

THE ORIGIN OF NOODLES

DRAGNY 1



Inasawa Toshiyuki

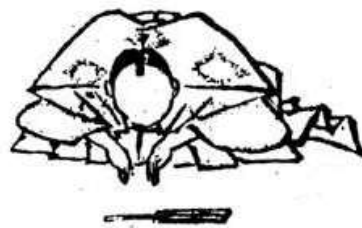
The history of noodles in picture



PREFACE

STARTING FROM GREEK CULTURE

The History of Noodles Hidden in Photographs



"See the history through photos"



About 60 years ago, I ran a store specializing in the wholesale of Japanese soba ingredients, and I had been engaged in work related to soba flour for many years. After retiring, I started collecting buckwheat-related delicacies from all over the world to promote healthy and delicious buckwheat noodles globally. In addition to Korea and China, which are adjacent to Japan, I also traveled to Russia, France, Italy, the Czech Republic, Slovenia and other places.

Then I met Skarma Gurmet, the founder of the non-profit organization Julay Ladakh, and learned that soba noodles were eaten at a Buddhist monastery in Ladakh, in the southeastern region of Kashmir. Convinced that there must be an old traditional dish in this monastery, so I traveled to Ladakh in 2015 and 2016 to investigate and discovered that people there make real “handmade noodles” and found what I believe to be the “origin of the noodles”.

In Ladakh, I found cooking tools and eating methods from the Hellenistic

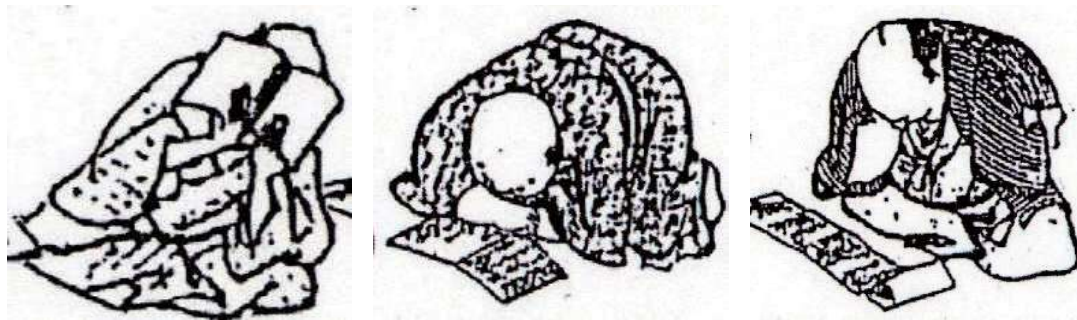
period, the relationship between “handmade noodles” and Mahayana Buddhism, and the method of making “handmade noodles” from the Hellenistic period that had been handed down to Japan. I had investigated all of these issues in person and discovered all of these through my own research and studies.

At the “Julay Ladakh” lecture held in the spring of 2024, I reconstructed and explained in detail, using a large number of photographs, the records in ancient books and the results of my own research. It was suggested that I should document all this in words and pictures, and this book was the result of that compilation.

It’s time to embark together on this journey beyond time and space to discover the origin of the noodles. I hope you will fully enjoy this book with a light mood.

2024

Inasawa Toshiyuki

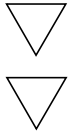


The topic of today's lecture is “The Discovery of the Origin of Noodles”. So far, no one has published the results of research on the origin of noodles, but today I would like to explain the origin of noodles in the following order.

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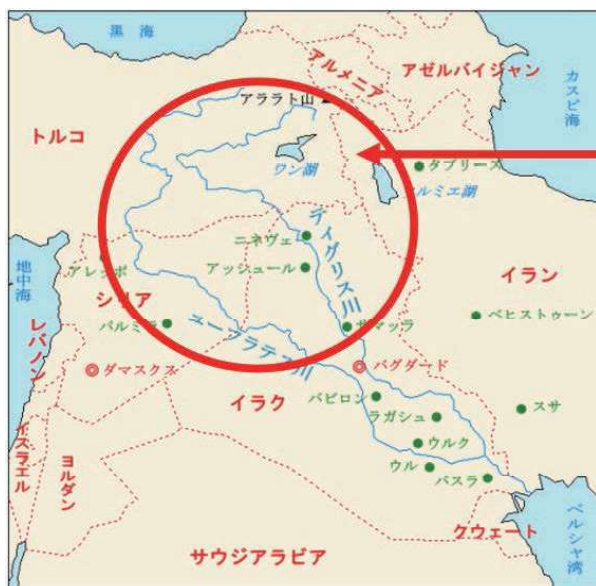
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PART I HISTORY OF CENTRAL ASIA AROUND THE COMMON ERA



Places of Origin of Wheat

Places of Origin of Wheat
Tigris-Euphrates, Turkey, Armenia, Iran, Iraq, and Syria. These regions are believed to be the origin of barley and wheat.



Places of Origin of Wheat

In order to find out what people in Mesopotamia ate, I checked UNESCO's cultural heritage list. In 2011, I found that Turkey had a traditional barley dish called “Keşkek”. This indicates that the Turks consumed barley directly from the kernel, without grinding it into flour. In 2014, a type of unleavened bread called “lavash” from Armenia was inscribed on the UNESCO Intangible Cultural Heritage list. However, due to objections from neighboring countries - Azerbaijan, Iran, Kazakhstan, Kyrgyzstan, and Turkey, UNESCO re-registered it in 2016 under the name of “flatbread”. This shows that people in Central Asia have been eating this unleavened bread since ancient times.

UNESCO Intangible Cultural Heritage in the Near and Middle East
2011 Turkish Festive Cuisine





UNESCO Intangible Cultural Heritage
2014 Armenian “lavash” (unleavened bread)
the Method of making Armenian “lavash” bread



2016 Azerbaijan, Iran, Kazakhstan, Kyrgyzstan and Turkey: UNESCO
intangible cultural heritage
The culture of making and sharing pancakes:
Lavash、Katryma, Jupka, Yufka
Pancakes (unleavened bread)

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Pancakes (unleavened bread)

Naan

Fermented bread using wild yeast

Naan



Using fermented bread from wild yeast
a kind of crusty pancake



Environment and cooking method 1

I found a very interesting photo. It is supposed to be a herdsman who is using the bottom of a pan to bake a pastry. The baked pastry is then placed on his head like a hat. Amazing, isn't it? Why is he wearing the pastry on his head? The freshly baked pastry must be very hot. Perhaps he did it to shield his head from the sun. This is a traditional cooking method of the nomadic people, where pots that are usually used for cooking are turned over and used as baking tools.

How much water does everyone put in when making bread? I would use 60% water for mine.

Wheat grows in drier places, so you don't need to add too much water



when making bread. What about when you cook rice? Rice grows in moist environments, so it's important to wash the rice before cooking. Additionally, you should use 1.2 times as much water when cooking rice. The cooking method varies depending on the environment. This also shows that wheat tends to grow in areas with less water.

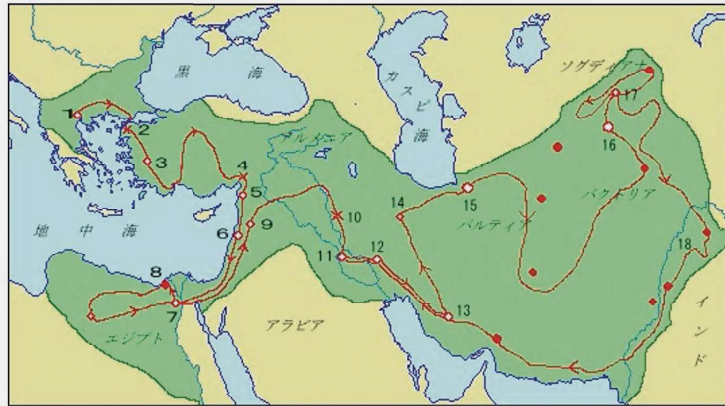
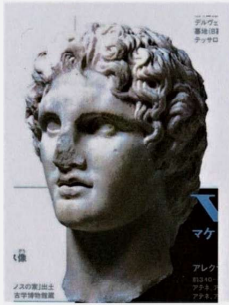
Alexander the Great's Eastern Campaign

Next, I will introduce you to the significant impact of Alexander the Great of Greece on the history of Central Asia. Although his reign was short (336~323 B.C.), he conquered much of the Greek world, defeated the Persian Empire, crossed Central Asia and the Indus River to reach India. His greatness lay not in plundering wealth from the conquered lands but in establishing them as Greek city-states. The second largest city in Egypt, Alexandria, is named after him. I think Alexander's greatness also lies in leading Greek settlers to various parts of Central Asia and establishing Greek city-states there.

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Alexander the Great's Eastern Campaign

(Reigned from 336 to 323 B.C.)



