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For the past 21 years, our annual Best of the Pacific magazine has been the authority on the best places YOU need to go in the Pacific. How do we know? Because you told us so!

You've made your voices heard over the years, and in turn, informed fellow members of the military community like yourselves of the Pacific's best attractions, restaurants, festivals, Sunday brunch, get-aways and more.

Have a favorite coffee shop serving up delicious cups of joe you want to share? Or is there an off-base dentist you tell all your friends about? We want to know what you like and most importantly, why you like it so much.

Voting is quick, easy and you just might get your name in the magazine! Take a few minutes and vote

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Thanks to your input every year we're able to make Stars and Stripes com-

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what we're all about. As we are fond of saying, our papers, websites and magazines "are about you, for you, and in some cases, by you."

The votes keep rolling in year after year and it's all thanks to you! We had a great turnout in 2021, and we expect nothing short of a record number of votes in 2022.

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– Stars and Stripes staff



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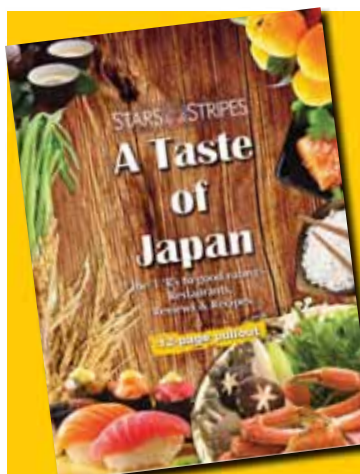
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Will privatized housing complaints hit home?

“There’s no knob on the door,” I said to the Balfour Beatty Communities manager when we arrived at our quarters at Naval Station Newport, R.I. It was a hot day in July of 2013 when the BBC manager sheepishly opened the knob-less door of the century-old duplex house we had been assigned.

Having come from another BBC property at Naval Station Mayport, Fla., we thought we knew what to expect. However, our idyllic ocean-side Florida housing neighborhood was lined with pristine, newly constructed, pastel-colored homes. Although we had little need to ask BBC to perform repairs during our tour of duty in Florida, we happily visited their air-conditioned offices with freshly baked cookies and free pens.

Once in Rhode Island, we gladly leased another BBC house, believing we’d have another positive experience. As we entered the house on move-in day, we were shocked to find broken windows, construction debris, unfinished repairs and a dirt-floor basement area covered in multiple piles of dog feces. The jittery BBC manager promised us that repairs would be made right away.

This was the first of many broken promises BBC made to us during our five-year stay in that property. We, and many of our base neighbors, submitted negative comment cards and complaint letters regarding our

The Meat and Potatoes of Life

Lisa Smith Molinari



unsatisfactory experiences to BBC. Little did we know, BBC would later be accused of ignoring and hiding resident complaints. Across the US, privatized housing residents were complaining about rodents, mold, faulty wiring, construction errors, cockroaches, lead paint, raw sewage, rotten wood, toxic water, chronic leaks, asbestos and more.

In 2018, Reuters published a series of reports of military families suffering from lead poisoning, mold-related illnesses and other dangerous conditions while living in privatized housing. In January 2019, the Military Family Advisory Network conducted a survey of privatized military housing residents, finding that 55 percent of respondents had a negative or very negative experience with privatized military housing.

In February 2019, the Senate Armed Services Committee held hearings and initiated an investigation by the Department of Justice, discovering that, from 2013 to 2019, Balfour Beatty was engaging in widespread

schemes to defraud the military out of millions of dollars in performance incentives by “cooking the books” — fudging numbers and destroying resident comment cards. By submitting false records to the Army, Navy and Air Force, Balfour Beatty was able to collect 95 percent of performance bonuses each year, despite allowing military families to suffer in poor conditions.

Two Balfour Beatty employees were found guilty of criminal fraud charges last year. Then on December 22, 2021, the DoJ announced a “global resolution” of criminal and civil investigations into Balfour Beatty’s fraud schemes. Balfour Beatty pled guilty and was ordered to pay over \$68 million in fines, and submit to an independent monitor for three years to ensure compliance with the contract.

Yep, you read that right. ... Despite admitting to felonious criminal fraud against the Army, Navy and Air Force, Balfour Beatty still gets to manage and collect revenue from 50,000 units of privatized housing worth \$6 billion under a 50-year lease that

has been criticized as guaranteeing profit. It’s no wonder Balfour Beatty’s shares rose on the day of the DoJ announcement.

