

Multilingual Electronic Newsletter

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かごしま南の風便り



Kagoshima Southern Wind Tidings

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Coordinator for International Relations (CIR) Column

The hot days just keep coming. And in this kind of summer heat, who doesn't end up craving cold food?

In this column I'll introduce Korean *naengmyeon* (cold noodles), the perfect food for a hot summer!

While the method of preparation and the ingredients used vary between regions, the dish is generally made by boiling (and then cooling) noodles made from buckwheat flour and starch, then adding these to a cold soup, and topping with ingredients like meat, vegetables and boiled egg.

***Naengmyeon*, once a traditional wintertime food!**

Originally, the dish was eaten during cold winters by people from the northern part of the Korean Peninsula. In their *ondol* (traditional Korean underfloor heating) rooms, they would eat noodles mixed with radish kimchi and daikon radish so cold your teeth would hurt. Throughout the tough winters when food was scarce, the people of the north would make noodles from hardy crops like buckwheat and potatoes. This is the origin of *naengmyeon*.

But why did *naengmyeon* spread across the country...?

The spread of *naengmyeon* throughout the nation, leading to its status as a classic Korean dish, was a result of northern cuisine being introduced to the south by migrants who moved south following the Korean War (1950-1953). Especially following its spread to the south, a variety of changes were introduced to the recipe, such as using beef and chicken to make the soup, and using sweet potato starch and wheat flour to make the noodles.

Different varieties of *naengmyeon*

Korean *naengmyeon* is said to have originated from the cities of Pyongyang and Hamhung in North Korea. Pyongyang-style *naengmyeon* is known as *mul-naengmyeon* and uses noodles made from buckwheat and a small amount of starch, served in pheasant broth with daikon radish and radish kimchi, with toppings such as meat, pear and boiled egg. On the other hand, Hamhung-style



This Pyongyang-style *naengmyeon*, prepared by a famous Pyongyang-born chef, tasted absolutely divine!

naengmyeon is known as *bibim-naengmyeon* (“mixed cold noodles”) and uses noodles made from potato starch, with potatoes being widely cultivated in the area. The noodles are topped with raw fish like flatfish or skate, which are coated in a spicy dressing.

In fact, Korean people may even group themselves into those that prefer the clean bite of the buckwheat flour-based noodles and the refreshing cold soup of Pyongyang-style *naengmyeon*, and those that favor the firm texture of the starch-based noodles and the spicy zing of Hamhung-style *naengmyeon*!



Hamhung-style *naengmyeon* served here in Kagoshima City!

And why is *naengmyeon* topped with a boiled egg...?

The boiled egg you'll see placed on top of your *naengmyeon* isn't just any old topping. Buckwheat, the main component of *naengmyeon*, is known to have a cooling effect on the body. For that reason, it can sometimes put a strain on the digestive system when eaten on an empty stomach. Eating egg helps to avoid this, and improves digestion.

With *mul-naengmyeon*, eating the boiled egg before the noodles protects your stomach from the potential strain of the buckwheat and the cold soup.

But with *bibim-naengmyeon*, you can eat the boiled egg last to soothe your mouth and relieve any remaining spiciness.

Eating *naengmyeon* the Korean way

The noodles have a firm texture, so first, use scissors to cut the noodles to a bite-sized length. Then, using the condiments on your table like vinegar and mustard, flavor the dish to your taste.

Naengmyeon*, the essential dish to finish off an evening of *yakiniku

Today a classic summer food, *naengmyeon* is popular in Korea as a stand-alone dish, but it also has a strong impression among Korean people as a final dish to eat after *yakiniku* (grilled meat). Seasoned with vinegar, *naengmyeon* cleanses your palate and really hits the spot after the rich flavor of the grilled meat!

That's all for this column, in which I introduced Korean *naengmyeon*! Why not try a bowl of *naengmyeon* for yourself? I'm sure it'll help you to shake off the heat and enjoy this summer in comfort!

The Governor's Activities

●1st February: Visit by the Chair of the Kagoshima Cultural Association of Brazil●

Sergio Masaki Fumioka, Chair of the Kagoshima Cultural Association of Brazil, paid a courtesy visit to the Prefectural Office.

As well as receiving an invitation to the 110th anniversary celebration of the founding of the Kagoshima Cultural Association of Brazil, expected to be held in August in Sao Paulo, Brazil, I heard from Mr. Fumioka about the association's activities and events, including their upcoming PR event, among other things.