History of Central Asia around the Common Era

Let us take a brief look at the history after 334 B.C. After Alexander the Great began his expedition to the East in 334 B.C., India entered the period of the Maurya Dynasty, when Buddhism spread tremendously, especially in the Gandhara region of northern India. In 250 B.C., the descendants of the Greeks who followed Alexander the Great to Central Asia founded the Kingdom of Bactria (now part of Afghanistan) in the region from northern India to Pakistan. They spoke Greek and built cities modeled after those in Greece. Around 0 A.D., the Kushan Empire rose to power, and Mahayana Buddhism is said to have originated during this period.

The kingdom of Bactria has left many relics. For example, the Corinthian columns unearthed at the site of the city of Ai Khanum are entirely Greek in style. There is also imagery related to Greek mythology on the obverse of the gold coins of Theodotus I. Through this, it can be seen that ancient Greece had a rich religious life intertwined with myths, rather than no religion.

Kingdom of Bactria (258 ~ 189 BC)

Gold coins of Theodotus I around BC250

Corinthian columns unearthed at the site of the city of Ai khanum



Influence of Greek culture in the Kushan Empire

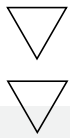
During the period of the Kushan Empire (1st to 5th centuries AD), Greek and Central Asian cultures merged with Buddhist art, resulting in the emergence of Buddha statues.

Pakistan/Gandhara/Kushan Empire
2nd~3rd century Collection of the Tokyo
National Museum



PART II

MAHAYANA BUDDHISM AND NOODLES



Copies of Mahayana Buddhist texts have been found in ruins in central Afghanistan. This was also reported in a Japanese newspaper (Nihon Keizai Shimbun, July 27, 2010, page 34, “Buddhist country depicted by Xuanzang Sanzang?”). Recently, there has been an increase in the excavation of Mahayana Buddhist texts.

- ▼ Central Afghanistan
- ▼ Unearthed Mahayana Buddhist Scriptures
- ▼ Kushan Empire period



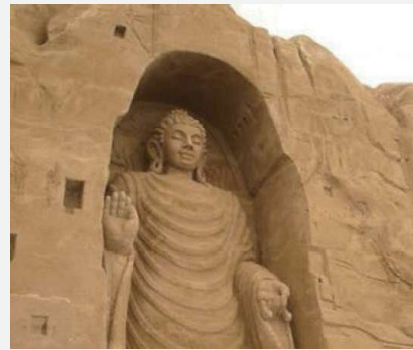
Everyone should have heard of the Great Buddha in Afghanistan. In fact, there are remains of Buddha statues in Central Asia, including Uzbekistan, Tajikistan, and Kyrgyzstan. These statues spread to Central Asia during the Kushan Empire.



Afghanistan



Uzbekistan



Statues of Buddha in Tajikistan



Statues of Buddha in
Kyrgyzstan

The next step is to get to the point.



Crossing the Himalayas from Delhi to Northern India

From Delhi, head north across a mountain range with peaks of about 6,000 meters to reach Ladakh.

Ladakh is situated between the Himalayan and Kunlun mountain ranges, and the Indus River flows through it.

Leh, the central city of Ladakh, has had a rich cultural history since ancient times.



A research of noodles in northern India

This is a picture of Leh. It is 3500 meters above sea level and is a famous city in Kashmir. I had visited it twice in 2015 and 2016.

Jammu
Kashmir
Ladakh



Leh city altitude 3500m



Research
2015 Sept 3~10 2015
2016 Sept 10~20 2016



Kashmir is known as a secret land



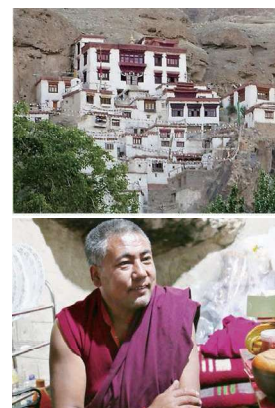
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Why did the culture of Leh flourish so much? My guess is that the city of Leh is surrounded by mountains, and only the area near Leh has such a large plain. It could be farmed, and food was plentiful. Therefore, Leh became a resting place for travelers and traders who crossed the mountains. Consequently, Leh also turned into a hub for trade. Even though resources were limited, it was able to provide transportation services for travelers and merchants. Recently, Leh has also begun to raise horses.

For the first time in 2015, I traveled to Ladakh with five other members from the Soba Study Group. I thought that if they had soba in Nepal, it must also be available in India. Although Skarma who is from Leh, said she had “never eaten soba,” I received valuable information that buckwheat is grown in a place called Skurbuchan and that soba is also consumed in Tibetan Buddhist monasteries. “It's fantastic. The fact that soba is eaten in monasteries means they follow the traditional Tibetan Buddhist way of eating. It's absolutely true; they eat soba.” Later, when conducting research 120 kilometers away from Leh, I was surprised to find that Muslims were also eating soba. The fact that Muslims consume soba had been completely unreported at the World Soba Symposium. So I decided to investigate this more thoroughly. The following year, I asked Mr. Skarma to bring me back to continue my investigation.



Skurbuchan village
Tibetan Buddhist
Temple



The picture above shows the monastery at Skurbuchan. The field pictured on the left is very small. There is no parking lot in the valley. Up the hill from here, there is a beautiful monastery far from the beaten path. The monastery has windows placed one next to the other, and behind each window, a monk practices. They also have Buddha statues in their rooms. At the back of the monastery, there was an elementary school where we stayed.

The river next to the fields is the Indus River, which flows through Pakistan from north to south. The rocky mountains along the banks of the river are very beautiful.

Why do people here grow buckwheat? No other village grows buckwheat. They are meant for self-sufficiency. The buckwheat grown here is a second crop, usually planted after the barley harvest.

On average, more than 500 kilograms of rice can be harvested per 1,000 square meters, and up to 700 kilograms if used as fodder. If wheat is grown, the harvest can range from 400 to 500 kilograms. So how much buckwheat can be harvested? In Japan, only about 70 kilograms, which can be considered as basically no yield. Farmers rarely plant this crop voluntarily, but because the Japanese government subsidizes it, they will plant it. In Japan, from sowing buckwheat seeds to harvest, it takes approximately 75 days. Due to the short harvest cycle of buckwheat, farmers can continue to grow buckwheat on their land after harvesting barley.

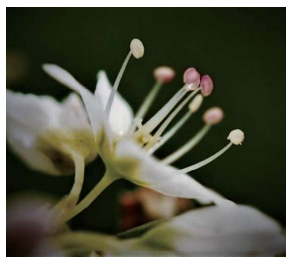
Buckwheat is low yielding, but we still grow it because of its health benefits. It is the same all over the world. Although buckwheat can be grown in Hokkaido, the latitude of Skulubuchan is equivalent to that of Shikoku in Japan. However, Skulubuchan is about 3,000 meters above sea level. There is not much snow in this area, similar to the amount in Tokyo.

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Buckwheat can also be grown in areas with heavy snowfall. However, if the weather is cold, the harvest cycle of buckwheat is not just 75 days but extends to 90 or even 100 days. For example, in Russia and France, the buckwheat harvest cycle becomes longer. If you grow buckwheat in Japan, it takes 75 days on Honshu Island and 90 to 100 days on Hokkaido. In Miyako Island, south of Okinawa, it takes only 65 days to harvest. Buckwheat can grow without fertilizer; therefore, it can be cultivated even in desert conditions.

Why can buckwheat grow in the desert? For this reason, I traveled to the Inner Mongolia region of China to investigate. In the desert, when the sun rises, the temperature rises to between 34 and 38 degrees, and the humidity is almost zero. However, when the temperature drops below 10 degrees in the evening, the condensation of water droplets makes the humidity reach nearly 100%. Buckwheat seizes this opportunity to rehydrate during the evening hours to ensure that it can grow properly. This is why buckwheat is able to grow in arid areas.

On the contrary, wheat grows only where the soil is fertile. Another advantage of buckwheat is that it is resistant to diseases and does not easily grow weeds. All you need to do is plant the seeds and wait for the harvest afterward. I think this is a very suitable crop for older people; however, the low yield is a very serious problem. Buckwheat has two types of flowers, and for pollination, it relies on both insects and wind. Since Skulubuchan is located between valleys, there is a fresh breeze blowing all year round, making it very suitable for buckwheat.



The pistil is located in the center of the flower, which can be either long or short in different types of flowers



On our first day there, villagers gathered in the playground of the elementary school behind the monastery to listen to the monks speak about Buddhism.



