

Dear valued member,

Thank you for agreeing to host a Friends of Mongolia sponsored Tsagaan Sar event. We are very glad that you will share this important Mongolian holiday with your community in the USA.

We have developed this small “welcome kit” to help with your part planning. It includes:

1. A brief explanation of the holiday of Tsagaan Sar
2. A list of recipes of traditional Mongolian food
3. A FOM sign with which to take a group picture. Please send us a picture of your group with this sign, and send it to officers@friendsofmongolia.org.

What is Tsagaan Sar?

Tsagaan Sar literally translates to “White Moon” in English, and is the Mongolian Lunar New Year. It occurs once month after the first new moon of the winter solstice, and usually corresponds to sometime in February in the Gregorian calendar. Tsagaan Sar is marked by visiting friends and relatives, eating meat dumplings, called “buuz” (pronounced like the English word “boats”), and exchanging gifts. It is one of the most significant Mongolian holidays, and is celebrated with gusto throughout the country and in Mongolian communities throughout the world.

During Tsagaan Sar people are greeted in the traditional manner. We use the words “Amar baina uu?” to greet someone older than us, and the words “Amar sain uu?” to greet someone younger than us. Both phrases mean “Are you living peacefully?” in English. A traditional blue scarf or khatag is held in one’s hands while greeting. Although, many Mongolians have discarded traditional clothing in favor of a more Western style of dress, during Tsagaan Sar people wear their most ornate traditional clothing.

Tsagaan Sar is a holiday best celebrated with people you care about in a warm home and surrounded by food. We hope that you enjoy your celebration. Make a toast to Friends of Mongolia while you’re at it!



Mongolian Buuz recipe:

Dough:	Filling:
2.5-3 cups of flour	Minced meat
1 cup water	Chopped onion
	Seasonings to flavor

1. Mix flour and water to make dough. Knead until smooth. Set aside as you prepare the filling. (note: should be smooth but not sticky)
2. Mix meat, onion and seasonings together thoroughly
3. Roll flour into balls about half the size of your palm. Roll out into a circle, leaving the middle slightly thicker than the edges.
4. Hold circle of dough in palm and fill with about one teaspoon of meat mixture.
5. Pinch shut. Make sure the seal is tight.
6. Steam for about 15 minutes

Note: You can fill buuz with nearly anything. So get creative with it!

Mongolian Potato Salad recipe:

3 potatoes cooked with skin, peeled and diced (small)
2 carrots cooked and diced (small)
12 eggs hard boiled and diced
1.5 lbs of bologna diced (small)
10-12 small kosher dill pickles dice small
1/2 sweet onion finely chopped
1 can (15 oz) sweet peas, drained
3-4 tablespoons Mayonnaise
salt to taste

1. Mix together with Mayonnaise and season to taste. Garnish with dill (optional)

Mongolia Milk Tea recipe:

Tea bag (black tea preferred)
Milk
Water

1. Make tea to desired strength
2. Add equal amounts of milk
3. Salt to taste



Tsagaan Sar 2015