



# MIA news

Miyakonojo International Association

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## Mongolian Cuisine, Tsuivan - Soyolmaa Luimed (Miyakonojo CIR)

Mongolian cuisine is known for its characteristic homage to an ingredient's true flavours. As dishes are predominantly focused around meat, salt is often a base flavour. This month, I'd like to introduce a Mongolian dish called "Tsuivan", which is said to provide stamina and energy. This meal is a staple dish in Mongolia, popular amongst both adults and children, and uses simply meat, vegetables, and some flour.

If you were to search for Tsuivan in English, you might come across "Mongolian Yakisoba" or "Mongolian-style Yakisoba", but I feel that these descriptions aren't quite true to the dish. That being said, the noodles that are the heart of this dish are hand-made, and the method by which they are made is similar to that of hand-made soba noodles.

Below is a list of ingredients used to make enough Tsuivan for 4 people:

Beef - 400g

Flour (All-purpose) - 400g

Potatoes - 5

Carrot - 1

Onion - 1

Capsicum (Bell Peppers) - 2

Soy Sauce - 3 Tablespoons

Cooking Oil - 1 Tbsp. when cooking, 1 Tbsp. when preparing noodles

Water - 220ml for dough, 650ml for fry pan

Spring onions, salt and pepper to taste



Here's how to make some Tsuivan yourself!

1. Add flour to a mixing bowl, and slowly add water while kneading. Remove, shape into a ball, and allow to rest.
2. Add oil to a fry pan, heat, then add meat, vegetables and soy sauce along with salt and pepper to taste.
3. Add approximately 650ml of water to the fry pan (2) and bring to boil. The added water should cause the other ingredients to be completely submerged.
4. Split the dough (1) into three parts, and use a rolling pin to flatten the dough into a circular sheet approximately 2mm thick.
5. Add to (4) a tablespoon of cooking oil across all



Steps 5 and 6: Adding cooking oil, quartering, stacking, and cutting into noodles

the sheets of dough, quarter, and stack. Cut the stacks into three groups of equal width.

6. Cut the stacked sheets of dough into noodles 5-7mm wide.
7. Spread the noodles out on top of the rest of the ingredients in (3), and cook on high heat for 7 minutes, then medium for 4 minutes.
8. Once sufficiently cooked, use a fork to separate the noodles, and mix well. Finally, add spring onion to taste, then it's Bon Appétit!

The flavour from the meat and vegetables will be absorbed by the noodles, one of the most delectable facets of the meal. Should you feel inclined, why not try adding some Mongolian Tsuivan to your end of year meals?



## Aussie Bites!

Today, just a short piece from Miyakonojo's Australian CIR, George!

Did you know that Melbourne is famous for its coffee and café culture? Their latte art is also second to none, with this

photo being just one of the pieces from the Melbourne International Coffee Expo, held every year! It's too adorable, it'd be a waste to drink it!



## Articles For MIA News

Are you interested in writing a short article about international exchange or cooperation for MIA News? Some possible topics include travel journals, introductions to your home country, experiences staying with a host family, and activities with an international exchange or cooperation group. Articles should be about a page long and include a couple of relevant pictures. If you'd like to write more than that, please consult with MIA. If you'd like to write anonymously, that can be taken into consideration.

We are also looking for people interested in sharing their Australian experiences. Whether it's a rare location you found or some fascinating people you interacted with, we want to share your story with all of our MIA members!

Please contact us if you are interested!

## General Information

### ◇ "Miyazaki-From The Outside Looking In" Exhibition

The art exhibition "Miyazaki-From The Outside Looking In" held in Miyazaki City is coming to Miyakonojo! With "Miyazaki" as the theme, international residents living in the Miyazaki Prefecture have submitted numerous pieces of art, ranging from photos to drawings and calligraphy; these art pieces will be on display in Miyakonojo City Hall for a few short weeks, so please come and check them out while they're here!

**Date:** January 14th (Fri) - 27th (Thu), 2022

**Location:** Miyakonojo City Hall 1st Floor Lobby

For further details, please contact MIA:

TEL 0986-23-2295

Here's just a few of the pieces that were on display at Carino Plaza in Miyazaki City!



The two pieces included on the right hand side here were submitted by Miyakonojo's Mongolian and Australian CIRs! You'll have to forgive the reflection and glare from the photo frames, as these were taken on location at Carino Plaza during the exhibition!



## Movies info

C-Plaza Cine-port (Tel: 0986-24-2571)

17-9 Nakamachi, Miyakonojo, Miyazaki Map-Code (GPS): 117 488 540\*55



- Eternals (Japanese Dub)
- Rogo no Shikin ga Arimasen (Japanese)
- Mamorarenakatta Monotachi he (Japanese)
- 007: No Time To Die (Japanese Sub)
- Masquerade Night (Japanese)

- \*The 1st of every month is ¥1,100 for everyone.
- \*Every Wednesday is 'Ladies' Day', all ladies ¥1,100.
- \*The cinema is closed every Tuesday.
- \*For session times visit: <http://movie.walkerplus.com/th286/schedule.html> (Japanese)