Tibetan Buddhist Monastery Handmade soba



By the next day, the monks were cooking for us. I was surprised to see them making buckwheat noodles by hand. Because the local altitude is

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3,000 meters above sea level, the water temperature does not reach 100 degrees Celsius, so it takes longer to cook food. Additionally, soba become shorter after soaking in water for a long time. Local people do not use chopsticks but eat soba with a spoon instead; the shorter noodles are more convenient to eat this way. This was a very valuable experience for me, as I had always eaten soba with chopsticks.

When we returned to Leh, we stayed at a Tibetan Buddhist's house, and they made us noodles just like in the photo. This also surprised me—it was the first time I had ever seen noodles that looked like necklaces.



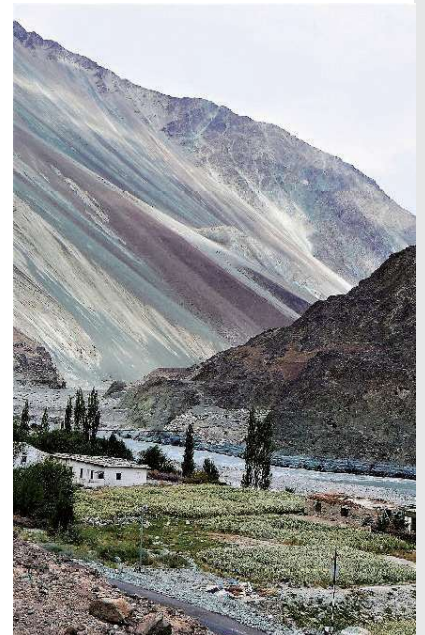
Wheat is grown around Leh the handmade noodle It gets shorter as it cooks longer

On our second journey, we have to cross a pass at an altitude of 5300 meters to reach the Muslim village of “Turtuk”. The altitude of the Khardung La pass is 5350 meters. Even though we drove up, it was very hard work.

Inasawa Toshiyuki

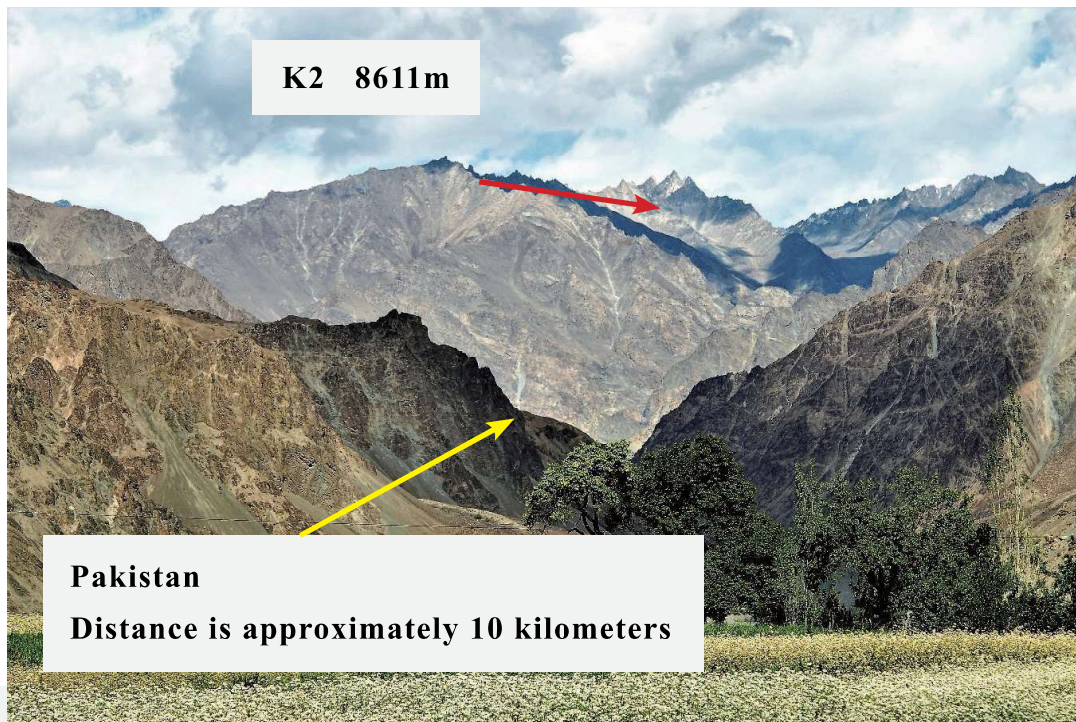


After crossing the Khardung La pass and descending to about 4,000 meters above sea level, we came across a Tibetan Buddhist village. There is a river here. I wonder what kind of crops they can grow in such a place. The local winter temperature is around -25 degrees Celsius. I also found it interesting that most Tibetan Buddhists live at high altitudes, while most Muslims live in the plains.



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The scenery along the way was magnificent. We finally reached our destination, Turtuk. In the distance, we could see K2, which is 8,611 meters above sea level. On the other side of the mountain, about 10 kilometers away, is Pakistan. Buckwheat grows well here, and the flowers are in full bloom. Around the village of Turtuk, there is fertile land for growing wheat. The village also grows vegetables for the nearby army.



We stayed in a Muslim village. Like the Tibetan Buddhists mentioned earlier, these Muslims were making their noodles not in the kitchen but directly on the ground. The fact that both Tibetan Buddhists and Muslims make noodles in this manner was one of the most surprising discoveries for me.



I compared the dishes made with buckwheat by Tibetan Buddhists and Muslims. First, the noodles are more white, both are baked before being eaten. Additionally, buckwheat noodle cakes are prepared by mixing the noodles with hot water. The only difference is that Muslims make larger buckwheat pancakes due to their communal eating culture, while Tibetan Buddhists make smaller pancakes for individual servings. Are Japanese eating habits also influenced by the Buddhist tradition of individual meals?

Below is a photo resembling the shape of a buckwheat fruit (※Below center photo). The bottom left photo shows monks making soba. The bottom right photo depicts Muslim families making soba together. When people eat soba, the food is placed in the center, and everyone sits around it to eat together. You need to sit with your legs crossed so that more people can fit. This is because you don't take up much space and can extend your right hand farther. This seating position has been passed down due to the custom of gathering together.

Tibetan Buddhists



Muslims



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Let's take a look at the tools. I recently visited the “Indus Civilization Exhibition” at the National Museum in Ueno, Tokyo. On display were grinding mills found at Indus sites 4,000 years ago (4,000-year-old mills unearthed in the foothills of the Balochistan Mountains on the west bank of the Indus), and surprisingly, the exact same mills are still in use in Ladakh today (from the village of Turtuk). Tradition still plays a role today, as do these tools. That's my big discovery during this journey.



A week before my first research trip to Ladakh, the National Museum in Ueno, Tokyo, had organized a “Greek Exhibition”. We were going to a place in northern India. Since India is the birthplace of Buddhism and also influenced by Greek culture, I thought it might be relevant to my research, so I visited the Greek exhibition. The exhibit featured a marble griddle excavated from the Aplomaton Cemetery in Greece (collection of the Archaeological Museum of Naxos Island). Later, I saw similar cookware in Ladakh. This suggests that Ladakh may still use cooking tools with origins dating back to ancient times, possibly influenced by Greek culture. In the village of Turtuk, bread is still baked on a stone plate, which resembles

cookware from the Greek era. It can be said that they have preserved some ancient cooking methods.



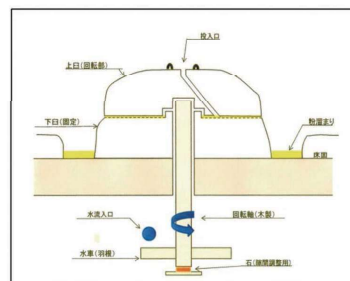
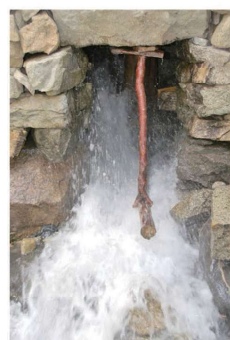
Why are they still using 2000 BC Greek cooking tools ?

Why are 4000-year-old Greek cooking tools still used in Ladakh? Because Alexander the Great's eastern expedition brought Greek food culture to the region. In addition, since a Hellenistic state was established in the region, the Greek food culture was naturally passed down. This should be a tradition.



Horizontal waterwheel

Take another look at the waterwheel. Waterwheels were invented in Greece as early as 1st century BC. The waterwheel used in Ladakh was the simplest “horizontal waterwheel”. Of course, this was not simply a vertical waterwheel that was turned down to become horizontal. This type of waterwheel was operated in a torrent as shown in the figure below. The rotating shaft of the waterwheel, as shown in the model, drives the millstone above it. If you want to grind finer particles, lower the mandrel; if you want to grind coarser particles, raise it upwards. This type of millstone is also easy to clean when necessary. Simply raise the millstone completely. Even better, this type of grinder can use the vibration of the upper part of the grinder to make the particles fall down automatically, thus freeing up manpower. I think this technology was also passed down from Greece.



