



Rural Development  
Administration



MINISTRY OF FOOD,  
AGRICULTURE AND LIGHT INDUSTRY

# МОНГОЛЫН УЛАМЖЛАЛТ 10 ХООЛНЫ ЖОР, ТЕХНОЛОГИ



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## GEOGRAPHICAL FEATURES

Mongolia is a landlocked country located in the central part of Asia, between 41°–52° northern latitude and 87°–119° eastern longitude. In terms of land area, it ranks 19th in the world and 7th in Asia. The average elevation of Mongolia is 1,580 meters above sea level, with the highest point reaching 4,374 meters, indicating its mountainous terrain. Mongolia shares its southern border with China and its northern border with Russia. As a result, the country's traditional food culture has been slightly influenced by the culinary traditions of its neighbouring countries.

### Climate Characteristics

Mongolia has four distinct seasons, each with varying temperatures, precipitation levels, and wind intensity. Winter temperatures range from -15°C to -35°C, while summer temperatures range from 20°C to 25°C. Due to its location in the Northern Hemisphere's cold temperate zone, Mongolia experiences sub-zero temperatures for most of the year. The country's high altitude, distance from oceans, and surrounding mountain ranges contribute to its cold and extreme climate. Mongolia is generally windy, with wind intensity varying across regions, and the dominant wind direction is from the northwest. The growing season is relatively short, lasting from June to September. Due to the harsh climate, Mongolia can harvest crops only once per year. As a result, the primary livelihood is pastoral livestock herding, with herders moving seasonally to find fresh pastures. Mongolians migrate between seasonal pastures in winter, spring, summer, and autumn to ensure optimal grazing for their livestock. Meat products dominate the diet in winter, spring, and autumn, while dairy products are primarily consumed in summer. Mongolia is home to a variety of wild fruits, berries, mushrooms, nuts, onions, and medicinal plants such as taana (wild thyme) and gүgd, which have been traditionally used in food preparation. Historical records indicate that millet and other grains were cultivated in Mongolia as early as the Xiongnu (Hunnu) era.

### Topographical characteristics

The geographical location of Mongolia includes a desert region in the south, mountainous areas in the north and west, and a steppe zone in the east. To the west of Mongolia lies the Altai mountain range, which is characterized by steep, rugged high mountains. The Altai range stretches from the northwest to the southeast, branching out into several ridges. Most of the mountains in the region stand at an elevation of 3,500 to 4,000 meters above sea level. The largest mountain range in Mongolia is the Khangai Mountains, which stretches 900 kilometers from the northwest to the southeast. The northern part of the country is home to high mountains and forests, where cattle and yaks are primarily herded. Yak milk is thick and fatty, although it has a lower yield.

The steppe zone starts from the Khangai range and extends eastward, continuing until it reaches the desert region. The southern part of the country is a desert zone, consisting of 33 different deserts. The largest of these is the “Gulbani Gobi,” known for its famous red-brown camels. In the Gobi, camel herds are raised, with some camels having two humps. Camel milk is used to prepare a sweet drink called “Ingei Khormog,” which is widely consumed for medicinal purposes and as a food product.

Mongolia has around 3,800 rivers and streams. Mongolians, as a nomadic people, have always cherished and protected their mountains, rivers, and nature, passing down their traditions and culture from generation to generation.



### Beef

Pastoral livestock farming is a way of feeding exclusively on pasture grasses throughout the four seasons of the year, without requiring dedicated housing, living in open pastures, and being able to bear and reproduce even in the cold of winter.

Grazing livestock in Mongolia primarily feeds on grass and plants in the open pasture, requiring no special housing, and can live outdoors, even during the cold winter, while raising and nurturing their young. During the summer and autumn, livestock gain strength, and in the winter and spring, they convert fat reserves into energy to survive. As a result, the lipid composition of Mongolian livestock meat maintains its natural balance, meaning that the ratio of saturated to unsaturated fatty acids is roughly equal. Mongolians have historically utilized every part of the animal, including meat, head, offal, and blood, without waste, for food.

The tenderness and juiciness of beef vary depending on the age, gender, and breed of the cow. When selecting meat for cooking, it is essential to consider the thickness of the cut and the method of heat processing. For grilled dishes, cuts from the main body of beef are ideal, while for steamed dishes, cuts from the leg or other parts of the cow work best. Beef can also be minced to prepare various minced meat dishes, such as buuz (dumplings), khuushuur (fried dumplings), and bansh (boiled dumplings). In the winter, beef is often boiled to prepare hearty soup-based meals.