Some call the fines a slap on the hand for Balfour Beatty, and other privatized housing managers still under investigation have not been brought to justice. After more than a year of delays, a Military Housing Privatization Initiative Tenant Bill of Rights (TBoR) and a Universal Lease were created, but not all landlords have implemented the new policies.

In the meantime, military families continue to live in more than 200,000 privatized military housing units in the US. What should they do when major issues arise? Fill out another comment card and hope it doesn’t get lost in the abyss? Not anymore. If you have a housing problem and don’t know your rights under TBoR, request free help through Armed Forces Housing Advocates, www.afhousingadvocates.org.

Military families are resilient. We can handle a missing door knob or two. But we shouldn’t be forced to endure poor or hazardous living conditions without reliable protection from the armed forces we serve.

Read more of Lisa Smith Molinari’s columns at: themeatandpotatoesoflife.com and in Lisa’s book, *The Meat and Potatoes of Life: My True Lit Com*. Email: meatandpotatoesoflife@gmail.com



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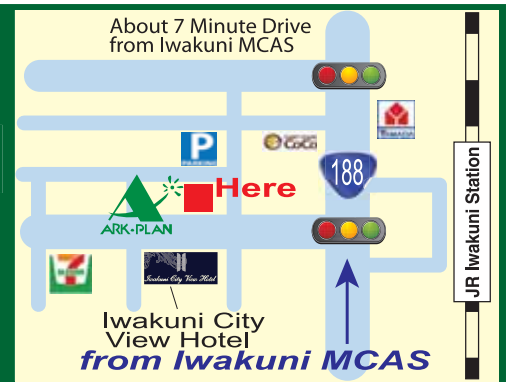
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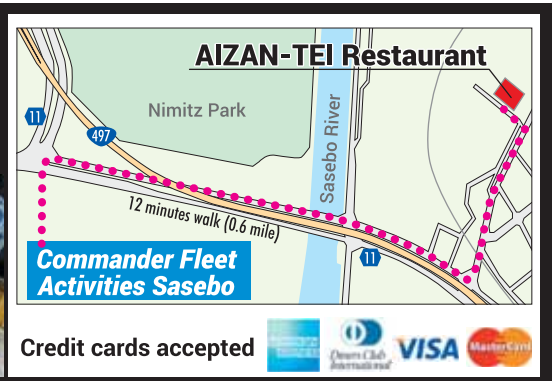
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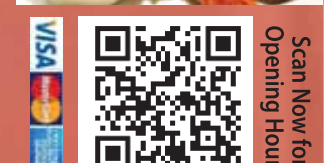
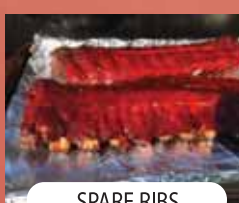
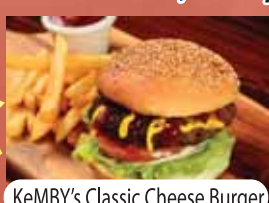


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The fluffiest mochi chiffon cake

STORY AND PHOTOS BY
ELEONORA BADELLINO,
BYFOOD



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Traditional
Japanese sweets
wagashi and
mochi class

The pleasures of food are not always linked to extraordinary flavors, but rather to their texture. In Japan, I learned that food is not just about taste and smell, but also about consistency, and mochi is the perfect example.

This Japanese rice dough, at first bite, will not just drive you crazy for its taste, soft and delicate, but also for the pleasant chewiness, almost a bounce between the lips, unique in its kind.

Its use in Japanese confectionery (like daifuku and dango) is well known. We've previously covered modern mochi desserts like this mochi ice cream recipe and mochi donut recipe, but have you ever tasted it in a cake?

What is a mochi cake?

If you've ever had mochi, you'll love this Japanese-inspired cake.

The main characteristic of mochi cake is the incredible softness and elasticity given by the use of mochiko which not only gives that marshmallow-like softness, but it also lends a natural sweetness (and it's gluten-free!). Unlike mochi, however, do not expect a sticky consistency but rather a delicate chewiness.

Japanese mochi cake recipe

The cake we are going to make today is inspired by one of the most popular cakes here in Japan: the chiffon cake or shifon keeki (シフォンケーキ), famous for its soft texture, delicate flavor and easy preparation (based on just three ingredients: flour, eggs, and sugar).