Kobayashi Teruo graph
paper

In the Kashmir region of northern India, do both Tibetan Buddhists and Muslims use the same cooking tools to make the same dishes?

Tibetan Buddhists came here around the 7th and 8th centuries. Muslims arrived much later, around the 12th century. The cooking tools they use and the cuisine they prepare reflect the eating habits of the Gandhara region, where Buddhists have lived since ancient times. Therefore, it seems they were influenced by local eating customs. Stone frying pans and waterwheels are tools associated with Greek culture. Handmade noodles also originated from Greek culture. This indicates that Greek influence extended not only to Buddhist statues but also to noodle food culture.

These photos are of Muslim worshippers praying in an Islamic mosque. We also went in and offered incense together. The incense was placed right next to the merit box. This may be a custom influenced by local Buddhist traditions



Muslims have inherited the custom of offering incense from the local indigenous people

When harvesting barley and buckwheat, they do not use sickles but pull the plants out by hand

These barley and buckwheat pictured above were uprooted, not cut down with a scythe. Why was this done? Because Buddhists don't like to kill; cutting the crops is seen as taking life, so they chose the uprooting method for harvesting, presumably.



Zanskar Yama-Kei Publishers
Co.,Ltd.Masafumi Yamada

Differences in the diets of Hinayana and Mahayana Buddhist monks

Hinayana Buddhist monks receive food from their followers in a practice called “mendicancy” which allows the followers to accumulate merit, so the monks do not cook for themselves. In contrast, Mahayana Buddhist monks are self-sufficient and therefore cook for themselves.



Living in Religion

While we were teaching the locals how to make soba, they were also spinning the prayer wheels. Even while listening to our lectures, they didn't stop turning the prayer wheels in their hands. The locals are very devoted to their prayers. It seems that prayer is an integral part of their daily lives. "Handmade noodles are made by Mahayana Buddhist monks using traditional gestures similar to those used during prayer when they prepare the dough." Nowadays, this method has spread to the local people, who make soba noodles in this way. Of course, this is only my personal understanding and speculation.

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Laghman (handmade noodles) in regions influenced by Mahayana Buddhism

Handmade noodles are traditionally made in many regions where Mahayana Buddhism is practiced. In areas such as Central Asia, Pakistan, Afghanistan, and Xinjiang, China, the dish is known as “laghman,” despite variations in ethnic and linguistic backgrounds.





Making noodles in a restaurant in Turpan

Another proof that handmade noodles spread alongside Mahayana Buddhism is the absence of a tradition of eating handmade noodles in Tibet. In the seventh century, Tibet was influenced by Tantric Buddhism from India, which resulted in Mahayana Buddhism not spreading widely in Tibet. Consequently, handmade noodles, specifically laghman, are not part of Tibetan cuisine. Additionally, it is worth noting that Hindus in Iran, Iraq, and India do not traditionally eat laghman. I believe there may be a connection between the spread of Mahayana Buddhism and the dissemination of “handmade noodles.”

When I went to Skulubuchan, I heard from the people in the monastery that on December 31st, the locals make a very large soba with many ingredients. In areas where buckwheat is not available, such as in Leh, udon noodles are used instead of soba. This custom is somewhat similar to that in Japan.


**Laghman Cuisine in Various Regions “Environment and Cuisine 2”
 No water is added when making noodles”**

This photo shows Laghman cuisine from different countries and regions (Kyrgyzstan, Uzbekistan, Turkmenistan, Tajikistan, Afghanistan, Pakistan, Kazakhstan, Xinjiang Uygur Autonomous Region). Salt is used to make soba in Japan, but not here. Since water is very precious in these regions, the soup left over after cooking the noodles is used by the locals for drinking or cooking other dishes. Although there are streams in the mountains, residents must go to the river to fetch water. That's why the locals are very economical with water.

These photos depict laghman cuisine from Kyrgyzstan, Uzbekistan, Turkmenistan, Tajikistan, Afghanistan, Pakistan, Kazakhstan, the Xinjiang Uygur Autonomous Region, and other regions. You can observe that the dishes are largely similar across these areas. Among the aforementioned countries and regions, only people in Xinjiang use chopsticks to eat; in all other places, forks and spoons are used. Xinjiang became part of China during the Han Dynasty, leading to the development of a food culture that includes using chopsticks. The rest of Central Asia was influenced by Russia in the first half of the 19th century, which led to the adoption of forks.



I think "ramen" became the term for raghman when it spread to China, probably a phonetic translation.



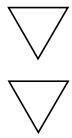
Inasawa Toshiyuki

WATER-RELATED LANGUAGES IN JAPAN

In Japan, there are words related to water, such as “water swelling”, “watered-down” “watered-down goods” “commit to the waters”. Most of these words carry negative or derogatory connotations. This does not necessarily show that Japan does not value water. When Japan says “like water”, it means “not to be cherished”; however, in Arab countries, “like water” means “very much to be cherished”. In the Arab world, “water-like” means “very much to be cherished”. In the Koran, Paradise is described as “a spring gushing forth and clear water flowing”. Wouldn't it be like coming to paradise for an Arab to come to Japan?

PART III

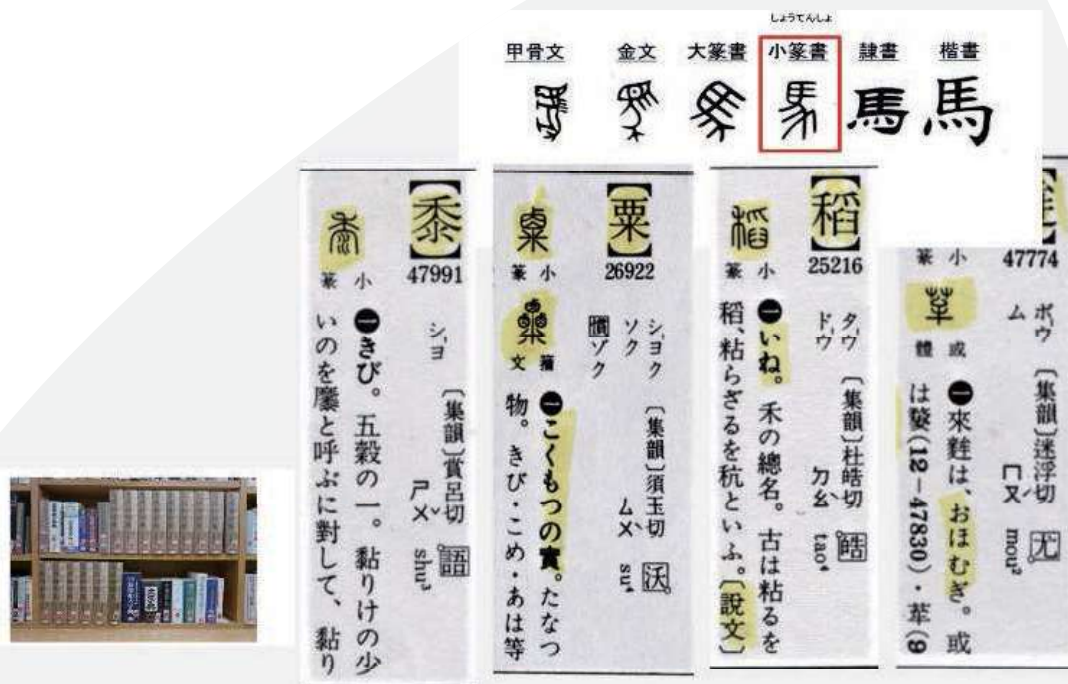
NOODLES IN ANCIENT CHINA



Tang Dynasty Collection of
the Turpan Museum

China did not have a word for "wheat" during the Han Dynasty

The Analects of Confucius says, "gain new knowledge by reviewing old."

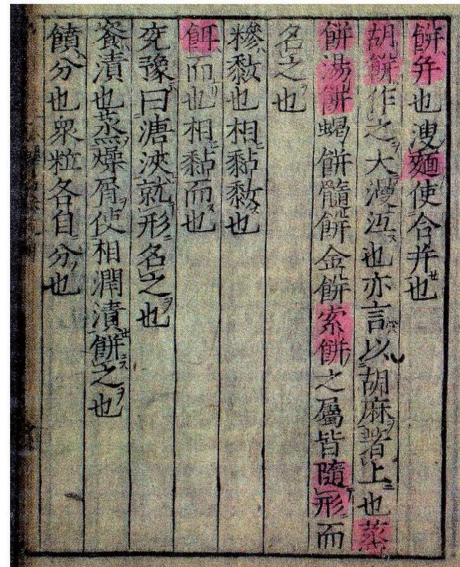


I looked up Mr. Morohashi Tetsuji's “Dai Kan-Wa Jiten” and investigated the writing system of the Han Dynasty in China before 200 BC. It was found that the characters of the Small Seal Script were used in China from around 200 B.C. However, in the “Small Seal Script”, there are words for “barley”, “rice”, “millet”, and “corn”, but there is no word for ‘wheat’, so there is no mention of wheat flour.