Beef liver, heart, lungs, and kidneys are often chopped and frozen with blood to make a traditional dish called khyramtsag. This dish is typically prepared in the spring and used to make soup. The offal is rich in minerals, which makes it particularly beneficial in the spring. The beef head and brain are boiled and then turned into tsartsamal, a traditional dish that is rich in collagen and highly nutritious.

### Borts

The art of preparing borts (dried meat) is based on Mongolia's natural climate, utilizing a drying method that evaporates moisture even at subzero temperatures. This process, called sublimation, allows the moisture in the meat to transition directly from solid (ice) to gas, preserving the meat's nutritional value with minimal changes. For this reason, borts is best made between November and December using beef, camel, or goat meat.

To prepare borts, the selected meat is cleaned of tough membranes and sinews before being cut into uniform strips, about 2–4 cm wide and 5–30 cm long, following the natural grain of the meat. The cut meat is then hung on ropes or cotton fabric lines at a height of around 2 meters, with 10–15 cm spacing between each piece for proper airflow. A more modern technique involves slicing the meat into flat pieces, puncturing one side, and hanging them on wooden hooks. This method prevents uneven drying, mold formation, and hardening in

folded areas, ensuring consistent dehydration. The meat remains hung until its juices fully absorb inward and it dries thoroughly in the wind.

Borts takes approximately 3-5 months to be ready. During this process, its weight is reduced by four to five times, with its moisture content dropping to no more than 7.5%, leaving it light and porous. Camel and beef borts typically contain 4.8-7.1% moisture, 65-89% protein, and 12.5% fat. Properly stored borts-kept in cloth bags, paper, or wooden boxes to prevent moisture absorption-can retain its quality at room temperature for up to a year.

Traditionally, borts is used as a staple food during long journeys and summer months. Before consumption, it is pounded into a powder, soaked in warm water, and used to prepare soups such as borts-based porridge (bantan), noodle soup (guriltai shul), or even borts-infused tea.

### Sheep

Sheep are well adapted to grazing on both short and sparse vegetation, allowing them to quickly gain weight and provide significant benefits. They are an essential part of Mongolian nomadic life, serving as a primary source of food and livelihood. Among all livestock, Mongolians consume mutton the most. Traditionally, male lambs are castrated at three to five months old, a practice that enhances the quality of the meat by removing hormonal odors and increasing its fat and protein content.

The nutritional value of mutton depends on the age and sex of the sheep, a fact Mongolians have long understood and incorporated into their diet. A well-preserved tradition involves giving a postpartum mother a soup made from young male sheep to restore her strength. The meat of young male sheep is particularly tender, juicy, easy to digest, and highly nutritious due to its balanced muscle fiber structure and high protein water-binding capacity. Mutton contains 50% essential amino acids, including lysine, methionine, threonine, histidine, and tryptophan, which are crucial for metabolism. Because of its rich nutritional content, Mongolians prepare both everyday and ceremonial dishes with mutton.

There are various ways to cook mutton, including boiling, roasting, steaming, and preparing traditional dishes like khorkhog (meat cooked with hot stones). In some regions, during winter, boiled meat broth is mixed with dried curd (aaruul) and consumed to boost immunity and prevent infections. Khorkhog is one of the most popular traditional dishes made with mutton.

Beyond consuming the meat, Mongolians have developed unique processing techniques to ensure no part of the animal is wasted, including the use of internal organs, the head, hooves, and blood. Organ meats are considered highly nutritious as they contain a balanced ratio of vitamins and minerals. Some of the most common traditional dishes made from sheep offal include khyarantseg (a

mixture of blood and chopped organs encased in a cleaned stomach) and tavan tsulyn shul (a soup made from five internal organs).

### Sheep Fat Tail

The fat tail of Mongolian sheep has unique nutritional properties. It is traditionally classified into three parts: protein tail, melted fat tail, and fatty tail. The protein tail is given to infants to promote healthy growth, as fats are essential for transporting and breaking down nutrients in the body. Feeding sheep tail fat to young children is believed to help them grow strong and healthy. The protein tail contains 2.6% protein and has a higher proportion of unsaturated fatty acids compared to other parts of the tail.

Melted fat from the tail is purified and used for medicinal and therapeutic purposes, a tradition that continues today. For Mongolians living in cold climates, consuming foods rich in fat is a key source of energy. Sheep tail fat is widely used in Mongolian cuisine, including soups, dumpling soup (banshtai tsai), stir-fried noodles (tsuivan), and stone-cooked meat (khorkhog). It is an important ingredient in both everyday meals and special feasts.