I expressed my thanks to everyone in the association for promoting Kagoshima in Brazil, and conveyed my intention to adjust my schedule with a view to attending the 110th anniversary celebration.

Moving forward, based on the links we have built to date, I would like to continue developing our exchange and cooperation with Brazil.



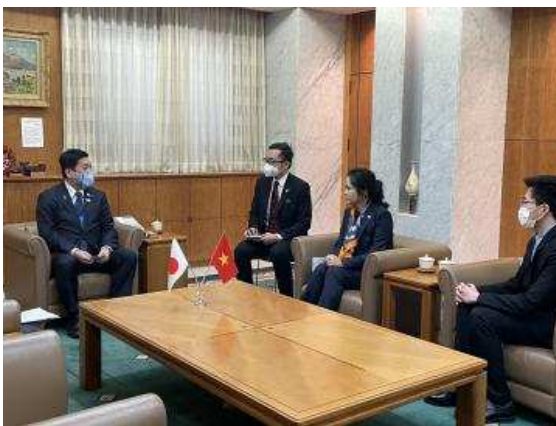
●9th February: Visit by the Consul General of the Socialist Republic of Vietnam in Fukuoka●

Vu Chi Mai, Consul General of the Socialist Republic of Vietnam in Fukuoka, paid a courtesy visit to the Prefectural Office.

I heard from Ms. Vu Chi Mai that, since this year marks the 50th anniversary of the establishment of diplomatic relations between Japan and Vietnam, she is keen to continue developing the cultural and economic exchange between our two countries, including the exchange between Kagoshima and Vietnam's Hải Dương Province, which are linked by a cooperation agreement.

As well as conveying my gratitude for the assistance that the Consulate General provides towards the deepening of our friendly relations with Vietnam and Hải Dương Province, I expressed my desire to see the establishment of a direct Kagoshima-Hanoi air route, originally postponed due to COVID-19, with a view to supporting future bilateral exchange.

In this, the 50th year of diplomatic relations between our two nations, I look forward to seeing even closer ties between Kagoshima and Vietnam, with increased human, cultural and economic exchange.



●17th March: Visit by the Ambassador of Japan to Trinidad and Tobago●

Ambassador Matsubara, Ambassador of Japan to Trinidad and Tobago, paid a courtesy visit to the Prefectural Office. I heard from Ambassador Matsubara that the countries of Latin America have a lot of interest in Japan, and that in Kagoshima Prefecture, six towns, including Osaki Town, acted as Host Towns for Caribbean athletes during the Tokyo Olympic and Paralympic Games. The Ambassador mentioned that he would like to continue promoting extensive exchange in areas like sport and the environment.

I hope to see the continuation of reciprocal human, economic and cultural exchange between the municipalities that served as Host Towns and the countries of the athletes they hosted.



Kagoshima Information

●Why not try a “workation” in Kagoshima Prefecture?●

Have you ever had the urge to get more out of your free time by working remotely from a hotel or tourist destination? Then why not try a “workation” here in Kagoshima, where a world of unique cuisine and distinctive nature awaits you? A soak in one of Kagoshima’s soothing onsen hot springs is surely the perfect way to switch off after work!

Check out the “Kagoshima IJU Net” website, which provides information not just about workations in Kagoshima, but also about the prefecture’s relocation support system, trial lifestyle experiences, regional events and more. For more details, access the website at the link below.

<https://www.kagoshima-iju.jp/know/>

Even if you’re currently living abroad, why not spend your summer break in Kagoshima? Return home or enjoy some tourism while you refresh yourself on a workation!



Seasonal Tourism Information

●Kagoshima Glamping YOSHIZORA is now open for business!●



The glamping facility “Kagoshima Glamping YOSHIZORA” opened on 27th May in Kagoshima Prefecture’s Yoshino Park!

The facility’s 8 lodgings are available in two types, dome-style tent or cabin, and each has a carefully decorated interior based on Kagoshima’s islands for you to enjoy!

What’s more, you can indulge in meals that make the most of Kagoshima’s local ingredients, and marvel at Sakurajima from the hilltop vantage point. Why not refresh yourself with the wide-open spaces and scenic views of nature?

Check out the Kagoshima Glamping YOSHIZORA website (<https://yoshizora.com/>)