To give that mochi-mochi feeling, I used shiratomako (glutinous rice flour) instead of wheat flour. To make shiratomako, the glutinous rice flour (mochikome) is first soaked in water, ground into a dough, then dried and lightly ground until it forms small granules.

Shiratomako is used in the preparation of many wagashi (和菓子 - traditional Japanese sweets) such as daifuku, mochi, and dango... But besides those, it is also suitable for the preparation of western desserts such as cakes, biscuits, and donuts.

To enrich its flavor, I decided to use hojicha powder, Japanese roasted green tea which, once harvested, is toasted in porcelain pots over hot coals, giving it a brownish color and a toasty, nutty flavor. Although it is perhaps one of the lesser-known versions of green tea, it is very popular in Japan and is consumed both hot and cold.

Here is the recipe for hojicha chocolate mochi cake.

Mochi cake ingredients

- 4 eggs
- 80g shiratomako (2.8oz)
- 50g oil (1.7oz)
- 60g milk (I used soy milk) (2.1oz)
- 20g sugar (0.7oz)
- 2 tbsp hojicha (0.4oz)
- 120g dark chocolate (4.2oz)



How to make mochi cake

1 First, we'll prepare our tea, grinding the little pieces of hojicha to make them into a powder.



2 I used a Japanese tool called suribachi (すり鉢 - mortar), but you can use a blender. Once ready, set aside the powder.

3 Take the eggs and separate the yolks from the whites. Set the whites aside for now.

4 To the yolks, we add oil, milk, and half of the sugar (10 grams), and mix well.

5 Add the shiratomako a little at a time and energetically stir continuously until it has dissolved (it will take a little time and patience).

6 Once it is ready, sift in the baking powder and mix it all together.



7 As for the egg whites, add the remaining half of the granulated sugar (not all at once, but a little at a time so as not to "disassemble" our meringue) and beat until it forms stiff peaks.

8 Add 1/3 of the meringue to our liquid shiratomako mixture and mix from the bottom up so that the air is incorporated (this will make our cake soft and fluffy). We will repeat the same process until we have added all of our meringue.



8 Put the mixture in a cake tin (I used the traditional chiffon cake pan that forms a donut with a hole in the middle) and, before putting it in the oven, drop the cake tin on the work surface so as to eliminate air bubbles from the batter.



9 Bake at 170 degrees for 45 minutes.

10 When done, take the cake out of the oven and let it cool upside down.



11 While the cake is cooling, we can prepare the chocolate icing.

12 Break the chocolate into a microwave-safe bowl and heat for 10 seconds. Once the time is up, pull it out and mix your chocolate, which will be starting to melt. Continue the operation, heating in 10-second intervals until it has completely melted.



13 Once the cake has cooled, remove it from the cake tin and cover it with the chocolate.

14 To finish, I garnished the surface by sprinkling on some whole hojicha tea leaves.

Mochi cake variations

While the basic ingredients of this green tea cake remain the same (shiratomako, eggs, flour, and sugar), you can try playing with different flavors. Instead of hojicha, use green tea powder, matcha, or change the taste completely by going for more citrusy flavors with grated yuzu peel, or more traditional with azuki beans.

Same with the icing. I used dark chocolate, but you can opt for a white or milk chocolate glaze or a simple icing made with icing sugar and milk.

Let your imagination run wild.

How to store mochi cake

The cake can be stored in the fridge in an airtight container for 2 to 3 days.

With its pleasing softness, it's a cake that goes beyond standard cake textures, and in times when travel is complicated, it's a great way to bring the flavors (and textures) of Japan to our tables.

Did you know that...

The use of glutinous rice flour is not only linked to Japanese culture. In Hawaii, for example, we also find the famous Hawaiian butter mochi, a cake characterized by the use of mochiko and coconut milk.

One of the most famous versions of this recipe is the matcha mochi cake!

Making mochi and wagashi!

For a more traditional approach to making mochi and wagashi, sign up for our Intensive Wagashi and Mochi Making Course with Mai!



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BY FUJICO,
LIVE JAPAN

When you think of comfort food, what comes to mind? For some people it might be fried chicken or pizza. There is a great variety of things people might say, but when it comes to Japanese comfort food, many might think of different fried treats like karaage or katsu. These dishes are loved by young and old Japanese people alike - but how are they received by foreign palates?