### Milk

Milk contains essential proteins, fats, carbohydrates, minerals, and vitamins that are beneficial to the human body. Since domesticating livestock, Mongolians have utilized milk as a staple food source. Over time, they developed traditional dairy-processing techniques suited to Mongolia's climate and livestock. Although the basic composition of milk is similar across different animals, the quantity and ratio of nutrients vary depending on the species and environmental conditions. In cold climates, livestock produce milk with a higher fat content, providing essential energy for young animals.

Dairy processing methods depend on the region and type of livestock. In high-altitude areas, milk from hainag (a yak-cattle hybrid) and yaks is used to produce butter and protein-rich dairy products. In the Gobi region, camels and goats are the primary dairy animals, and their milk is fermented into sour dairy drinks. In the steppes and forest-steppe regions, horses, sheep, and cattle are raised for milk, which is processed into various dairy products.

Mongolians produce a wide range of dairy products, which are consumed year-round. Traditional preservation techniques ensure a steady supply of dairy products during winter and spring. Some of the most common dairy products include clotted cream (цүрэм), thick cream (зүцүkhii), yogurt (tarag), dried curd (aaruul), cheese (eezgii), and distilled fermented milk (shimiin arkhi). Mare's milk (airag) and camel's milk (ingenii khuurmog) are popular fermented beverages with significant nutritional and medicinal benefits. Mare's milk has a casein-to-albumin protein ratio of 1:1 and contains 53% essential amino acids, making it highly valuable for therapeutic use.

### Anhydrous Milk Fat (Ghee)

Mongolians have a long-standing tradition of processing milk into various dairy products, one of which is ghee (shar tos). Ghee consists of up to 99.6% milk fat, 0.4% free fatty acids, and 0.1% moisture, making it highly stable, antioxidant-rich, and long-lasting [9]. In the central and eastern provinces, Mongolians traditionally extract butter by heating clotted cream (црүм). The cream is collected in a special container over time, allowing the growth of lactic acid and propionic acid bacteria, which break down lactose and proteins. This fermentation process creates the distinct aroma and flavor of Mongolian ghee. The clotted cream is then melted in a pot over fire, separating the pure butterfat.

In some regions, ghee is extracted by churning milk. Western and southern provinces use a method involving fermentation and churning, where cow, camel, or mare's milk is placed in wooden barrels or leather bags and churned at a specific temperature. Regular consumption of ghee is believed to support brain function and boost immunity. Mongolians commonly use ghee in tea, soups, and porridge. It is also added to barley flour (arvain guril) for a nutritious mix. Additionally, ghee is used in dough-based recipes to keep baked goods soft and prevent them from drying out.

### Flour

As early as the 12th-13th centuries, Mongolians cultivated grains such as wheat, barley, and millet in the Orkhon and Selenge river valleys [2]. Different Mongolian ethnic groups have distinct tea preparation customs. During winter, roasted flour is often added to tea to enhance its flavor, a tradition known as khiitstei tsai (fortified tea). Flour is used to prepare a variety of Mongolian dishes, including dumplings (buuz), fried pastries (khuushuur), noodle soup (guriltai shүл), and thick soups (bantan, битъь shүл). Today, domestically grown wheat is processed into flour for making bread and other baked goods, playing a crucial role in the country's food supply.

### Vegetables

Mongolia's diverse climate, ranging from deserts to steppes and forests, has fostered the growth of various plants that have historically supplemented the Mongolian diet [2]. Mongolians consume wild berries such as strawberries (гъ-zeelzgene), lingonberries (anis), and bilberries (нӳrs), while also brewing herbal teas from plant stems and leaves. For seasoning and food preservation, Mongolians use aromatic wild herbs such as caraway (гүнд), wild garlic (khaliar), onion (songino), thyme (taana), and chives (mangir). Medicinal plants are traditionally dried and infused for year-round use. Even today, these traditional herbs play an essential role in Mongolian cuisine, particularly for flavoring dishes. When making dumplings (buuz), Mongolians frequently use caraway, and cultivated varieties of this herb are now commonly grown for culinary use.



### Definition of Local Cuisine

Mongolian cuisine varies by region, influenced by climate, geography, and livestock practices. In the western Altai region, barley flour is a staple food, and the tradition of using Gobi-Altai barley flour continues today due to its rich flavor. The Gobi region, with its hot climate and sandy terrain, is suitable for camel herding, while the cold, mountainous Khangai region is ideal for yak husbandry. Traditional dairy processing techniques also differ by region, adapting to local environmental conditions.

