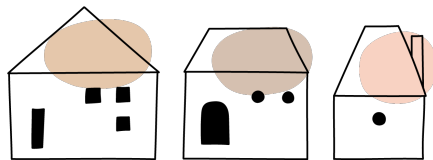


HELLO, FRIENDS!!

VOL.22
2022.12.1



Hello, everyone.

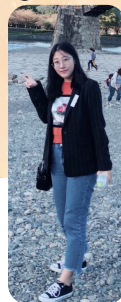
Welcome to the world of HELLO, FRIENDS!!

I always feel the same thing around this time of the year. “How quickly a year is passing!”. The daytime is getting shorter and it’s the winter solstice on Dec.22 this year. We have the custom of eating pumpkin and taking yuzu-yu, the bath in which several pieces of yuzu (a small citrus fruit) are floating on the hot water, on this day. I love pumpkin and my bento lunchbox always has grilled pumpkin in it. I also love yuzu-yu. The aroma of the fruit is filled in the bathroom and it is very refreshing. If you have a chance, please try it.

\\ **Let’s meet today’s guest!!** //



Today’s guest is **Pang Bo** san from China. She is in her 4th year in the Ph.D. program and belongs to the Department of Pathology, Organ Pathology Unit. She always looks relaxed and seems to have had no problems in her daily life as a student and a resident in Izumo. She rarely comes to my office and I haven’t had many chances to talk with her. So, I have been looking forward to this interview, wondering what her real self is like.



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

I came to Japan first as a one-year exchange student from Ningxia Medical University. I have been interested in the Japanese culture, especially manga or comic books, for a long time. So when I knew about the exchange program, I applied for it immediately. The stay in Japan was so pleasant and fulfilling that just one year felt really short and I expressed my hope to the then supervisor, Prof. Maruyama, that I'd like to continue my research under his supervision. To my delight, he told me that he would support me as a graduate student as well. Having passed the entrance exam, time has flown and I'm already in my 4th year in the Ph.D. program.

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



My favorite Japanese food is sushi and a fish dish called “aji-no-nambanzuke”. This is fried horse mackerel marinated in spicy vinegar sauce. Sushi is very popular in China, and I already liked it before coming to Japan .

As for nambanzuke, it was at the party held in Araki sensei's house that I encountered this delicious dish. When I was still getting used to the life in Japan, she kindly invited me (and another student) to her place one day to treat us with various Japanese foods.

She had asked us beforehand what kind of dishes we would like to have. I told her I'd like some fish dishes because my hometown is far from the sea and I didn't know very well how to cook fish. I was instantly hooked on the sweet and sour taste of nambanzuke. Aside from nambanzuke, there was clam rice cooked with soy sauce and a few other seasonings, which was also good. It was so kind of her to make the dishes with us so that we could reproduce them afterward. Now I can say perfectly how to make nambanzuke, including the necessary amount of the ingredients. I want to please my parents with this dish someday and I'm sure that they will love it as much as I do.

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

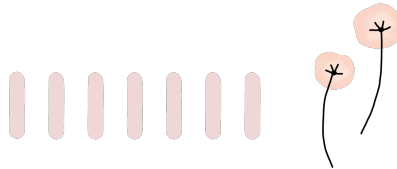
I want to return to China and work at a hospital to become a full-fledged pathologist. At the same time, I hope to deepen my research. I will apply the techniques I learned here to my future experiments.



My interest in the mechanism of brain developmental disorders and other related diseases knows no limits and I will keep exploring therapeutic methods to contribute to the development in the field.

Thank you, Pang san. I didn't expect at all to hear "aji-nomambanzuke". Come to think of it, however, its crunchy texture of deep fried fish and savory sauce with a pinch of red pepper has great potential to be loved by people around the world. She seemed to enjoy the life in Izumo to the fullest, which would be the reason why she always looks relaxed.

There is a lot more to Pang san's story. If you would like to read more, please go to ["Students' Voices"](#).



This corner, "Let's meet today's guest!!" 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.

NEW!

My Recommended Sightseeing Spot //

The new corner is to provide you with information on sightseeing spots recommended by various persons in this university. To mark the initiation of this new corner, we asked Professor Emeritus, Nabika Toru sensei for the information.

Nabika sensei's recommended sightseeing spot is:



Hatagasako Hospital

(畑迫病院)

Hatagasako Hospital was established in 1892 as one of the most sophisticated and equipped hospitals in this area (even in Shimane Pref., probably).

