



Okkirikomi and hot springs (onsen)



As we adjust to lower temperatures and watch the brilliant colors wash over our town, it feels like autumn (or maybe even winter) has finally arrived. When it starts to feel a little bit chilly, *okkirikomi* (お

つきりこみ) is one of the first things that comes into mind. A dish native to Gunma, *okkirikomi* is a hearty stew dish with wide, flat noodles that are cooked together with seasonal vegetables such as taro root in a soy sauce-based soup. *Okkirikomi* means to cut and put into, and the soup is simmered until it becomes thick. This popular home-style dish has many variations, with each household having their own unique recipe. The perfect dish to have when it's cold outside; these soft, comforting noodles in a hearty soup is sure to warm you up.

Another way to warm up the body is to visit the nearest hot spring or *onsen* (おんせん). There is *Megumi no yu* (めぐみの湯) in *Isobe*, and *Toge no yu* (とうげの湯) in *Matsuida*. Both places have restaurants within the facility, so you can enjoy a meal after or before you enter the *onsen*. Their hours and fees are posted on their respective websites. For information on *Toge no yu*, visit

<https://www.usuitouge.com/tougenoyu/index.php> and for

Megumi no yu, visit <https://www.megumi-spa.com/>