### Methodology

1. Content Analysis
  - The study utilized national nutrition surveys, academic journals, traditional Mongolian cuisine books, restaurant publications, and online resources.
2. Field Research for Recipe Restoration
  - Local food products were cataloged, and forgotten traditional dishes were studied. Historical sources, including books and manuscripts on Mongolian and traditional foods, were used to reconstruct recipes. The cooking process was documented through photographs, slides, and videos.
3. Regional Validation
  - The project team compiled a list of daily Mongolian dishes and presented it to the project's advisory board. Ten dishes were selected, including everyday staples like bantan (flour soup), borstoi shүл (dried meat soup), tavan tsuliin shүл (organ soup), tsuivan (stir-fried noodles), and banshtai tsai (dumpling soup). These dishes are prepared using traditional techniques, with distinct ingredients contributing to unique flavors.
  - Mongolians have a tradition of welcoming guests with delicious meals. Special ceremonial dishes include buuz (steamed dumplings), khuushuur (fried dumplings), khorhog (meat cooked with hot stones), tsagaan shuvuu, and битъь shүл (sealed meat soup). In the Gobi region, a unique dish called Tsagaan Shuvuu is traditionally served to honored guests.





## TRADITIONAL RECIPE

### 4.1 TSAGAAN SHUVUU

Dish name TSAGAAN SHUVUU (White bird)

Local name Tsagaan shuvuu



Ingredients	Sheep tail fat 2kg, beef 400g, onion 30g, spring onion (scallion) 60g, Mongolian chives 20g, chopped sheep tail fat
Seasoning	Salt 4g, black pepper 0.5g

#### Technology and processing

1. Trim the hair on the sheep's tail, shortening it. Singe the hair at the root using fire and wash it.
2. Leave about 1 cm of fat on the skin and carefully remove it to form a pouch. Spread the end of the fat on a plate.
3. Finely dice onions or chop onions.
4. Chop the beef into small cubes. Season with 60 g of chopped sheep tail fat, salt, and pepper, then add 50 g of water and mix well.
5. Evenly coat and season the previously prepared tail with Mongolian chives.
6. Place the seasoned meat on top of the prepared tail and sew the ends carefully.
7. Place the prepared sheep tail in a single layer, in basket. Pour boiling water into a wok until one-quarter full. Place steamer over wok, ensuring base doesn't touch water. Steam the prepared sheep tail dumplings for 2.5-3 hours till tender and cooked
8. Once ready, cut the tail into 1.5 cm thick slices, serve it garnishing with long-cut spring onions.



#### Additional information

The dish from the Gobi region that is served to honored guests as a gesture of respect. The cooked dish resembles a bird, so it is named "White Bird".

Reference Traditional Mongolian 99 Recipes, 2013

Reason of selection Traditional local food

### Food Composition of the White Bird

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	42.7
2	Protein	g	28.07
3	Fat	g	26.0
4	Ash	g	1.31
5	Carbohydrate	g	1.9
6	Energy	kcal	354
<b>2. Minerals</b>			
1	Calcium	mg	24.9
2	Iron	mg	5.4
3	Phosphorus	mg	140
4	Potassium	mg	152.3
5	Sodium	mg	363.1
6	Magnesium	mg	55.2
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.047
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0
6	Vitamin B <sub>3</sub>	mg	0.134

## 4.2 TAVAN TSULIIN SHUL

Dish name TAVAN TSULIIN SHUL

Local name Tavan tsuliin shul



Ingredients	Liver 60g, kidneys 60g, heart 60g, lungs 60g, stomach 60g, onion 20g, barley 150g, spring onion 10g.
Seasoning	Salt 4g, black pepper 0.5g

### Technology and processing

1. Thoroughly wash the liver, kidneys, heart, lungs, and stomach, then simmer them on low heat for 30-40 minutes. (Five main internal organs)
2. Soak the barley in cold water, wash it well, and then add it to the boiling water, simmering for 10-15 minutes.
3. Once the internal meat soup boils, remove the scum, and strain the soup.
4. Place the organs into a bowl to cool and strain the soup thoroughly.
5. Slice the heart, stomach, liver, kidneys, and lungs thinly and ensure the total weight 150 g.
6. Simmer the previously cooked soup and add the sliced internal organs.
7. Rinse the soaked barley and drain it with cold water.
8. Add the drained barley to the boiling soup and simmer on low heat.
9. Slice the spring onions into thin sticks and add them to the soup. Season the soup with salt and pepper, then serve it, garnishing with the sliced green onions on top.