“Shi Ming”

At the end of the Eastern Han Dynasty, around 200 A.D., Liu Xi published an encyclopedic dictionary called Shi Ming. The meanings of words were explained and illustrated. For example, the word “cake” refers to food made by mixing wheat flour with water.

In this book, when explaining the word “cake”, it only describes how to make “hu cake”, which is made by rolling out the dough and sprinkling sesame seeds on top. This is probably because people at that time often ate this kind of cake. The word “hu” in this context refers to Central Asia, and hu cake is a food that came from there. In addition to the first mention, there are also terms like “Steamed Cake”, “Soup Cake”, “Scorpion Cake”, “Naan”, and “wheat rope soba (laghman)”. Naan is supposedly named after the shape of the bread. I think it was introduced to China from Central Asia at the same time as Mahayana Buddhism. The Chinese were already using waterwheels to grind flour during this period. And before the Common Era, the Chinese almost always ate grain directly.



WHY IS THE CHARACTER “HU” USED FOR “HU MA” (SESAME) AND “HU GUA” (CUCUMBER)?

Everything that came to China from the West (Central Asia) during ancient times has the character “Hu”. For example, hu ma (sesame), hu melon (cucumber), hu carrot (carrot), hu garlic (garlic), hu pepper (chili pepper), hu bean (broad bean), hu peach (peach), hu bow (crossbow), hu bee (bee), hu suit (suit), and hu beard (beard). Each of these terms contains the character “hu”. Additionally, the term “hu people” refers to foreigners from the north or west of China in ancient times, and the term “Five Hu” is a collective name for the Xiongnu, Xianbei, Jie, Di, and Qiang.

wheat rope soba is a “mizuhiki ” noodle

So, what exactly is “sakubei”? In the book titled "Interpretation of Names with Sparse Evidence to Supplement" from China's Qing Dynasty (1616-1912), it mentions that “sakubei” in the “Shiming” is referred to as “mizuhiki noodle” in “*Qimin Yaoshu*.”

So, what exactly is the “mizuhiki ” mentioned in the *Qimin Yaoshu*?

I continued to look up some information.

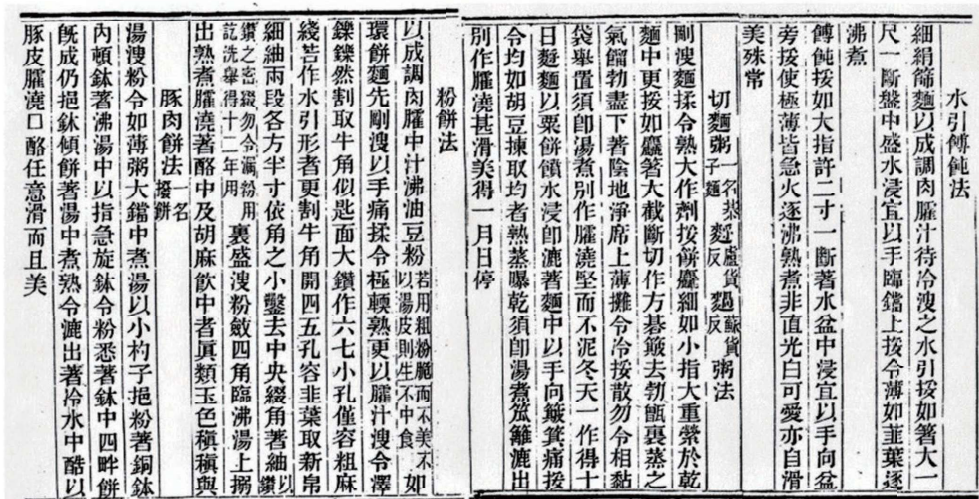


Qimin Yaoshu

Qimin Yaoshu is the world's oldest extant agricultural book, published around 500 A.D. during the Northern and Southern Dynasties of China. Rather than being solely a book on agriculture, it is more of an encyclopedia about life. In China, there is the term “Southern Boats and Northern Horses,” which, when translated into food preferences, means “Southern Rice and Northern Noodles.” Rice is predominantly eaten in the south, while noodles are favored in the north. This book introduces methods for preparing wheat, rice, and various grains, such as congee with cut noodles, flour cakes, and pork pastries. Its contents are so extensive that they cover the eating habits of nearly the entire country at that time.

齊民要術 中國南北朝時代 500年頃

南船北馬→南飯北麵



When I read the method of “mizuhiki and hoto”, the word “rua” threw me for a loop. There are several words for kneading. I can almost understand the meaning of “gang”. “Rou” is a method still used today. However, I have no idea what kind of action “rua” refers to.

水引餛飩法
 細絹篩麵以成調肉臠汁待冷澁之水引按如箸大一
 尺一斷盤中盛水浸宜以手臨鑄上按令薄如菲葉逐
 沸煮
 餛飩按如大指許二寸一斷著水盆中浸宜以手向盆
 旁按便極薄皆急火逐沸熟者非直光白可愛亦自滑
 美殊常
 切麵粥一名恭 麩虛貨 蘇貨粥法
 剛度麵揉令熟大作劑按餅疊細如小指大重繫於乾
 麵中更按如麩箸大截斷切作方基簸去勃甌裏蒸之
 氣餽勃盡下著陰地淨席上薄攤令冷按散勿令相黏
 袋舉置須即湯煮別作臠澆堅而不泥冬天一作得十
 日麩麵以粟餅饋水浸即澆著麵中以手向簸箕痛按
 令均如胡豆揀取均者熟蒸曝乾須即湯煮筴籬漉出
 別作臠澆甚滑美得一月日停

粉餅法
 以成調肉臠中汁沸油豆粉若用粗粉脆而不美不如
 環餅麵先剛澁以手痛揉令極軟熟更以臠汁澁令澤
 鑲鑲然割取牛角似匙面大鑲作六七小孔僅容粗麻
 綫苦作水引形者更割牛角開四五孔容韭葉取新帛
 細細兩段各方半寸依角之小鑿去中央綴角著細鑲
 鑽之密綴勿令漏粉用 裹盛澁粉斂四角臨沸湯上擲
 訖洗舉得十二年用 裹盛澁粉斂四角臨沸湯上擲
 出熟煮臠澆著酪中及胡麻飲中者真類玉色稱積與

豚肉餅法按餅名
 湯澁粉令如薄粥大鑊中煮湯以小杓子挹粉著銅鉢
 內頓鉢著沸湯中以指急旋鉢令粉悉著鉢中四畔餅
 既成仍挹鉢傾餅著湯中煮熟令澁出著冷水中醋以
 豚皮臠澆口酪任意滑而且美

At this time, Mr. Skarma said, “This is the Tibetan Buddhist way of making it.” Instead of rolling the noodles with his hands, he kneaded them for a long time with his hands. I was very surprised. The kneaded noodles were softer than the rolled ones. So I realized that "rou" refers to this kneading method.



How to knead the dough: "rua(knead)," "rou(roll)," and "gang(press)"

Let me explain the kneading methods of “rua”, “rou”, and “gang”. The kneading method of ① is “gang”, which is still used today. “Rou” is another method that remains in use (picture ② shows) . “Rua” is a gentle kneading method (picture ③ shows) . The texture of noodles produced by different kneading methods can be quite different. All of these are explained in great detail in the “*Qimin Yaoshu*”.

THE ORIGIN OF NOODLES



③



②



①

Handmade noodles with fine workmanship

Why is it necessary to knead lightly and add broth to handmade noodles, which require a lot of effort in cooking time and kneading technique? The two methods of “mizuhiki” and “hoto” in the “*Qimin Yaoshu*” involve sieving wheat flour and forming a dough with cooled broth. The noodles are then lightly kneaded, rolled into long strips, and cut into one-foot-long pieces. The noodles are then placed in a “pan” (an ancient Chinese tool) and dipped in water. Hold the noodle in your hand and place it on the “cheng”(flat pan). Gently flatten the noodles. Finally, the noodles are boiled for only 20 seconds. The short cooking time ensures that the gravy is not lost. This is a very good technique.

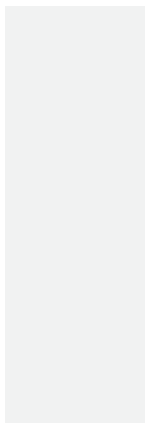


Nowadays, when Japanese people cook spaghetti or other dry noodles, some of them also soak the noodles first. This way, the noodles cook faster after soaking and the flavor is not lost. Such a technique is described in "*Qimin Yaoshu*". I translated "*Qimin Yaoshu*" into Japanese and published it in the journal of the Society for the Study of Food Culture.

