

# Obihiro Pioneer

Tourism and Goodwill Exchange Section Newsletter

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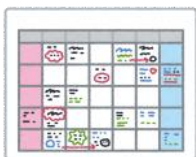
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## Japanese Autumn Recipes

## 日本の秋のレシピ

As the days get shorter and colder, nothing hits the spot and warms up the body better than some nice, warm late-fall cooking. Being Tokachi, you can always count on local ingredients filling the grocery stores. Here are a couple of recipes that you can make with them!

### Chicken and Mushroom Steamed Rice

This recipe uses shimeji mushrooms, which are harvested in the fall in Japan. You've probably



seen them in soup often as they are easy to cook and delicious! They are a great source of iron, potassium, and vitamin D, making them great for your blood and energy levels!

Ingredients (Feeds 3-4)

Rice	2 Rice Cups
Water	60g
Chicken thigh	
Abura-age (fried tofu)	20g
Shimeji mushrooms	1 pack
Carrots	20g
Ginger	8g

㊦ Soy sauce	2 tbsp
㊦ Cooking sake	1 tbsp
㊦ Hon-dashi (dashi powder)	2 tsp
㊦ Salt	

- ① Wash and soak the rice for at least 30 minutes, then drain in a strainer.
- ② Cut the chicken into cubes, the shimeji into small bunches, and the abura-age, carrots, and ginger into thin strips.
- ③ Add ① and the ㊦ ingredients to a rice cooker and put in enough water for 2 rice cups of rice. Add ② on top and cook normally.
- ④ When done, mix the rice and serve!

### Mapo Mushroom

Mapo-dofu is a delicious spicy Chinese-style dish that will definitely keep you warm dur-



ing the early winter days! This recipe uses doubanjiang, and tianmianjiang, two Chinese sauces that can be found at any

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Japanese Autumn Recipes

日本の秋のレシピ

Mapo Mushroom

Mapo-dofu is a delicious spicy Chinese-style dish that will definitely keep you warm during the early winter days! This recipe uses doubanjiang, and tianmianjiang, two Chinese sauces that can be found anywhere.

Ingredients (Feeds 4)

Tofu	1 block
Ground meat	150g
Shimeji mushrooms	1 pack
Enoki mushrooms	1 bag
Ⓐ Garlic (minced)	1 tbsp
Ⓐ Ginger (minced)	1 tbsp
Ⓐ Doubanjiang	2 tsp
Tianmianjiang (sweet bean paste)	3 tsp
Ⓑ Water	1.5 cups
Ⓑ Cooking sake	1 tbsp
Ⓑ Soy sauce	2.5 tsp
Ⓑ Chicken stock powder	2 tsp

Ⓒ Water	2 tsp
Ⓒ Potato starch	1 tsp
Onion (minced)	Half onion
Black pepper	
Vegetable oil	1 tbsp
Sesame oil	1 tsp

- ① Wrap the tofu in a paper towel and steam in a microwave for 2:30 minutes, then cut into cubes.
- ② Separate out the shimeji and enoki mushrooms into bite-size bunches.
- ③ Heat oil in a frying pan and saute Ⓐ. Once fragrant, add ground meat and saute until brown, then add the sweet bean paste.
- ④ Once stirred together, add the mushrooms from ② and saute. Add Ⓑ and once it boils, add the tofu from ① and cook for 1-2 minutes.
- ⑤ Mix the water and potato starch in Ⓒ and gently stir it in. Add the onion and black pepper and lastly stir in the sesame oil.

Word Search: Hokkaido Cities #2

ワードサーチ: 北海道の市#2

Last month, we introduced the first half of the 35 cities in Hokkaido. This month, we have the remaining cities on the list. Here's some fun trivia: while Hokkaido does not have the largest number of cities, (Saitama has 40), it does contain the largest number of towns by a huge margin, 129 of them!

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## Japanese Autumn Recipes

## 日本の秋のレシピ

### Sweet and Sour Ankake

Keeping with the Chinese-style meals for the fall, this Japanese recipe will have your mouth watering for sure. Very easy to make and requires few ingredients, and can be done in no time!

Ingredients (Feeds 2)

Chicken Breast	100 g
㊦ Soy sauce	0.5 tsp
㊦ Cooking Sake	0.5 tsp
Squash	1 bag
Nagaimo Potato	1 tbsp.
Maitake Mushrooms	1 tbsp.
㊦ Japanese Dashi	0.5 cups
㊦ Sugar	1 tbsp
㊦ Soy Sauce	1 tbsp
㊦ Cooking Vinegar	0.5 tbsp
Potato Starch	Pinch
Vegetable Oil	2 tbsp

① Cut the chicken into bite-

sized slices (about 7-8mm thick). Coat in ㊦,



let sit for about 5 minutes, and then lightly coat with a few pinches of potato starch.

