



HELLO, FRIENDS !!

Shimane Hello Friends



Vol.14
2021.08.01

Hello, everyone. Welcome to the world of “HELLO, FRIENDS!!”.

If you are from a warmer country, maybe you are all right. If not, you must be getting through the toughest time of the year. It's in the middle of the summer. Not just hot, but also humid. How many times have I wished there would be no summer in Japan!!

Well, I know. Japan can maintain its natural beauty thanks to the four distinct seasons.

So, let's forget about its toughness and just focus on the brighter side of this formidable time of year.

1 . Let's meet today's guest !! ○○○○○○○○○○○○○○



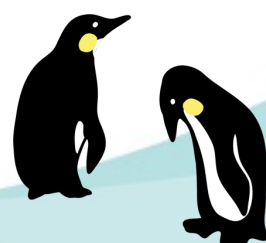
We have **TUMURGAN ZOLZAYA** san from Mongolia to join us today. Some of you may have seen her smiling face on the first page of our previous issue, Vol. 05, when she accompanied her husband on this interview. She is now in her 4th year of the Ph.D. course and belongs to the Department of Obstetrics and Gynecology. This time, her husband, **TUMURBAATAR TUVSHINTUGS** san, accompanied her.

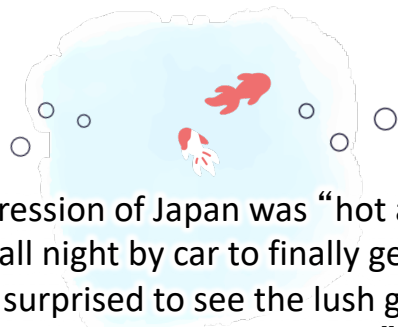
1. First, may I ask why you became interested in Shimane University to study as a Ph.D. student?

I had wanted to study in a country where the educational system is well developed since I got into university in Mongolia. Luckily, my husband had an opportunity to get a Ph.D. degree from Shimane University. A few months later after his arrival in Japan, with all the preparations done, I and my daughter came here to live together. As I saw him every day, living a meaningful life on campus, I was gradually getting interested in studying as a Ph.D. student myself.

2. What was your first impression when coming to Izumo?

We (my daughter and I) arrived in Japan in late March, wrapped in warm and heavy winter clothes because in Mongolia, March is still cold with the temperatures dipping below freezing all the time. When I went out of the airport, the outside was warm and humid.

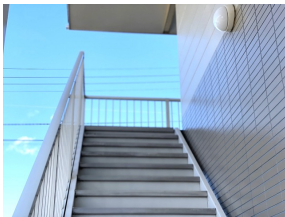




So my first impression of Japan was “hot and humid”. Then we directly headed to Izumo. It took all night by car to finally get there. When I woke up the next morning, I was pleasantly surprised to see the lush green scenery. So my first impression of Izumo was “the immortal green of trees”!

3. What has been your biggest culture shock since coming to Japan?

It may sound a little odd but my biggest culture shock has been that in Japan many buildings including our dormitory have outside staircases. I cannot feel at ease with such staircases exposed to the outside. Also, each step of the staircases is narrow,



which scares and surprises me a lot. I always have to pay close attention to my footsteps especially when I'm with my daughter. The ultimate example would be the Japanese castles. Their steep staircases and unfriendly, narrow steps in the castle towers seem as if they are refusing all the attempted entries.

Speaking of the staircases, spiders' webs stuck on their ceilings and walls are also something I cannot be used to anyway. We don't often see bugs in Mongolia, maybe due to its dry and cold weather. But my daughter is not! She has no fear of bugs. Through everyday life in her nursing school, she seems to be absorbing valuable things from the nature by getting in touch with bugs, grass, and flowers. She even looks very happy when she plays with “Dango-mushi”(roly-poly) on her palm.

- Wow, your daughter is getting stronger day by day. Maybe someday you can ask her to combat cockroaches!!



And, as my husband mentioned in the previous issue (Vol.05), we Mongolians don't bow to greet or apologize. So, my bowing was awkward at first with my upper body bending down, while keeping my head upright, and my eyes staring at the person in front of me (chuckling).

4. What's your favorite Japanese food or Japanese word?

Well, I am a foodie person. If I encounter a delicious new dish, I try making it myself. Through this hobby, I got an opportunity to do a part-time job in “Sanoya” Japanese restaurant and I started a cooking channel on YouTube under the name of “The Mongorujin”. It could be helpful for someone who is looking for a new recipe or interested in Japanese dishes.



Back to the question, if I should choose just one of my favorite Japanese dishes, it would be “Katsu-curry”(cutlet curry). In winter times, Oden and miso soup are the best!

-Wow, you are a big fan of “Sanoya”. I have been there a couple of times but I haven't tried their Soba or Katsu-curry yet. Definitely, I will, someday.

5. What's your favorite sightseeing spot in Japan?

The same as my husband (Vol.5). (giggling) Maybe he became the same as me! Izumo-Taisha grand shrine and Inasa-no-hama beach. Maybe thanks to the spiritual atmosphere the shrine and the beach have, I find myself calm down whenever I visit them. And I think the people in Izumo have a similar atmosphere. People in the old neighborhoods usually don't move for generations and therefore know each other very well. They are willing to lend a helping hand and cherish the spirit of "hospitality". I once came into a shop to ask for directions. The shop clerk happened to have lunch but she didn't care about the disruption and looked very happy to bother to take me to my destination. If it had happened in Tokyo or Osaka or another big city, I wouldn't have had this kindness and ended up asking more and more people to finally get there.