### Additional information

The internal meat is rich in minerals such as Ca, Mg, K, P, Mn, Cu, Zn, and Fe

Reference <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://>

Reason of selection One of the most common dishes in Mongolia, primarily consumed in the spring season.

## Food Composition of the Sheep Stomach Steamed Soup with Organ Meats

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	86.0
2	Protein	g	6.4
3	Fat	g	4.7
4	Ash	g	0.5
5	Carbohydrate	g	2.3
6	Energy	kcal	77.0
<b>2. Minerals</b>			
1	Calcium	mg	12.4
2	Iron	mg	12.3
3	Phosphorus	mg	120
4	Potassium	mg	109.2
5	Sodium	mg	168.4
6	Magnesium	mg	13.6
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.08
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0
6	Vitamin B <sub>3</sub>	mg	0.99

### 4.3 BANTAN

Dish name BANTAN

Local name Bantan



**Ingredients** Beef 120g, flour 80g, spring onion 50g, carrot 80g, broccoli 50g

**Seasoning** Salt 1g

#### Technology and processing

1. Mix the flour thoroughly with an egg.
2. Slice the beef thigh thinly, add it in the bone broth then boil it till tender and properly cooked.
3. Wash the carrot and broccoli, then chop them into small pieces.
4. Remove the scum formed during the boiling of the soup.
5. Add the carrot and the flour mixture into the boiling soup, stir well, and boil for 5-8 minutes.
6. Add the broccoli to the boiling soup and season with salt and pepper.
7. Serve with spring onions as garnish.



#### Additional information

Bantan is suitable for infants and the elderly, as it is included in their regular meals. The flour for bantan is kneaded into different sizes: small kneaded pieces are called 'lamb bantan,' medium kneaded pieces are called 'sheep bantan,' and large kneaded pieces are called 'beef bantan.'

Reference Traditional Mongolian 99 Recipes, 2013

Reason of selection One of the most common dishes in Mongolia.

### Food Composition of the Flour Soup

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	81.2
2	Protein	g	3.9
3	Fat	g	0.5
4	Ash	g	0.48
5	Carbohydrate	g	13.9
6	Energy	kcal	76.0
<b>2. Minerals</b>			
1	Calcium	mg	32.47
2	Iron	mg	4.45
3	Phosphorus	mg	30.0
4	Potassium	mg	168.0
5	Sodium	mg	287.6
6	Magnesium	mg	4.66
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.01
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0
6	Vitamin B <sub>3</sub>	mg	0.65



## 4.4 BITUU SHUL (Bowl soup)

Dish name BITUU SHUL

Local name Bituu shul



Ingredients	150g of sheep meat, 80g of flour, 3g of spring onion, 5g of garlic, 5g of white ginger, 10g of butter, 30g of boiled lamb ribs.
Seasoning	Salt 1g, black pepper 0.5g, wild garlic 5g

### Technology and processing

1. Mix the flour with warm water and let it rest.
2. Slice the lamb thigh meat thinly.
3. Place the sliced meat in a bowl, add garlic, white ginger, wild garlic, lamb ribs, and season with salt and pepper.
4. Roll out the rested dough into thin, flat pieces.
5. Add 400-450 ml of hot water or bone broth to the seasoned meat, stir, and seal the edges with the rolled dough.
6. Steam the prepared thick soup in boiling water for 18-20 minutes.
7. After steaming, brush the dough with butter and sprinkle with sliced green onions before serving.



### Additional information

In some regions, thick soup is called "bowl soup." Mongolians use thick soup to improve physical strength and energy.

Reference Asiana Restaurant's recipe and technology

Reason of selection Nourishing meal

## Food Composition of the Bowl Soup

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	84.9
2	Protein	g	6.09
3	Fat	g	4.43
4	Ash	g	0.59
5	Carbohydrate	g	4.0
6	Energy	kcal	80.0
<b>2. Minerals</b>			
1	Calcium	mg	15.17
2	Iron	mg	4.59
3	Phosphorus	mg	140.0
4	Potassium	mg	208.8
5	Sodium	mg	436.0
6	Magnesium	mg	46.4
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0
6	Vitamin B <sub>3</sub>	mg	1.24

## 4.5 BANSHTAI TSAI (Dumpling Tea)

Dish name BANSHTAI TSAI

Local name Banshtai Tsai



**Ingredients** Beef 100g, flour 60g, onion 5g, milk 150ml, beef tendon meat 100g, barley flour 5g, rice 40g, tea mix 50g ghee 5g.