IN CHINA, THERE ARE STILL HANDMADE NOODLES (MUGINAWA SAKUBEI)

Nowadays, China still has the tradition of handmade noodles (muginawa sakubei). This photo shows local people in Yongshan County, Zhaotong City, Yunnan Province making noodles by hand. The photo below shows local residents of Shanxi Province making handmade noodles, and the photo below that shows noodles made from millet and other mixed grains. As can be seen from the photos, the kneading is done with a lot of force. It may be because these noodles are harder than buckwheat noodles.

Handmade noodles still exist in China today.



Handmade buckwheat and Tartary buckwheat noodles.

THE ORIGIN OF NOODLES



Millet and
wheat in Shanxi
Province



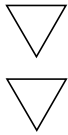
Tartary
buckwheat
in Shanxi
Province, China

Handmade noodles can be made with cereals (buckwheat, proso millet, oat, barley).



PART IV

THE OLDEST NOODLE IN JAPAN: MUGINAWA



As for what muginawa is, according to the book “Soba Udon Noodles,” published in 2021, “Yamadera mugina” was found inscribed on a wooden slip excavated from the ruins of King Nagoya's mansion near Heijokyo. The name “Yamadera muginawa price” appeared on a license plate issued by a certain temple, indicating that muginawa originated from a place called “itsukuyama”. The word “nawa” here refers to noodles.

In Japanese, sakubei is called “無木奈波 (muginawa) ・手束索餅 (tatsuka Sakubei) ”

During the Seiwa period (931-938) of the Heian period, Minamoto no Shitagō compiled a book called Wamyō ruijūshō (Japanese Name Classification Copy). In this book, it is said that Japan did not have its own writing system before the Yamato and Nara periods, so Chinese characters were used for writing. Before the Nara

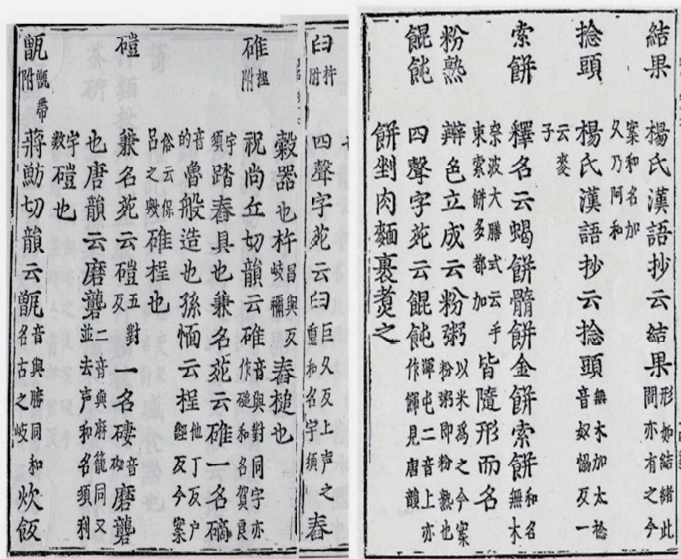
periods, the Japanese kanji for “索餅” was “无木奈波” or “手束索餅”. The Japanese kanji for “臼” is “贺良宇须” or “须利宇数”. Since people were already eating noodles at that time, it is assumed that there must have been a food culture of noodle making as well.

年表

- 200年頃(後漢) 釈名 **索餅** (ラグマン)
- 238年 卑弥呼 魏から親魏倭王の金印と銅鏡100枚を与えられた
- 412年～477年 中国宋と**倭の五王**交流 **大和時代**
- 500年頃(南北朝時代) **齋民要術 水引** (索餅)・餺飩・碁石麵
- 538年 **仏教伝来**
- 684年～729年 奈良時代「**麦縄**」(索餅)木簡
- 931年～939年 倭名類聚抄

ヤマト言葉に**むぎなわ**があることは仏教伝来より以前に**めん**が存在していた

索餅とはやまと言葉で
無木奈波・手束索餅と言う



源順(みなものしたごう)編纂
承平年間(九三一年～九三八年)
わみょうるいじゆしやう

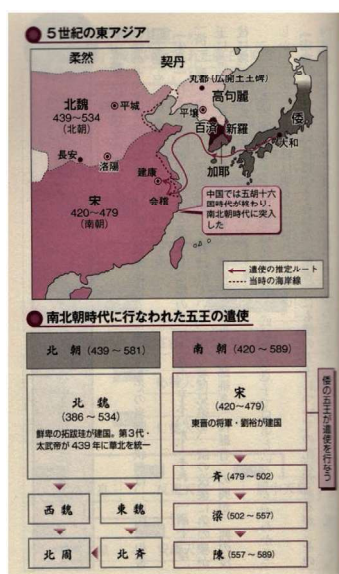


JAPAN'S RELATIONSHIP WITH CHINA AND KOREA FROM THE YAMATO PERIOD TO THE NARA PERIOD

What was Japan's relationship with China and Korea during the Yamato period? The Japanese invaded the Korean Peninsula in the late 4th and early 5th centuries with the intention of learning the advanced culture of the Korean Peninsula and exploiting the iron mines there. Baekje, which was under threat from Goguryeo at that time, established friendly relations with the Japanese, and both fought together against Goguryeo. The Japanese could reach China by small boats through the Bay of Baekje, so there were also frequent exchanges between Japan and China during this period. After the end of the era of the Five Hu and Sixteen Kingdoms, China entered the era of the Northern and Southern Dynasties. Since the Northern Wei (386~534) of the Northern Dynasty was allied with Goguryeo, the Japanese could not go to the Northern Wei, but instead went to the Song (420~479) of the Southern Dynasty, as described in detail in the book "The Mysterious Fourth Century and the Five Kings of the Japanese," supervised by Yoshiyuki Takioto

By the Nara period, Korea had become a vassal state of the Tang Dynasty. Korea, on the other hand, lost the battle against the Tang army. In this case, the Japanese could not go to China directly through the Korean Peninsula, but had to cross the sea from Japan to China, which was very difficult with the navigation technology at that time. Therefore, compared to the Yamato era, exchanges became more difficult later on.

THE ORIGIN OF NOODLES



As mentioned in the previous article, in the Later Han Dynasty around 200 A.D., the name “Sakubei” appeared in the Chinese book “Shi Ming” .

In 238 A.D., Queen Himiko sent an envoy to the state of Wei, which gave her the gold seal of the pro-Wei Japanese Queen and 100 bronze mirrors. At that time, the envoys of Queen Himiko may have also eaten laghman in Wei.

From the historical materials left behind on the Chinese side, it seems that during the Yamato period (412~477) in the 400s AD, frequent exchanges were maintained between the Song of the Southern Dynasty and the five Japanese kings.

Qimin Yaoshu is a book that appeared during the Northern and Southern Dynasties around 500 AD. The dishes recorded in it, such as mizuhiki noodle , hoto noodle, and flat udon , are not so much dishes of the time but rather a compilation of dishes that were popular in the 400s. Buddhism was introduced to Japan in 538 AD.

The word “muginawa” first appeared in the Nara period (684-729).

The previously mentioned dictionary, “Wamyō ruijūshō,” was created in the middle of the Heian period (931-938).

The ancient Japanese word “muginawa” indicates that noodles have existed in Japan since before Buddhism was introduced to the country.

It is often said that "all cultural elements were brought by Buddhism," and while it is true that Buddhism has introduced many cultural aspects, noodles have actually been present in Japan since ancient times.

NOODLES WERE INTRODUCED FROM CHINA TO JAPAN

Buddhism, which was introduced to China from India, was later introduced to Japan via the Korean Peninsula. The technique of noodle making came directly from China to Japan. The word “soba” (buckwheat noodles) also comes from the Chinese characters used in the Tang Dynasty. Since there was no wheat in Korea at that time, there were no handmade wheat noodles, and noodles were made from a variety of grains that were pressed with tools. When Japan and Baekje had good relations, a lot of Korean culture was introduced to Japan. When “*Qimin Yaoshu*” was published, Japan was in the Yamato era, and there were already handmade noodles called “muginawa”. Since Japanese could go directly to China, noodles were also imported directly to Japan

Determine the type of noodle by the unit

In order to know what kind of noodle it is, you can distinguish it by its unit. In the Ancient Records of Great Japan, which is a chronological compilation of the documents of the Shosoin, there is a record of the purchase of muginawa, tatsuka sakubei (hand-bound dried noodles), and tatsuka sakubei (hand-bound thick noodles) and sakubei from the market, and the units of the different types of noodles are not the same. One can follow this clue to determine exactly what type of noodle it is.