② Wash, peel and cut the squash and nagaimo potato. Remove the base from the mushrooms and lightly coat in potato starch.

③ Heat the vegetables and chicken in vegetable oil over low heat. When browned, cover with a lid and steam for 1-2 minutes. Flip the vegetables over, steam for 2-3 minutes, then remove the contents from the frypan.

④ Wipe the frypan and cook ㊦ over medium heat. When the texture gets syrupy, add the chicken and vegetables back in and mix together.

There you have it, a few recipes to get you through the fall. Happy cooking, pioneers!

## Movies @ Cinema Taiyo in Obihiro

Not all movies are listed. Times and movies are subject to change. To confirm, call or check online at: <a href="http://www.taiyogroup.jp/movie/obihiro">www.taiyogroup.jp/movie/obihiro</a>			
Title	Genre	Lang	Dates
<b>Silent Parade</b> <i>Chinmoku no Parēdo</i>	suspense/ mystery	JP	Until 10 <sup>th</sup>
<b>Whisper of the Heart</b> <i>Mimi wo Sumaseba</i>	anime	JP	Until 24 <sup>th</sup>
<b>Bullet Train</b> <i>Bulletto Torein</i>	action/ drama	JP	Until 17 <sup>th</sup>
<b>Suzume</b> <i>Suzume no Tobari</i>	mystery	JP	From 11 <sup>th</sup>
<b>Black Panther: Wakanda Forever</b> <i>Burakku Pansā Wakanda Fōebā</i>	anime	EN	From 11 <sup>th</sup>
<b>Strange World</b> <i>Sutorenji Wārudo Mō Hitotsu no Sekai</i>	romance	JP	From 24 <sup>th</sup>

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KEY: JP = Japanese voice EN = English voice with Japanese subtitles

## Events in Tokachi

**Please be aware that these and other events may be affected by COVID-19. To find out if these events are still running, please contact the respective organizers or check out their webpages online.**

When	What	Where/Contact
11/9 (Sun) 10:00-14:00	<b>Iwanai Senkyo Autumn Festival</b> 岩内仙峡もみじまつり Enjoy the autumn foliage of the Hidaka mountains at the Iwanai Senkyo ravine. There will be a number of events, including a vegetable guessing quiz, a YOSAKOI dance rendition, open mic karaoke, a bingo game, and a farmer's market with cheap, local vegetables. You can also hike up the local mountain Kinryuzan.  Fee: Free of charge Participants: 10 parent-child groups (decided by raffle)	Iwanai Senkyo Ravine @ Obihiro 帯広市観光交流課 0155-65-4169 tourism@city.obihiro.hokkaido.jp
11/22 (Sat) 14:30-16:30	<b>Mori no Pumpkin Carving</b> 森のパンプキンカービング Parents and children can work together to carve a scary (or cute) pumpkin for Halloween! Work together with the instructor to learn how to design a face and cut it out using the provided tools to make an authentic Halloween pumpkin decoration with candle and all!  Fee: Free of charge Participants: 10 parent-child groups (decided by raffle) Registration: Register by phone from 9/16-10/6, 9:00-17:00	Tokachi International Relations Center @ Obihiro 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
11/23 (Sun) 10:00-12:30 13:30-15:30	<b>Mori no Halloween 2022</b> 森のハロウィーン2022 A yearly Halloween event where you can experience the fright and fun of Halloween at the TIRC! You can bring your kids to take part of a stamp rally, make Halloween crafts, take pictures in their costumes, and go through a haunted house!  Fee: Free of charge Notes: Temperature and contact information will be taken at the door for COVID-19 purposes. The event may be cancelled due to COVID-19.	
11/29-12/2 9:00~17:00	<b>53rd Obihiro Chrysanthemum Festival</b> 第53回おびひろ菊まつり Chrysanthemums will fill the first floor of Tokachi Plaza for a 4 day festival full of events and performances, including classical music, a calligraphy performance, stand up comedy, and a stunt performer.  Fee: Free of charge Note: Wear a mask and disinfect your hands at the door.	Tokachi Plaza @ Obihiro 帯広のまつり推進委員会 0155-22-8600

**Obihiro Pioneer** is a newsletter published monthly by the Obihiro City Tourism and Goodwill Exchange Section for residents of the Tokachi District and related parties. The contents of this newsletter do not necessarily represent the official views or opinions of the Tourism and Goodwill Exchange Section or the City of Obihiro.

**Obihiro Pioneer** can be found at the following locations: Obihiro City Hall, Tokachi International Relations Center, JICA Obihiro International Center, and Cinema Taiyo. The digital version can be found on Obihiro City's homepage at [www.city.obihiro.hokkaido.jp](http://www.city.obihiro.hokkaido.jp) (search for "Obihiro Pioneer") or by scanning the QR code on the right.

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