a bread that is beautiful and delicious!
No.149-1, Sec. 4, Xinyi Rd.
(02)2706-7061

- [Good Cho's] Savory Shredded Radish Bagel**
Wednesday at 10:00am, Saturday at 9:00am
Key Mix-and-Match Point: Sunshine
The sun in the subtropical climate could get overly passionate at times, but this is a good thing for radishes that wish to sunbathe. Good Cho's is an ideal place to snap a few photos in a style inspired by Daido Moriyama - don't look into the camera, and don't say cheese. Relish a savory shredded radish bagel and enjoy its fragrant dough mixed with aromatic green scallion. As your camera captures the sun, let the warm taste of the sunshine fill up your tummy also. This special flavor is only offered twice a week, and it is waiting for its Mr. or Mrs. Right.
No.54, Songqin St.
(02)2758-2609

Tip of the day: Fresh breads are best enjoyed within six hours at room temperature. Any leftovers are best kept in the freezer not in the refrigerator.

Wednesday CELEBRATION DAY

Holidays are the pie crust; a reason to get together is the warm and sweet filling of the pie. Here are three mid-week rules that you must go by on any given Wednesday: no working overtime; boredom is a big no-no; and kick loneliness out the door. Pick up a box of exciting hot out of the oven treats. All you need is a piece of cake to feel easy peasy!

- [Hong Yeh] Boston Pie**
The schedule varies
Hong Yeh has been around since 1966, and has been satisfying the sweet tooth of East District dwellers. The classic Boston Pie is minimalism at its finest. The moist and soft sponge cake is topped with sweet and fresh cream. With the lightest dusting of powder sugar, this delectable dessert is modest but refined. It is like a true star that does not require a stitch of make-up for her beauty to shine through.
No.26-5, Sec. 3, Ren'ai Rd.
(02)2701-1234
- [Les Bébés] Cupcake**
11:30am
Many bakers in the U.S. take pride in their unique cupcake recipes, and these small and adorable cakes also make great party treats. Cupcakes' adorable shape and size make them the perfect finger food, and have been enjoyed since the 19th century. With a cupcake held delicately in your hands as you stroll down the streets of East District, like Carrie Bradshaw in Sex and the City, you don't just walk; you strut, turning the entire city into your personal runway.
No.10, Ln. 295, Sec. 1, Dunhua S. Rd.
(02)2784-7460

- [VVG Chiffon] Chiffon Cake**
After 12:00 noon, reservations are recommended.
If you pronounce the word "chiffon" with a funny accent, it almost sounds like the word for "like" in Chinese (喜歡 / xi-huan). VVG Chiffon is a combination of a sewing house and a bakery kitchen. The bakery has a small window for taking orders, and offers chiffon cakes that are light as silk in three heavenly flavors: cinnamon with orange peel, matcha green tea, and Earl Grey.
No.18, Aly. 40, Ln. 181, Sec. 4, Zhongxiao E. Rd.
(02)2751-5313
- [Le Ruban Pâtisserie] Granny's Lemon Cake**
11:30am
Granny's lemon cake makes us feel all warm and fuzzy inside. The icing on this cake is made with fresh lemons, and the fresh tangy taste is sure to make your mouth water. The firm cake is made wholeheartedly with the best of ingredients. The tangy and sweet taste will win you over with just one bite. It will soon make it on your must-have list for any festive occasion.
No.11, Aly. 20, Ln. 300, Sec. 4, Ren'ai Rd.
(02)2700-3501

Tip of the day: Having just one birthday is just not enough? Find out the date for your birthday on the lunar calendar.

Thursday TRADITIONAL DAY

Ernest Hemingway famously defined courage as "grace under pressure." Like the long elegant beams holding up London Heathrow Airport's 18,000 ton roof, being graceful while under pressure is a power that is everlasting. To become a tradition that endures the test of time requires such eternal gracefulness, and there is always a spot reserved for such timeless classic in this great big world.

- [Qin Family Bakery] Dry-baked Scallion Pancake**
The first batch comes out at 9:00am.
Many literary masterpieces have been inspired by the authors' nostalgia. Likewise, Qin Family Bakery's dry-baked scallion pancake is a treat that is reminiscent of the traditional nostalgic flavors of Northern China. This small shop is a three-generation family-owned business. Situated near the bustling traffic circle, the Qin family has always been persistent with the way they make their scallion pancakes.
1F, No.12, Ln. 6, Siwei Rd.
(02)2705-7255
- [Junhe] Pickled Mustard Green Bun**
The first batch comes out at 8:00am.
Pickled mustard greens are also called "ever-spring" in Chinese. The pickling of the deep green creased leaves create profound complex flavors. This vegetarian pickled mustard green bun is mixed with two other vegetables, but the recipe is a secret closely guarded. The bun is flavorful yet balanced due to the mixture. It is a fine classic filled with traditional sophistication.
No.2, Aly. 40, Ln. 216, Sec. 4, Zhongxiao E. Rd.
(02)2752-3687