Another reason why I love Inasa-no-hama beach so much is my deep interest in marine life. When I was a high school student, I wanted to be an ocean scientist. Sadly enough, however, my country is surrounded by land and there's no source for research. I gave up my dream and shifted my target to medicine. Even so, I'm still excited about just imagining what creatures are hidden under the seabed or what unknown new species are gracefully swimming skillfully every time I see the vast sea from Inasa-no-hama beach.

- Sugoi (Great)!! Your interests expand endlessly.

6. What do you picture in your mind as a career path after graduation?

After getting a Ph.D. degree next spring, I'm going to go back to Mongolia with my family. I have accumulated a lot of knowledge academically here. Next, I need to hone my skills as a medical practitioner. To this end, I am planning to join some programs offered by a medical institution to be trained at the forefront of various scenes.

-Getting a Ph.D. degree is not the end? Wow, maybe your thorough pursuit of perfection for everything will be the key to who you are. Zolzaya san, I'm looking forward to your future success in the global field.

-Thank you, Zolzaya san. I was happy to hear a lot of interesting stories. Her perspective as a Mongolian was really an eye-opener. Yes, it takes some courage to go up to the top of the castles. If you haven't experienced it, Matsue castle is waiting for you!!



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This corner, "Let's meet today's quest!!" is now recruiting volunteer interviewees.

Please contact me, Yuko Okada, at gakumh04@jn.shimane-u.ac.jp or come to my office if you can take time for the interview. If we have no volunteers, we will ask someone to be the next interviewee.



2. Let's try this Japanese recipe !! ○○○○○○○○○○○○○○

Mizuyoukan (水羊羹：みずようかん)

No matter how sweet a tooth you have, even beautifully-decorated cakes or pleasantly-smelling cookies wouldn't be able to whet your appetite in this sweltering hot summer. Instead, we want to turn to cold sweets like pudding or ice-cream.



Today, let us introduce a traditional Japanese cold sweet called "Mizuyoukan". If you love "Anko" or red bean paste, I bet you will love it!! Some of you might be more familiar with just "Yokan (ようかん, 羊羹)". Mizuyoukan contains more water and therefore it is softer and easier to swallow. Those who have school kids, why don't you try this recipe with your boys or girls taking advantage of the long summer vacation?

How to make

1 Put the water and powdered agar in a pot and place it on a medium heat. When it starts simmering, lower the heat and stir the pot.

2 When the agar is dissolved, add the sugar and salt, and stir further.



3 When the sugar is dissolved, add the smooth, sweet bean paste and stir thoroughly to make it fully dissolved.

4 When the paste is dissolved, remove the pot from the heat and put it in a bowl filled with iced water. Just keep stirring while it's getting cooler. Be careful that the water doesn't come into the pot.

5 Once 4 is cooled enough, pour into a container, put a lid on it, and keep in the fridge for about a couple of hours.

6 When it gets solid, scoop one portion and put on a plate. Enjoy the smooth texture!!

Ingredients -for 4 people-

- Smooth, sweet bean paste (こしあん Koshian) 300 g
- Sugar 20 g
- Water 500 cc
- Powdered agar (こなかんてん/粉寒天 Konakanten) 4 g
- Salt A pinch



➤ For powdered agar, a separately packed one for one-time use is convenient.

➤ Smooth, sweet bean paste (Koshian) is often sold in a can or pouch. If it's sweet enough, please reduce the amount of the sugar by half.

3 . Let's learn about traditional Japanese food ○○○○○○○○○○



Kanten (寒天：かんてん)



Do you know Kanten? It is translated as “agar” in English but I don’t think many people are familiar with it. It is used as an ingredient to harden liquid like gelatin. What are the differences? Gelatin is animal protein that mainly consists of collagen extracted from bones. It hardens at 15～20°C and therefore melts in our mouths. It comes in the configurations of gelatin sheet (leaf gelatin), powdered gelatin, or granular gelatin.



Meanwhile, Kanten is plant-derived dietary fiber made from seaweed. It hardens at about 65°C and it won’t melt at normal temperature once it hardens. The texture is chewier than gelatin and it comes in the configurations of bar-type, string-type, and powdered-type. While gelatin is mainly used for western confectionery, Kanten is often used as an ingredient of Japanese sweets.

4 . Event & Gourmet spots ○○○○○○○○○○

VIEW & CAFE SHINWA

It was originally a souvenir shop called “Wadachinmi 和田珍味” dealing in mainly marine products and it opened a cafe adjacent to it last year at the time of renovation. You can enjoy the expansive ocean view while savoring their representative dishes such as Fugu (pufferfish) curry or freshly baked pancake.

Address

〒694-0035 1550-1 Isotake-cho, Oda-city,
(島根県大田市五十猛町1550-1)

Access

- ▶ By train : 17 min. walk from “Isotake (五十猛)” station on JR Sanin line
- ▶ By car : 40 min. from Izumo IC

Tel

0854-87-0030

Time

9:30am - 17:00pm (Closed: irregular)

For more

<https://tabelog.com/shimane/A3203/A320302/32004478/>