**Seasoning** Salt 1g, black pepper 0.5g, 1 teabag

### Technology and processing

1. Boil the beef tendon meat in boiling water on low heat until fully cooked.
2. Prepare 7 dumplings:
  - Mix flour with warm water and let it rest.
  - Chop onion into small square pieces.
  - Add the chopped onion, finely chopped lamb tail, salt, and pepper to the minced beef. Add 40 ml of water and mix well to season.
  - Divide the rested dough into 7 portions and roll each into a round shape.
  - Place the meat filling in the center of each dough piece and shape them into dumplings.
3. In a pot, melt the lamb tail fat, then add the rice and fry until golden. Add hot water, tea mix, and bring to a boil, seasoning with salt.
4. Once the tea is boiling, add the milk and the prepared 7 dumplings and cook them.
5. Slice the cooked tendon meat thinly and place it on top of the tea.
6. Drizzle with butter and sprinkle with barley flour before serving.



### Additional information

Mongolians have been consumed in various types of milk tea in terms of the geographical location. In the summer, on a rainy and cold day, they prefer to have dumpling tea, which provides warmth and energy. It is a traditional dish known for its light quality.

Reference Asiana Restaurant's recipe and technology

Reason of selection Daily meal

## Food Composition of the Dumpling Tea

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	72.8
2	Protein	g	15.9
3	Fat	g	8.37
4	Ash	g	0.75
5	Carbohydrate	g	2.2
6	Energy	kcal	148
<b>2. Minerals</b>			
1	Calcium	mg	12.8
2	Iron	mg	1.91
3	Phosphorus	mg	110
4	Potassium	mg	95.7
5	Sodium	mg	289.0
6	Magnesium	mg	45.4
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.011
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0
6	Vitamin B <sub>3</sub>	mg	0.75

## 4.6 BUUZ (8 pieces)

Dish name BUUZ

Local name Buuz



Ingredients	Beef 260g, lamb 80g, lamb tail fat 45g, flour 200g, onion 40g, cabbage 60g, carrot 10g, apple vinegar, vegetable oil, red tomatoes 40g, shallot 5g, cilantro 3g, green chili pepper.
Seasoning	Salt 1 g, black pepper 0.5 g, cumin 3 g, tomato ketchup.

### Technology and processing

1. Mix the flour with warm water and let it rest.
2. In minced beef, add minced lamb tail, minced lamb meat, chopped onion, salt, pepper, and garlic. Add 40g of water and mix well to season.
3. Divide the rested dough into 20g portions and roll them into round shapes.
4. Place the meat filling in the center of each dough piece and shape the dumplings.
5. Place the dumplings in a steamer and steam for 12-15 minutes until cooked.
6. Cabbage Salad: 6. Finely chop cabbage, carrot, and purple onion. Season with salt, apple vinegar, sugar, and vegetable oil.
7. Tomato Side Dish: 7. Chop purple onion, cilantro, and green chili into small pieces. Cut the tomatoes in half and lightly char them. Mix the chopped vegetables with vegetable oil and season with red tomato ketchup.
8. Serve the steamed dumplings with cabbage salad and tomato side dish.



### Additional information

Dumplings (Buz) are a traditional Mongolian dish made by preparing a filling with meat and onions, wrapping it in thin dough, and steaming it. This type of closed food is similar to dishes found in many Central Asian cuisines, but Mongolians have their own unique twist, using meat from livestock raised in their regions, medicinal herbs, wild onions, wild garlic, and juniper berries. Mongolians traditionally make dumplings during the national holiday of Tsagaan Sar (Lunar New Year). It is a customary dish to serve to guests as a sign of respect and hospitality.