To find out, we interviewed 6 foreign expats about their experiences with Japanese fried food. Some of their comments were quite revealing!

Tonkatsu!
No. 1 most popular!

“So probably my favorite Japanese fried foods would be the tonkatsu - pork cutlets. My favorite restaurant is in Kyoto and I highly recommend it.” (UK / Female / 20’s)

“I like that simple taste. I love the cutlets themselves too, because the portions are often generous and affordable.” (Netherlands / Male / 40s)

Many visitors come to Japan with the goal of trying a great variety of Japanese dishes! And among the most popular of the fried ones is tonkatsu. It’s interesting to see that some visitors even quickly develop a favorite style of tonkatsu or a favorite shop.

One of tonkatsu’s key charms also appears to be portion size and the tangy sauce that’s often drizzled on the cutlets.



Several of our panel members mentioning they love to douse their tonkatsu with the sauce, noting that it complements the juicy meat perfectly, and that the combination of this over rice is positively incredible. (Many Japanese people echo this feeling!)

Karaage (Japanese fried chicken)
Plus beer is the best combination ever!

“I love karaage! I love being able to buy it at convenience stores pretty much everywhere, and I often eat it at school too.” (China / Female / 30s)

“When you come to Japan, you really have to try the fried dishes. In the United States, it can be a little tough to find consistently delicious fried food, and the variety is somewhat lacking. Here [in Japan], flavors can vary so much from shop to shop; they’re all delicious and so much fun to try!” (US / Male / 30’s)



not necessarily top the lists of “typical” Japanese, but this take on fried chicken appears to be very popular among foreigners. In addition, many of our respondents said that, “When we eat out in shops like izakayas and even convenience stores, we often eat [karaage].”

Many among our panel also mentioned enjoying the different ways that karaage can be served in Japan, such as with ponzu, tartar sauce, or covered with scallions. And they also said how it goes well with drinks. One American fellow said he often orders karaage when having a beer, saying that “the two just go perfectly together.” Just like Japanese, people of the world seem to love karaage!

Fried tofu
A gentle taste loved by foreigners?

“We can also make deep-fried tofu at home. I love doing it! I do have to wonder though - it’s fried but it is healthy because it is tofu?” (Slovakia / female / 30s)

To a Japanese person like me, it was quite unexpected that fried tofu (specifically, agedashi tofu) would rank on any list of Japanese foods that appeal to visitors from abroad. It seems quite obsessive enough to make it at home too.

Another of our respondents note that, “It has a mild and gentle taste, as with a lot of other Japanese food. I quite like it!” Some people even said they liked fried tofu more than ordinary tofu! The outside is crispy, the inside is fluffy, and the taste of the broth seems to be the reason for popularity among foreigners.



Speaking of a fried food, karaage might

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Tempura

Beloved by all; a dish with a large difference between shops!

“I love tempura! I especially like the shrimp tempura. But the taste is different depending on the store, so sometimes it’s a bit tricky to find exactly one type that suits me.” (Malaysia / female / 30s)



Tempura is well known as a representative of Japanese fried foods, as the word itself has even become a loan word in English and has spread around the world. I was addicted to it too actually! Many of our panel respondents said the same thing.

However, if you often eat tempura - especially at different shops - you will gradually

notice that there is a nuance in the texture and flavor of the ingredients, as well as in the batter and even the condiments the tempura might be served with (such as different flavors of salt). There is a great variety in tempura stores in Japan, so be sure to try a number of shops as you travel around - try to find your new favorite!

Fried ice cream

What’s a Japanese fried food you haven’t eaten, but would like to try?

“I heard that there is fried ice cream! I have never heard that ice cream can be fried! I want to try it!” (China / Women / 30s)

“I do not know if it’s delicious, but I would like to eat fried ice cream - or even that weird ice cream that doesn’t melt!” (Netherlands / Male / 40s)

“Maybe fried oysters would be delicious? I eat raw oysters, but I have never eaten fried oysters. I would like to give them a go at least once.” (Malaysia / Female / 30s)



Food that you’ve heard of, haven’t tried, but want to give a go. Deep-fried sweets like ice cream had been mentioned several times. It seems that these kinds of dishes aren’t as popular abroad, or that people couldn’t readily find them in their area. Curious, don’t you think?