Now, it is a small museum where you can feel the atmosphere of an old hospital of that era.



It has a restaurant inside, and you can enjoy a good vegetable curry there. In addition, a beautiful garden called 'Hori tei-en' is next to the hospital, which is famous for colored leaves in autumn.



CHECK

<https://tsuwano-bunka.net/ishokun-omanabiya/>

Address

〒699-5622

島根県鹿足郡津和野町邑輝829番地1

829-1, Muraki, Tсуwano-cho, Kanoashi-gun, Shimane Prefecture

Tel & Fax 0856-72-0338

Closed Mondays (No closed days in November)
(If the Monday falls on a national holiday, the next day is closed.)
New Year's holidays (Dec.30-Jan.4)

Time 9:00 - 16:30

Admission fee

① Just for the hospital
200 yen/high schooler or above
150 yen/junior high
100yen/elementary

② Combined with "Hori tei-en"
600 yen/high schooler or above
400 yen/junior high 250 yen/elementary

※If you visit as a group of 20 or more, you will get a discount.



Access

Tsuwano (津和野) station on JR Sanin line

→ Community bus heading for "Nagano (長野)" (about 20 min.)

→ "Hatagasako (畑ヶ迫)" stop → 2 min. on foot

Photo by Nabika sensei

\\ Let's try this Japanese recipe!! //

Gobo is called “burdock” in English. Maybe you are not familiar with the vegetable. It does not look good but we Japanese have loved it from olden times. Today’s recipe “Tataki gobo” is one of the main menus for Osechi or Japanese celebratory New Year’s dishes. Gobo is said to look like an imaginary auspicious bird and therefore it became a component of Osechi.

Also, since it’s a root vegetable, some conjure up images of their houses or businesses taking root in the land and being secured. Furthermore, gobo used to be highly regarded as medicine and therefore it has meanings of hope for well-being in the New Year or longevity. Aside from “Tataki gobo”, there is a dish called “Kinpira gobo”. This may be more popular as a way of cooking gobo. I’ll introduce a recipe of it someday.

Tataki gobo



INGREDIENTS (for two persons)

- Gobo (Burdock) 100g
- Salt for boiling 2 tsps
- Ground sesame seeds 2 tbsps
- Soy sauce (preferably light type) 2 tsps.
- Vinegar 1.5 tsps
- Milin or Milin-fu-chomiryo 1 tsp

Milin-fu-chomiryo(みりん風調味料)

is the seasoning tasting like milin but without alcohol.

HOW TO MAKE

① Wash the gobo and cut in half lengthwise. If there is a thick part, cut it in 1/4 to make the width even.



② Break the fibers of ① to a certain extent by pounding it with something hard such as a wooden pestle or the handle of a kitchen knife. Be careful not to break the fibers completely.

③ Cut ② into 5cm pieces, put them in vinegar-added water a while to prevent a change of color, and wipe out the moisture.

(This vinegar is not included in the “Ingredients”.)

④ Mix the sesame seeds, soy sauce, milin, and vinegar in a bowl.

⑤ Boil water in a pot, put ③ and the salt in it, and cook for 3 min.

⑥ Mix ④ and ⑤ while ⑤ is still hot.

⑦ Enjoy ⑥ after it is cooled. The taste will soak in during the cooling.



\\ Let’s learn about “gobo” more //

The origin of gobo is Eurasia and it came to Japan through China in ancient times. It was used as medicine at first and it was not until the Edo period that we started to eat it as food. Surprisingly, only Japan has used it for their day-to-day meals until recently. This fact caused a tragic incident several decades ago. Let me introduce it.

After the Pacific War (1941-1945), the head of an internment camp in Japan was put to a trial. One of his charges was that he provided the prisoners with gobo. Westerners couldn’t believe gobo is food. They regarded it as just roots of trees and therefore they saw the act by the head as “abuse”. Sadly, as a result, the head was convicted. As time has passed, however, gobo has become popular among westerners because of its dietary fibers which works effectively in preventing colorectal cancer.



“HELLO,FRIENDS!!” is created by **The English Project Team.**
If you have any comments or questions, please contact us:
gakumh04@jn.shimane-u.ac.jp (addressed to Yuko Okada)
The English used on “HELLO,FRIENDS!!” is supervised
by our English teacher, Ms. Murphy, Lynne.