- [Kimuraya] Cream Bread**
7:15am and 1:30pm on weekdays, 7:15am on weekends.
Cream, クリーム, 克林姆, is a loanword in triple layers from English, Japanese, Taiwanese, and this word alone embodies a segment of Taiwanese history, and it is also a word of nostalgic childhood memories for many. The cream is a taste that is traditional yet full of innovative potential. It can make a great new filling for éclairs, or as the classic filling for wheel pies or Taiwanese style cream bread, the taste is reminiscent of sweet childhood memories.
No.10, Ln. 266, Sec. 4, Ren'ai Rd.
(02)2784-4838
- [Hogan] Sansing Green Onion Bread**
8-9:00am, and around 2:00pm
In most Chinese kitchens, green onions are an essential. Green onions are used as an aromatic to bring out the flavors of other foods. Always in the supporting role, the green onion is finally treated as the main character of this bread. Hogan gets their organic Sansing green onions from farmers working with them under contract custom farming. Additionally, this bread is also made with a new twist from tradition, as lard is replaced by olive oil imported from Spain.
No.18, Ln. 452, Sec. 4, Ren'ai Rd.
(02)2755-4444

Tip of the day: Leftover makeover - Tear leftover scallion pancakes into small pieces and stir-fry with julienne vegetables for a scrumptious new taste.

Friday DIZZY DAY

Sake fermented dough, fruit compote soaked in wine, and beer-infused European style bread are all great accompaniments for fun times on Friday night. Perhaps not even the experts in The Da Vinci Code would think to swirl together bread and wine from the table of The Last Supper. What about the code CH3CH2OH? It is the secret to a soothing formula that is gently mixed in the dough of the most vitalizing bread.

- [Caldo Café] Soufflé with Cointreau Sauce**
Made upon order, with a 30-minute waiting time.
If you suffer from the compulsive need to Instagram your food, proceed with caution. While you ponder over which filter to use, your soufflé has probably collapsed. This soufflé is topped with a sauce made from Cointreau, which is an orange-flavored liqueur often found in margaritas. This citrusy alcoholic sauce will bring out an alluring side of the delicate soufflé.
No.28, Ln. 260, Guangfu S. Rd.
(02)2731-8023
- [Yihotang] Sake Yeast Bread**
3:00pm
The Japanese's impeccable taste is not only found in its tea ceremonies or flower arrangements; the same utmost care is found in a simple loaf of white bread. This bread by Yihotang is fermented with sake yeast; it is crispy on the outside and elegantly soft on the inside. Enhanced by a slight touch of the finest Japanese salt, the sake flavor is not overly intoxicating, and with every bite comes a refined taste of the finest Japanese spirit.
No.34, Ln. 233, Sec. 1, Dunhua S. Rd.
(02)8773-6965

- [Wupaochun] Longan with Red Wine Bread**
Three batches between 11:00-16:00.
Master baker Wu Pao-chun's award-winning longan with red wine bread is inspired by the longan sticky rice cake from his childhood. This bread packed full of his deepest sentiments has traveled afar and won the hearts of friend abroad with the honor and recognition from the World Championship of Bread.
No.88, Yanchang Rd. (B2 EsLite Spectrum Songyan Store)
(02)6636-5888#1902
- [Wendel's] Potato Beer Bread**
8:00am
Anton Chekhov, the 19th century Russian dramatist and author, once warned that if someone brought you coffee, don't try to look for beer in your cup. Erdinger beer is mixed in the potato flour dough to make this Germany-style bread, which is known for its lack of sugar and oil. Most of the alcoholic content is evaporated in the baking process, leaving behind a light aroma in this bread of German-style celebration.
No.28, Ln. 260, Guangfu S. Rd.
(02)2711-8919

Tip of the day: In a study published this year in May by Japanese researchers, it has been proven that the consumption of sake yeast is beneficial for a good night's sleep. Remember this the next time you are in the mood for a bit of tipsiness!

Saturday DIY DAY

After six days of keeping a close eye on other people's ovens, make sure you don't miss a thing, let's switch it up a bit today and partner up with your own oven. Enjoy first hand as the heat and aroma come charging out of your oven when the baking time is up. We have here for you a no-fail cookie recipe. Follow the stress-free step by step instructions to enter into the wonderful world of baking. This warm cinnamon chocolate cookie is perfect for this time of the year, as autumn is just around the corner. Get everything ready, and let's bake!

Cinnamon Chocolate Cookies

YOU WILL NEED:
Butter at room temperature 120g, Light brown sugar 90g, Chocolate chips 60g, Salt 2g, Cinnamon powder 4g, Whole egg 40g, Cake flour 240g, Baking Soda 4g.

AND YOU SHOULD:

- Mix together the room temperature butter, sugar, and salt. (The butter doesn't need to be beaten till fluffy)
- Add the cinnamon powder, cake flour, and then baking soda.
- Incorporate the egg and form the dough; then mix in the chocolate chips.
- Preheat the oven at 160 °C for 10 minutes prior to baking. Divide the cookie dough into desired shapes and bake at 160 °C for 6 minutes; turn the tray and bake for another 6 minutes.

Tip of the day: "Room temperature butter" means place frozen/cold butter in room temperature for it to soften. You will know it's ready when you lightly press the butter with your finger and a dent is created.