Investigate
the corrope of
wooden slips

七六九	七六四	七六三	七六二	七六〇	七五八	七三四
景神 字平	宝天 字平	宝天 字平	宝天 字平	宝天 字平	宝天 字平	天 平
三年	八年	七年	六年	四年	二年	六年
索餅	索餅	索餅	索餅	手束	索餅	田束
十六	五	二	六	一	三	二
藁	藁	藁	藁	懸	藁	藁
						了
						例数 単位

正倉院文書を時代順に編纂した「大日本古記録」中の索餅記録

An investigation into the muginawa found on the inscribed wooden slip

木筒の麦縄は

これを考査するには正倉院資料より麦縄、田束、手束、素餅の単位より判断しますと

丁 は茹でたものと解釈 **茹でうどん**
「漢字辞典 字通」に **ものをねじるかた**
ラグマン・水引は茹でめん

懸 は竿に掛けた半乾燥めん
水沢うどんのようなめん

藁 は一定の長さにしたものを束ねたもの、
細くの延ばした乾麺の束

麦縄は茹でうどんです



When we investigated the muginawa found on the inscribed wooden slip, we judged that “ding” should refer to something boiled in water, based on the units of the Shosoin materials. For example, water-boiled udon noodles. In the Kanwa dictionary “Jitsu” it is written as “twisted shape.” From Ladakh to China via Central Asia, all handmade noodles were boiled in water and eaten. Laghman and mizuhiki are both types of noodles cooked in water.

“Xuan” is ‘semi-dry noodles’ that are hung on a pole to dry. The reason they are made semi-dry is that raw noodles tend to stick together. However, if you hang the noodles on a pole for about three hours, they will not stick together. This process is called “hanging”. Because udon noodles are thick, it is difficult to cook them if they are completely dried, so they are made into semi-dry noodles. It's similar to Mizusawa udon.

“Gao” is a bundle of things cut to a certain length, and also refers to slender bundles of dried noodles.

The photo above shows Mr. Skarma making the noodles, as well as a hand bundle made by Tibetan Buddhists at the foot of the Kunlun Mountains. The dough is held in the palm of the hand and stretched while forming the gluten. This demonstration of Ladakh's noodles by Mr. Skarma was very helpful for my study of Japanese noodles.

Sakubei · tatsuka Sakubei

The photos below are my own attempt at making the thick Sakubei and thin sakubei

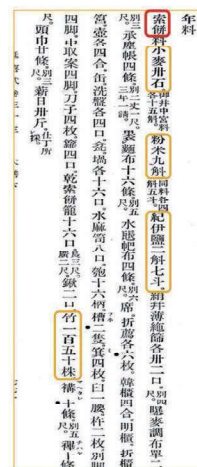
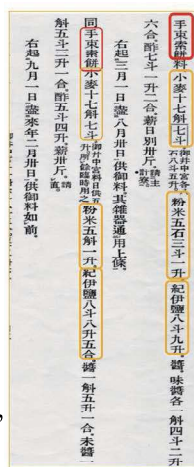


索餅・手束索餅



Engi-shiki

In the Heian period, various events were held at the court. In a document called “Engi-shiki” (a collection of ordinances compiled in the middle of the Heian period), there is a record of a request for the collection of enough raw materials to be used for one year. In this document, “Sakubei” is mentioned, and in the section on raw materials, various items are listed, such as flour, rice flour, salt, and bamboo poles. There are also mentions of “tatsuka sakubei” which have raw materials including wheat, rice flour, salt, and so on.



Ingredients for “Engi-shiki supplies for a whole year Sakubei ・ tatsuka Sakubei

Let's take a look at the ingredients of supplies for a whole year, Sakubei and tatsuka Sakubei

The ingredients of sakubei consist of 30 koku of wheat, 9 koku of rice flour, and 2 koku and 7 to of salt. The ratio of salt to the total amount of wheat and rice flour was 6.9%."

The tatsuka Sakubei consisted of 17 koku and 7 to of wheat, 5 koku 3 to and 1 sho of rice flour, and 8 to and 9 sho of salt. The ratio of salt to wheat and rice flour was 3.8%.

The following tatsuka Sakubei also required 3.8% salt.

延喜式 年料 索餅 手束索餅 の原料割合

索餅料…小麦30石、米粉9石
塩2石7斗（小麦+米粉に対して6.9%）
手束索餅料…小麦17石7斗、米粉5石3斗1升
塩8斗9升（小麦+米粉に対し3.8%）
手束索餅料…小麦17石7斗、米粉5石1升
塩8斗8升1合（小麦+米粉に対し3.8%）

塩は精現在製塩 当時は原塩ですので素麺、うどんとほぼ同量の塩%です。

（現在の手延べそうめん塩分は5%、うどん塩分3%）

Why am I concerned about the salt content? It's because I've actually been experimenting with making new noodle-based dishes myself, such as handmade laghman and inaniwa udon. I've also researched the salt ratio. Based on what I've read, the salt content in sakubei is a bit higher.

Nowadays we consume refined salt, but in ancient times, raw salt contained many inorganic substances, so the perceived saltiness was stronger. Nowadays, the salt content in handmade laghmen noodles is 5%, and that in udon noodles is 3%. Compared to that time, although the numerical salt content was higher, the actual salt intake is almost the same as that of today's somen and udon noodles.

Determining the type of noodle based on the amount of salt used

If the type of noodles is judged by the amount of salt used, "Tatsuka sakubei" should be classified as semi-dry udon noodles. According to my speculation, "Hocho sakubei" in Ōita might be a slender dry noodle similar to "inaniwa udon" in Akita.

If you add 6% salt to thick udon noodles, the salt will not be lost even when boiled in water. However, for thin noodles, the salt will be lost after boiling in water, so it is recommended to boil the noodles first and then add salt. Currently, the thick noodles contain 3% salt, while the thin noodles contain 5% salt. The amounts of these salts were determined in the Heian period.

In the encyclopedia, "Necessary Matters for the Home", published during the Yuan Dynasty (early Kamakura Period in Japan), there is a detailed description of noodle dishes from the Song Dynasty, and among them, there is a record of "sumian". At this time, it was no longer called "sakubei" but "somen". The ingredients were wheat flour, oil, water, and notably, there is no mention of salt.



China now makes salt-free noodles that can be stretched long. Photo taken in Shanghai, China.

ENVIRONMENT AND CUISINE

In Japan, salt has been added to noodles since the Heian Period. The gluten in the noodles becomes stronger when salt is added. The combination of protein and salt makes the noodles more elastic. Since Japan is surrounded by the sea, the culture of adding salt and cooking with a lot of water developed. Adding salt and cooking with water are unique cooking methods that have existed in Japan since the Heian Period. Wheat, which originated in dry regions, has been further developed in Japan, where water is abundant.

Hetsugi, Oita City Hocho

In Oita City, there is a town called Hetsugi, where a handmade noodle called “Hocho” is still being made, just like Ladakh.



THE ORIGIN OF NOODLES

See photos below. Start by gently kneading the dough, and then cut the dough into pieces the size of a thumb.



齊民要術 中国南北朝時代 500年頃

南船北馬→南飯北麵

水引餛飩法
 細絹篩麵以成調肉臠汁待冷洩之水引按如箸大一
 尺一斷盤中盛水浸宜以手臨鑄上接合薄如莖葉逐
 沸煮
 餛飩按如大指許二寸一斷著水盆中浸宜以手向盆
 旁按使極薄皆急火逐沸熟者非直光白可愛亦自滑
 美殊常
 切麵粥一名蒸麵反蘇黃粥法
 剛搜麵揉令熟大作劑按餅細如小指大重蒸於乾
 麵中更按如麤箸大截斷切作方基簸去物甌裏蒸之
 氣留物盡下著除地淨席上薄攤令冷接散勿令相黏
 袋舉置須即湯煮別作臠澆堅而不泥冬天一作得十
 日麵麵以粟餅饋水浸即澆著麵中以手向簸箕痛按
 令均如胡豆揀取均者熟蒸曝乾須即湯煮攷雜澆出
 別作臠澆甚滑美得一月日停
 粉餅法
 以成調肉臠中汁沸油豆粉若用粗粉臠而不美不如
 環餅麵先剛搜以手痛揉令極軟熟更以臠汁澆令澤
 鏤鏤然割取牛角似匙面大鑽作六七小孔僅容粗麻
 綫若作水引形者更割牛角開四五孔容非菜取新帛
 細細兩段各方半寸依角之小鑿去中央綴角著細以
 鑽之志環勿令漏粉用裹盛澆粉斂四角臨沸湯上擲
 訖洗淨得十二年用 裹盛澆粉斂四角臨沸湯上擲
 出熟煮臠澆著酪中及胡麻飲中者真類玉色種稞與
 豚肉餅法一名擗餅
 湯澆粉令如薄粥大鑊中煮湯以小杓子挹粉著銅鉢
 內頓鉢著沸湯中以指急旋鉢令粉悉著鉢中四畔餅
 既成仍挹鉢頓著湯中煮熟令澆出著冷水中醋以
 豚皮臠澆口酪任意滑而且美

索餅は水引

This dough is then stretched into a foot-long noodle. The noodles are then folded in half and stretched again, reaching a maximum length of up to 4 meters or more for one noodle.