In addition to the fried foods raised this time, there are so many other ones in Japan. Some forms, such as fried bread, are popular among Japanese. When traveling, be sure to keep an eye out for unique dishes and don’t be afraid to try them out!

Kushiage

Different deep-fried varieties which are plain fun to eat!

“When I went to Osaka, I often ate kushikatsu with my friends!” (UK / woman / 20s)

Kushiage is a type of food that originated in Osaka; quite simply, it is a variety of ingredients, including vegetables, meat, and eggs, that are skewered and then deep-fried. Kushikatsu are deep-fried slices of pork, but the word can also refer to the general image of deep-fried, skewered food.

One of the reasons for kushiage’s popularity that we teased out from speaking with our expat panel was that there is solid variety in ingredients and that they leave both mouth and tummy happy.

“It’s cheap, tastes great - but also fried, so it makes you full,” was one comment. “It’s also very delicious to eat with beer, so when you go out drinking with friends, we often eat it.”

Overall, our respondents seemed to enjoy the dish not only for its taste, but also because it’s a unique and fun dish.

Korokke

How to make “Japanese croquettes” - surprise & inspiration!

“So korokke are completely different from what I had in mind when I thought of ‘croquettes.’ You might just imagine fried mashed potato or French fries or something similar, but korokke just blew me away!” (US / male / 30s)



Many visitors encounter korokke for the first time in Japan! Korokke can come in different flavors and varieties, but will often be based around a mixture of mashed potato with minced meat or fish (such as crab), or vegetables for vegetarians; this is shaped, breaded, and then deep-fried. Some people even say it’s their kind of soul food.



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My go-to get well soon food

Feel better with some delicious Japanese dishes

STORY AND PHOTOS BY
SHOJI KUDAKA,
STRIPES JAPAN

Winter is the time where there are more chances of getting sick than in any other seasons. This winter looks no less unforgiving with a very contagious variant of COVID-19 adding another obstacle to the already difficult season.

Though the winter weather hits Japan's mainland, Okinawa, where I live, isn't exempt from seasonal troubles. Though the island's residents enjoy a year-round sub-tropical climate, sensitivities to lower temperatures and catching a cold or flu are still possible during the winter season.

If you do get sick in Japan, the good news is that there are many delicious foods to help you feel better in no time.

You may have your own list of comfort foods for when you feel under the weather, but below I've shared some of my favorite Okinawan dishes I choose when I feel sick. Some of them are traditional, while others are rather what you might call "convenience food." Either way, these are not difficult to cook or prepare. They can help supply nutrition and make you feel better without too much cost or effort.

shoji.kudaka@stripes.com

Kachu-yu

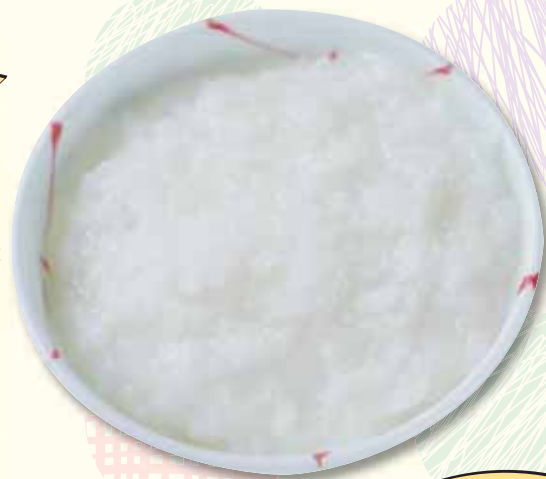
This is another very nutritious Okinawan soup, but much easier to prepare than Shinjimun. To prepare this broth, all you need is a handful of dried bonito flakes and a spoonful of miso paste in a bowl. Pour boiled water on top and you have an instant soup ready to boost your energy. "Kachuu" means bonito in Okinawan dialect.

Given the small amount of effort it takes to cook this soup, its taste can be a big surprise. It is worth mentioning that this soup is arguably one of the best ways to taste the "umami" of bonito flakes and enjoy their aroma.



Okayu (rice porridge)

Just like folks in other Asian countries, Okinawans (and Japanese) eat rice porridges, especially when they are down with a cold. It makes perfect sense because this food is easy to digest and can let you replenish nutrition quickly. I often have it with umeboshi (pickled plums).