Reference Asiana Restaurant's recipe and technology

Reason of selection Special occasional meal

## Food Composition of the Dumplings

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	62.5
2	Protein	g	11.07
3	Fat	g	6.6
4	Ash	g	1.07
5	Carbohydrate	g	18.8
6	Energy	kcal	179
<b>2. Minerals</b>			
1	Calcium	mg	5.9
2	Iron	mg	2.36
3	Phosphorus	mg	160.0
4	Potassium	mg	95.7
5	Sodium	mg	294.0
6	Magnesium	mg	45.6
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.025
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0

## 4.7 KHUUSHUUR (6 pieces)

Dish name KHUUSHUUR

Local name Khuushuur



**Ingredients** Beef 200g, lamb 80g, lamb tail fat 20g, flour 210g, onion 40g.

**Seasoning** Salt 2.5 g, black pepper 0.5 g, tomato ketchup.

### Technology and processing

1. Remove the skin from the onions and cut them into small squares. Cut the beef, lamb, and lamb tail into small squares as well. Add the chopped onions, salt, and pepper and mix well to season.
2. Mix the flour with warm water and let it rest. Divide the rested dough into 50g portions and roll them into round shapes.
3. Place the meat filling in the center of each dough piece and fold the edges to seal the dumpling. Flatten it slightly.
4. Heat oil in a frying pan and fry the dumplings on both sides until golden brown.
5. Cabbage Salad Preparation: Slice cabbage, carrot, and purple onion into thin strips. Season with salt, apple vinegar, sugar, and vegetable oil.
6. Tomato Side Dish Preparation: Chop purple onion, cilantro, and green chili into small pieces. Cut the tomatoes in half and lightly char them. Mix the chopped vegetables with vegetable oil and season with red tomato ketchup.
7. Serve the fried dumplings with cabbage salad and tomato side dish.



### Additional information

Khuushuur is a type of wrapped food made by preparing a filling with meat and onions, wrapping it in thin dough, and frying it in oil. Khuushuur is one of the ancient traditional dishes of the Mongolian people and is closely connected to the nomadic culture. Since it is fried, it is easy to prepare and eatable for long journeys, which fits well with the nomadic lifestyle. Khuushuur is traditionally made during the Naadam festival, for celebrations, and as a special dish to serve to guests in honor.

Reference Asiana Restaurant's recipe and technology

Reason of selection Special occasional meal

## Food Composition of the Meat hot pocket

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	54.7
2	Protein	g	12.1
3	Fat	g	7.3
4	Ash	g	0.93
5	Carbohydrate	g	25.0
6	Energy	kcal	241
<b>2. Minerals</b>			
1	Calcium	mg	5.9
2	Iron	mg	8.4
3	Phosphorus	mg	160.0
4	Potassium	mg	303.2
5	Sodium	mg	438.2
6	Magnesium	mg	48.6
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.014
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0



## 4.8 STOMACH KHORKHOG (1-2 portions)

Dish name STOMACH KHORKHOG

Local name Stomach khorkhog



**Ingredients** 1 kg of lamb with bone, 500g of lamb fat, 200g of flour, 30g of onion, 40g of green onion, 5g of garlic, 150g of potatoes, 150g of carrots.

**Seasoning** Salt 10g, black pepper 1g.

### Technology and processing

1. Cut the lamb with bone into pieces about 6-8 cm in size.
2. Clean the lamb fat and stuff it with the small pieces of meat, adding hot stones that have been heated to help cook the meat.
3. Add potatoes, carrots, onions, and garlic, seasoning with salt and black pepper.
4. Carefully seal the opening of the lamb fat.
5. Place the stuffed lamb fat into a pot, lay cabbage leaves underneath, and cook it for 1 hour on low heat.
6. Mix the flour with warm water, let it rest, and then roll it out thinly.
7. Steam the rolled dough until it is cooked.
8. Serve the stuffed lamb fat with the steamed dough and green onions.



### Additional information

Khorkhog is typically made with lamb meat. It is a traditional dish prepared for honored guests during the summer season. There is also a method of cooking it in smaller quantities in a pot or inside the lamb fat.

Reference Asiana Restaurant's recipe and technology

Reason of selection Special occasional meal

## Food Composition of the Stomach khorkhog

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	47.0
2	Protein	g	30.9
3	Fat	g	9.8
4	Ash	g	1.2
5	Carbohydrate	g	11.1
6	Energy	kcal	256
<b>2. Minerals</b>			
1	Calcium	mg	25.3
2	Iron	mg	5.3
3	Phosphorus	mg	180.0
4	Potassium	mg	153.4
5	Sodium	mg	366.2
6	Magnesium	mg	55.2
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.012
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0



## 4.9 TSUIVAN

Dish name TSUIVAN

Local name Tsuivan



**Ingredients** 230g of beef tenderloin, 50g of onion, 100g of cabbage, 100g of carrot, 220g of flour, 30g of dried meat (borts), 100g of partridge bones, 30g of green onion, 20ml of vegetable oil, 5g of celery.

