



Nomadic Nourishment – Mongolian Cuisine

"Food to nourish the body and soul."

Mongolian cuisine is known for its hearty and simple dishes that reflect the country's nomadic lifestyle. Traditionally, Mongolian food is based on (1)_____ from animals like sheep, goats, camels, yaks, and horses. This focus on meat makes it different from many other cuisines. Due to the country's harsh climate and nomadic lifestyle, there are few fresh vegetables or spices in the traditional diet. Instead, the ingredients are often simple and rely on the (2)_____ flavors of the meat and dairy products. In summer, some people may find wild herbs and root vegetables, but these are not common in everyday meals. As a result, Mongolian dishes are wholesome and rich, with an emphasis on nutrition and (3)_____ to support the active lifestyle of herders.

Cooking methods are straightforward, with a lot of (4)_____ and steaming. Since Mongolian winters are cold and long, the food is often (5)_____ to last longer. Mongolian people often prefer food that is easy to prepare in a yurt or on the go, so a lot of popular dishes are very simple.

For example, *buuz* are steamed dumplings filled with minced meat, while *khuushuur* are fried meat pies. Another popular (6)_____ is *tsuivan*, which is a stir-fried noodle dish made with meat (mutton or (7)_____) and vegetables. The noodles are (8)_____ in the same pot together with the meat and broth.

For dessert, many enjoy *suutei tsai* (milk tea), which is made from black tea, milk, and salt. It is a comforting drink, especially in cold (9)_____. A traditional alcoholic drink is *airag*, fermented mare's milk, with a relatively low alcohol content.

In conclusion, Mongolian cuisine is a reflection of the country's rich traditions and the importance of hospitality in its culture. The flavors are bold and the dishes are (10)_____, making them perfect for the nomadic way of life.



Word Bank

meat, preserved, boiling, filling, cooked, beef, dairy, energy, natural, weather, dish