Cup Ramen

Instant noodles may not be a big help in supplying nutrition, but this guilty pleasure can at least make me feel better. In fact, this is one of a few things I look forward to when I am down with a cold. Although I would normally go for spicy noodles, I go easy on my stomach when I'm sick by choosing those with mild flavors such as "Nissin Chicken Ramen Noodle" or the original "Cup Noodle."



shinjimun

Shinjimun, or decocted soup, is a nourishing Okinawan dish. According to Hiroko Shou, a professor emerita of the University of the Ryukyus, this local food represents the idea of "Yakushoku Dougen (medicine and food have the same origin)", which is based on Chinese medicine. Common ingredients for Shinjimun are pork, fish, and vegetables. In particular, a decocted soup with pork liver known as "Chimushinji" is valued as a strong revitalizer.

Shinjimun is at the top of my list when it comes to what to eat to fight off a cold. I usually top it with a lot of grated garlic, which naturally adds a strong spiciness.



Energy drink

"Eiyou dorinku," or energy drinks, are pretty popular for those seeking quick recovery after a long day at work or a long night of partying. However, eiyou dorinku are also handy for when you're down with a cold or flu. Among the plethora of energy drinks available at the convenience or grocery store, my favorite is "Lipovitan D." It is all because of its TV ad with the slogan "Fight Ippatsu (one-shot)!", which was frequently on air when I was a kid. I still feel like chanting the catchline when I have a shot of this time-honored drink.





Make Shinjimun, kachu-yu and okayu at home

Kachu-yu

- INGREDIENTS** (for 1 person)
- Dried bonito flakes (a handful)
 - Miso paste (a spoonful)

RECIPE

1 Put dried bonito flakes and miso paste in a bowl.



2 Pour boiled water on top.



3 Cover the bowl with a plate.



Okayu (rice porridge)

- INGREDIENTS** (for 2 persons)
- Rice (200cc)
 - Water (1,200cc)

RECIPE

1 Heat up rice and water in a pot over high flame. Cover the pot with a lid.



2 Take off the lid and see if the water has come to a boil.



3 Put the lid back on leaving a little gap. Adjust the heat to medium flame.



4 Stir the rice at times to prevent it from sticking to each other. Put the lid back on.



5 It is ready when the rice softens to the core.



* Customize the flavor with various ingredients like umeboshi, azuki beans or seasoned cod roe.

Shinjimun

- INGREDIENTS** (for 2 persons)
- Pork (lean meat, 460g)
 - Carrot (one)
 - Potato (two)
 - Garlic (one cluster)
 - Garlic chives (appropriate amount)
 - Miso paste (two spoonfuls)
 - Water (1,400cc)

RECIPE

1 Shave fat off pork and slice it into small pieces.



2 Heat water (1,400ml) in a pot over medium flame. Put sliced pork in the pot.



3 Scoop and remove foam.



4 Loosely cover the pot with a lid, leaving a little gap to let the steam escape.



5 Slice a carrot into small pieces and add to the pork in the pot.



6 Slice potatoes into small pieces and rinse them with water. Add them to the mixture in the pot. Loosely cover the pot with a lid.



7 Separate head of garlic and peel cloves. Add half of them to the mixture in the pot. Grate the rest of the garlic cloves and set aside.



8 Slice garlic chives into small pieces.



9 Once the pork and potatoes in the pot are cooked through, add in miso paste, grated garlic, and sliced garlic chives.



10 Stir the soup and ingredients over low flame. Kill the flame before you serve up the soup in a bowl.



(It took roughly 45 minutes to cook through)



LET'S TAKE A VIRTUAL VACATION

STRIPES JAPAN

For many of us, the coronavirus pandemic meant canceled flights and postponing our travel plans. How we think about travel and how travel will be impacted in the future remains a mystery. We may be stuck at home, but that doesn't mean we can't dream of where we'll go next.

There is still so much of the world we have left to see, so join us as we revisit our favorite locations in the Pacific and highlight the must-see spots. Take a plunge in one of Okinawa's pristine island beaches, go for a swing over the rice paddies in Bali, or enjoy a nice cup of Vietnamese coffee in Ho Chi Minh City—all from the comfort (and safety) of your home. Join us, take notes, and don't pack your bags, we're going on a Virtual Vacation!