**Seasoning** Salt 3g, black pepper 0.5g.

### Technology and processing

1. Boil the beef tenderloin on low heat until fully cooked. Once cooled, slice it thinly.
2. To prepare the dough, cook the partridge bones and dried meat (borts) to make broth. Use this broth to knead and rest the flour.
3. Roll the dough into a thin, round shape. Heat it on a hot cast-iron surface and slice it into 1 cm wide pieces.
4. Finely chop the onion, carrot, and cabbage into thin strips.
5. In a frying pan, heat vegetable oil, then add the onion, carrot, and cabbage, and stir-fry. Add the ground dried meat (borts) and beef tenderloin, and continue to fry. Season with salt and pepper.
6. Add the bone broth to the pan and bring to a boil. Evenly distribute the dough pieces and steam for 8-10 minutes until fully cooked.
7. Chop the celery and mix it with butter, then add it to the prepared dish and stir.
8. Serve the dish by plating it, topping it with the sliced beef tenderloin, and garnishing with green onions. Cut the lamb with bone into pieces about 6-8 cm in size.



### Additional information

Mongolians make and eat Tsuivan as an everyday dish regardless of the season. The unique characteristic of making tsuivan is that the dough is kneaded, rolled out, and then cooked on a hot cast-iron surface. Tsuivan is easy to prepare and is a traditional dish with high nutritional value.

Reference Traditional Mongolian 99 Recipes, 2013

Reason of selection One of the most common dishes in Mongolia.

## Food Composition of the Fried noodles and meat

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	41.8
2	Protein	g	9.24
3	Fat	g	13.6
4	Ash	g	0.97
5	Carbohydrate	g	34.4
6	Energy	kcal	297
<b>2. Minerals</b>			
1	Calcium	mg	25.47
2	Iron	mg	4.93
3	Phosphorus	mg	170.0
4	Potassium	mg	157.8
5	Sodium	mg	367.2
6	Magnesium	mg	54.9
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.011
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0

## 4.10 BORTSTOI SHUL (Soup with dried meat)

Dish name BORTSTOI SHUL

Local name Bortstoi shul



**Ingredients** Beef 100g, minced mutton 50g, flour 60g, onion 20g, dried meat (borts) 30g, mutton fat 50g, spring onions 5g, cabbage for soup 30g, dried plum (red plum) 5g.

**Seasoning** Salt 3g, black pepper 0.5g.

### Technology and processing

1. Mix the flour with warm water and let it rest.
2. Cut the beef into thin slices.
3. Boil the dried meat, mutton fat, and beef in cold water over low heat.
4. Skim off the fat and impurities from the boiling broth.
5. Chop the onion into small squares.
6. In the minced mutton, add the chopped onion, salt, pepper, and 20 ml of water. Mix well to season.
7. Divide the rested dough into 7 portions and roll them into round shapes.
8. Place the meat filling in the center of each dough and shape the dumplings.
9. Add the dumplings into the boiling broth and cook, seasoning with salt and pepper.
10. Finally, add the dried plums and cabbage to the broth and finish cooking.
11. Serve the soup in bowls, garnish with green onions, and serve.



### Additional information

Borts is dried meat that Mongolians have traditionally prepared using freezing and drying methods since ancient times. It is a convenient and nutrient-rich source of meat, perfectly suited to the nomadic lifestyle, as it is easy to store and preserve.

Reference Asiana Restaurant's recipe and technology

Reason of selection Traditional dishes made with borts (dried meat)

## Food Composition of the Soup with Dried Meat

Nº	Nutrition	Unit	Amount contained in 100g of food
<b>1. Proximates</b>			
1	Moisture	g	78.8
2	Protein	g	13.5
3	Fat	g	1.96
4	Ash	g	0.89
5	Carbohydrate	g	3.9
6	Energy	kcal	87
<b>2. Minerals</b>			
1	Calcium	mg	28.1
2	Iron	mg	151.8
3	Phosphorus	mg	130.0
4	Potassium	mg	220.9
5	Sodium	mg	188.2
6	Magnesium	mg	45.7
<b>3. Vitamins</b>			
1	Vitamin A	µg	-
2	Vitamin B <sub>1</sub>	mg	0
3	Vitamin B <sub>2</sub>	mg	0.02
4	Vitamin B <sub>9</sub>	mg	0
5	Vitamin C	mg	0
6	Vitamin B <sub>3</sub>	mg	1.1

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