In order to prevent the noodles from sticking together, they need to be hung on the edge of a container called a “namabune”.

When you put the noodles into the container, you should not grab them directly with your hands, but pick them up with a pair of chopsticks.



※The monk said, “I should have stayed with you for a while, but I have to go back to my training, so please allow me to take my leave,” and the host said, “Please stay for a while, and I'll treat you to some hocho.”(Kasama Classics Library)

"Tatsuka Sakubei" and "sakubei" are the names of products. "Hocho" is the name of a type of food. It is prepared using the same cooking method and with the same salt content as during the Heian period. Let's examine the preparation methods of muginawa, tatsuka sakubei, and sakubei from the Nara era, as well as sakubei and tatsuka sakubei from the Heian period, and hocho from Oita.

First, knead the dough using the "gang" method. Next, gently knead the dough with your hands. Then cut the dough into thumb-sized pieces and stretch the pieces to about a foot long, which will thin out as they rise.

This method of “mizuhiki and hoto” is also described in the “*Qimin Yaoshu*”. The noodles are gently stretched and “rua”, then cut into one-foot lengths. A piece about two inches long is taken for the thumb. It can be seen that the methods used in China's “*Qimin Yaoshu*” were adopted for muginawa, tatsuka sakubei, and sakubei from the Nara era, as well as sakubei and tatsuka sakubei from the Heian period, and hocho from Oita.

Mahayana Buddhism and the religion of Central Asia, as well as Chinese soba, were introduced to Japan through China. Today, the Association for the Preservation of the Hocho in Hetsugi, Oita, carries on this tradition, which means that the handmade noodles that originated in Greek culture have been preserved intact in Japan!

Conclusion

Ladakh's noodles, raghman, sakubei, and muginawa all have one thing in common: they should be cooked in water as soon as possible after making them. As for the seasoning of the noodles, bonito and soy sauce are generally used in Japan, while in other countries and regions, local seasonings are used to match the local conditions.

I published articles about Ladakh in Buckwheat Udon magazine in 2017 and about wheat ropes in the same magazine in 2021 for those interested.

In the first part, I introduced the history of Central Asia from prehistoric times to the present. Additionally, I discussed the influence of Alexander the Great on Central Asia and the establishment of Greek states in the region.

In the second part, I presented the tradition of making handmade noodles in Buddhist monasteries. This practice was introduced to China along with Mahayana Buddhism.

In the third part, I introduced the ancient Chinese noodle "sakubei" and the method of making noodles called "mizuhiki," as described in "*Qimin Yaoshu*."

In the fourth part, I presented the oldest noodle in Japan, "muginawa," which uses the same method as "mizuhiki."

Now, the "bocho" in Hetsugi, Oita, is the inheritor of this tradition.



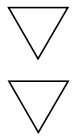
By now everyone should have realized that the origin of noodles comes from Greek culture.

(above)



I've been researching in the village of Turtuk in Ladakh, northern

INTRODUCTION OF INASAWA TOSHIYUKI



April 1, 1938 (Showa 13)

Born in Kaminakazato, Kita ku, Tokyo To Japan 1945 (Showa 20)

Due to the intensification of the war, moved to my mother's hometown

Relocated to Kitatakaoka, Haga Gun Motegi Machi, Tochigi, Japan.

Worked as a farmer in the area for 5 years, which greatly contributed to the research on buckwheat cuisine.



1961 (Showa 36)

Graduated from the Department of Agronomic Chemistry, Tokyo University of Agriculture.

Joined Toyo Jozo (currently Asahi Kasei Ohin Plant) and participated in the improvement of penicillin and antibiotic-producing bacteria.

1963 (Showa 38)

Received the Internal Invention Prize for "Preservation of Bacteria by Freeze-Drying".

1966 (Showa 41) Established Inasawa Shoten Co.,Ltd, a Nippon Buckwheat Shop specialized in food ingredients.

In 1997 (9th year of the Heisei era), tartar buckwheat, which contains 100 times more “rutin” than ordinary buckwheat, was introduced to Japan.

日本経済新聞

1997年(平成9年)3月12日(水曜日)

中国の黄色いソバは味が
がー。ソバ粉などを販売
しているイナサワ商店(東
京・北・稲沢銀行社長)は、
苦ソバとして知られるダツ
タンソバ粉の販売を始め
た。粉を高温で処理するこ
となどで、特有の苦さを和
らげた。一般にも通信販売
する計画だ。

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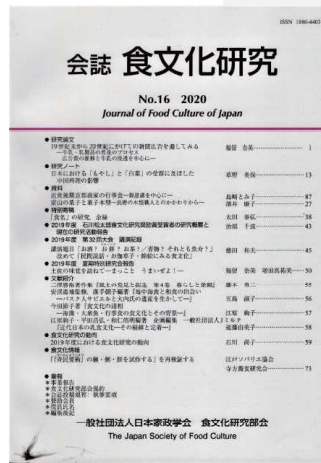
ダツタンは中国の高地に
生育しているソバの一種。
イナサワ商店は中国・雲南
省で栽培されたダツタンを
使用。価格は「ニガニガタ
イブ」が十袋(一袋一キ)
で五千五百円、「ホロニガ
タイプ」が十袋(同)で八
千五百円。



In 2016 (Heisei 28), he retired and started to cook buckwheat dishes from all over the world. In 2017 (Heisei 29), he was the first in Japan to propose that ramen was first eaten in the Muromachi period, as evidenced by an account of “Keitaimen” in the diary of a Kyoto monk, “Inryōken nichiroku,” and in the Chinese book, “Necessary Matters for the Household.” This evidence has disproved the traditional “Mito Kōmon theory.” The Shin-Yokohama Ramen Museum now exhibits these materials.

Chinese noodles with sodium carbonate

2020 Translating the sections on noodles, congee, and cakes from the Chinese book “*Qimin Yaoshu*”. The translation was published in the Journal of the Food Culture Association. .



The Takato Buckwheat

Museum was opened in Takatomachi, Ina shi, Nagano in 2023 (the 5th year of the Reiwa era) in collaboration with Professor Emeritus Naoto Inoue of Shinshu University. The museum exhibits buckwheat dishes collected from all over the world, tools for making buckwheat products, and related materials.



Opening of Soba Museum
Takatomachi Town, Ina Shi, Nagano
September 1, 1995 (the 5th year of the Reiwa era)

- 稲澤敏行
- 清水俊一漏
- 伊那市役所観光課長
- 井上直人
- 信州大学名誉教授
- 宮下一郎
- 農林水産大臣
- 竹松泰義
- 竹松旅館 蔵の主



THE ORIGIN OF NOODLES

Now serving as a director of the Edo Sobalier Association, Takato “Takato Buckwheat Museum” is located in Takatomachi Ina shi, Nagano.



Lecturing at J.
F. Oberlin
University (Photo:
Keiko Takaki)

Authored Books

Shibata Bookstore mook SOBA UDON records

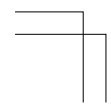
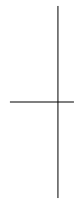
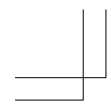
- No.26 1996 (Heisei 8 years)
Buckwheat cuisine in Inner Mongolia is a great discovery.
- No.27 1997 (Heisei 9 years)
Encountering a variety of Tartary Buckwheat in Yunnan an unexplored area.
- No.29 1999 (Heisei 11 years)
Taste of Kasza encountered on the shores of Lake Baikal.
- No.30 2000 (Heisei 12 years)
Exploring the Buckwheat culture of the Ocher Plateau,
where a unique production method is passed down from generation to generation.
- No.33 2003 (Heisei 15 years)
Visiting Tartary Buckwheat cultivated by Sherpa people
at the foot of Mt. Everest.
- No.34 2004 (Heisei 16 years)
Korean Buckwheat culture and cuisine.
- No.36 2006 (Heisei 18 years)
Han chinese noodles and Dim Sum with Buckwheat in Shanxi Province.

Inasawa Toshiyuki

In 2017, Discover the traditional food culture of buckwheat and wheat in Ladakh,
the northernmost high mountain region of India at an altitude of 3,000 meters

Planning and Editing by Eiko Endo

Special correspondent of Tohoshinpo / Director of Institute for Northeast Asian Future





THE ORIGIN OF NOODLES

The history of noodles in picture