Vietnam

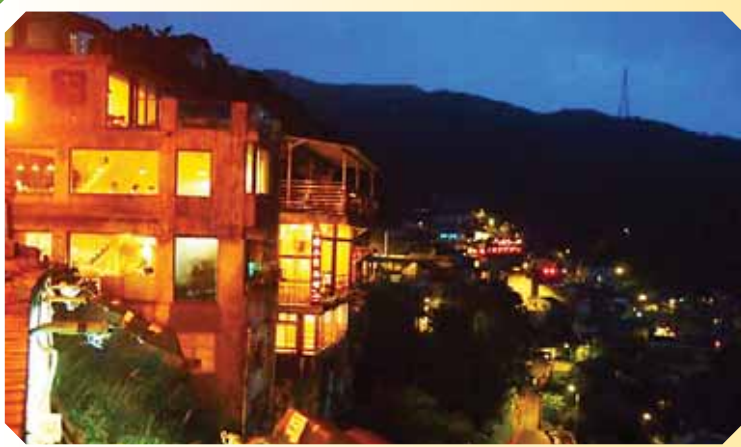
Here in the Pacific, Vietnam may be one of the spots on the top of your vacation wish list. Ho Chi Minh City is a great spot to consider when travel is safe again. Until then, let's go on a virtual trip to explore what this beautiful city has in store for us. Here you'll find French colonial architecture, and food and culture with an East-meets-West charm. We visit Dong Khoi Street for a stroll through "Petit Paris" and to Chua Vinh Nghiem, one of the largest Buddhist temples in the country. Don't forget to take a break to grab a banh mi sandwich and a delicious cup of Vietnamese coffee.



Philippines



On this virtual vacation, we head to El Nido in the Philippines. This tropical paradise is only about a one-hour flight from Manila and is made up of about 50 small limestone islands. Do you enjoy diving, kayaking, swimming and other marine activities? Then, this trip is one you'll want to take notes on. We visit the area lagoons for a swim in the emerald waters, the Cudugnon Cave and the Puerto Princesa Underground River for some exploring. This trip has something for everyone, so don't pack a bag and join us!



Taiwan

Come along as we travel to exciting Taiwan for majestic mountains, pristine beaches, cheerful people and delicious cuisine. Here you'll see traditional architecture comingle with cutting-edge skyscrapers. Our trip will take us to Chiufen Town, the inspiration for Hayao Miyazaki's "Spirited Away" animated film, and for some shopping at the 111-year-old Shilin Night Market. We also make sure to grab some Paigu Chaofan, a pork sparerib and fried rice dish. Tasty!



Singapore



Perhaps after watching the Hollywood movie "Crazy Rich Asians," Singapore has been on your mind as a great place to vacation. This small island country is where old-meets-new and where influences of European, Chinese, Malayan, and other cultures collide. This virtual vacation will take you to the Raffles Landing Site for some Instagram-worthy pics, to the equally-photogenic Marina Area for a glimpse at a future-oriented cityscape. If you're hungry you'll want to try the Hainanese chicken rice, a well-seasoned steamed and chopped chicken on rice that is also steamed in chicken soup, topped with ginger and chili sauce. The flavorful dish will have you wanting more.



Australia



VIEW VIDEO!

Join us for a trip down under to the Australian Gold Coast. This area is rich in natural beauty, aboriginal culture, arts and delicious cuisine. We'll shop 'til we drop at Surfers Paradise, a coastal suburb with a wide sand surf beach, plenty of stores and a vibrant nightlife. A visit to Australia wouldn't be complete without cuddling with a koala. Let's make some new furry friends at the Currumbin Wildlife Sanctuary which is home to one of the largest collections of the country's native species.



Hawaii

Get ready for some aloha time with a quick virtual trip to Hawaii. There is a lot to see and do here so get ready as we head out a beach day at Waikiki, a look at island history at the tribute to King Kamehameha in front of the State Supreme Court, and some hiking at Diamond Head. Hungry? That's great, because we're also going to Ewa Beach for some tender and juicy Kahlua Pork and a show!



VIEW VIDEO!

Bali



VIEW VIDEO!

Let's visit a spot that's on many vacation bucketlists. Bali is a tropical paradise and is a great spot for delicious food and beach-hopping. Among the stops we'll make on this virtual trip is Uluwatu Temple, Indonesia's top religious and cultural landmark. The 1,000-year-old temple also hosts local traditional Kecak fire dancers in the evening. We'll also go for a swing over the Jatiluwih rice terraces, a UNESCO Cultural Heritage Site candidate.



