

# AROUND THE WORLD

Additional Information

## Taiwan

  @uwspdining





## “San Bei Tofu”

### “Spicy-Fried Tofu in Sauce”

Firm tofu marinated in a flavorful blend of soy and ginger, then lightly coated and fried to crispy perfection. It's tossed in a rich 3-cup sauce, delivering a savory balance of flavors in every bite.

## “Sesame Oil Chicken Soup”

### “Sesame-Oil Chicken Soup”

A fragrant, brothy soup richly seasoned with sesame oil, ginger, and rice wine, finished with chicken stock. The soothing flavors come together in a comforting bowl, with optional goji berries adding a subtle pop of flavor.





## “Lu Rou Fan”

### “Braised Pork Belly”

Tender, bite-sized pieces of pork belly braised in a fragrant blend of ginger, scallions, Chinese five-spice, tangerine peel, shiitake mushrooms, demerara sugar, cooking wine, and dark soy.



## “Stir Fried Bok Choy”

### “Stir-Fried Leafy Green Asian Vegetable”

Vibrant greens stir-fried quickly with garlic, ginger, Shaoxing cooking wine, and a savory blend of sesame oil, and soy sauce. The result is a crisp, flavorful side dish that perfectly balances richness with lightness.





## “Tian Lang Jiang”

### “Sweet Chili Sauce”

A tangy-sweet sauce made with sambal, demerara sugar, ketchup, rice vinegar, and a touch of water, creating a flavorful balance of heat and sweetness.

## “Pineapple Cake”

### Shortbread w/a Pineapple Jelly Filling

Buttery Taiwanese shortbread made with almond flour and filled with a delicate blend of pineapple and winter melon jelly.







# Taiwan

EST. 1912

**1**

**Taiwanese cuisine is widely intertwined with “Bento culture”, a popular way to eat with diverse bento boxes containing rice, meat, vegetables, and side dishes.**

**2**

**A staple of Taiwanese Cuisine is the national dish “Beef Noodle Soup”. The dish has its roots in Chinese cuisine, particularly from Lanzhou and Sichuan. These areas have long traditions of noodle soups featuring beef, which were brought to Taiwan by Chinese immigrants.**

**3**

**Common ingredients of Taiwanese cuisine are pork, seafood, chicken, rice, and soy. Traditionally, rice became the foundation of most Taiwanese diets. Before the Japanese colonial period, rice grown in Taiwan was long-grained indica rice.**

## Want To Know More?

Contact our Register Dietitian!

# Jennifer Hanlon

### ✓ Meal Plan Education

Discuss the best meal plan options for flexible dining opportunities across campus to meet dietary needs.

### ✓ Follow-Up and Support

Ongoing email support and phone calls to answer any questions and receive helpful resources from the University Dining Registered Dietitian are available to students dining on campus.

### ✓ 1:1 Meetings

Regular meetings with the registered dietitian to have a successful and safe dining experience on campus that meets your dietary needs.

### ✓ Specialized Meal Options

Students with allergies, severe reactions and special accommodations can work closely with the University Dining Registered Dietitian to have a safe dining experience on campus.

**For questions and assistance,  
please reach out  
using the information  
provided below!**

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