Miyako Island

Delicious mango, great diving and sandy beaches await at Miyako Island. This unique location offers great shopping and activities perfect for couples and families. On this virtual journey we visit Sunama Beach, Higashiennazaki, a cape with a stunning view unlike anything you'll find in Okinawa and Tooriike, a great dive spot accessible nearby. Catch up, we have a lot of exploring to do!



VIEW VIDEO!

Okinawa



VIEW VIDEO!

Let's travel to one of Okinawa's remote island paradises— Ie Island. Here ocean meets sky in breathtaking hues of blue. We'll stop for the view at GI Beach and Wajee. Then, we'll climb Gusukuyama, a 172-meter-high mountain, for some exercise, fresh air and a bird's eye view. This island is also rich in history and the monument to Ernie Pyle here is one you'll want to check out.



CONTINUED FROM PAGE 9

Kobe



VIEW VIDEO!

You may think beef when you hear the name Kobe, but this port city has much more than juicy steak. We'll go to Kitano Ijinkan Street known for its charming European architecture with cobblestone streets and picturesque buildings. Enjoy a look at the iconic Kobe Port Tower with its intricate lattice design which was the country's first illuminated building. Get a spectacular view from the observation deck and take the pedestrian overpass to the Kobe Maritime Museum for some history on the 100-plus-year history of the city.



Kyoto

Is a trip to Japan's old capital on your bucketlist? Let's plan ahead with a quick virtual trip to Kyoto. We'll take you to a few of the area's UNESCO World Heritage sites like Kiyomizu Temple dating back over 1,200 years. Nearby we'll check out Gion District known for geisha and then visit Arahiyama's wooden bridge and bamboo grove. These are great photo ops you won't want to miss. We'll also try yatsushashi, a soft, mochi-like sweet filled with bean paste—delicious!



VIEW VIDEO!

Osaka



VIEW VIDEO!

Get ready to head to another hotspot in Japan – Osaka! We'll visit Dotonbori, Osaka Castle and more in this video getaway. Hop on a boat ride to take in a good look at the city lights, try their signature octopus street food, takoyaki, and get a great view from above at the Umeda Sky Building. If you're stationed in Japan and Osaka has been on your list, you won't want to miss this virtual vacation!



Jeonju

This quick getaway to Jeonju includes a stop at the Hanok Village home to over 800 traditional Korean houses for a walk among Korean history. We visit the Jeondong Catholic Church dating back tot 1914 with unique Byzantine and Romanesque architectural styles, which make it one of the most beautiful Catholic churches on the peninsula. A visit to Jeonju isn't complete without trying the local bibimbap, a Korean rice bowl topped with an array of vegetables and meat and served with a gochujang.



VIEW VIDEO!

Busan



VIEW VIDEO!

On this trip to Busan, we hope on the Songdo cable car for visits around the city. We visit the Gamcheon Culture Village for a look at the colorful architecture on the foot of the mountain and Haedong Yonggosa Temple, which boasts a magnificent ocean view. We also grab a bit at Nampodong BIFF square for the unique atmosphere and tasty Korean street food.



Japan's smaller cities offer lands of discovery and adventure

Editor's Note: Please use this article for planning purposes when travel reopens for us in the Pacific. Always follow the guidelines set by your base command. And when you travel, please practice preventative measures at all times including wearing a facemask, social distancing and washing/sanitizing your hands often.

BY LACEY PFALZ,
TRAVELPULSE

Tokyo and Kyoto aren't the only worthwhile destinations to visit in storied Japan, but they're often the only ones Americans know about. The nation's smaller towns offer plenty of attractions, from a land where oriental white storks fly overhead to a historic town memorable for its hot springs to another notable for its close proximity to the stately and picturesque Mount Fuji.

They're also perfect complements to a longer tour throughout Japan, offering less-crowded destinations with just as much culture, history and gastronomic adventure as the larger cities.

The land of the white stork

Toyooka City, located on the northern coast of southwestern Japan, can be accessed from Kyoto or one of the other cities in the region. It's a beautiful town offering opportunities to enjoy Japanese culture at its most elemental, complete with izakayas, or pub-style restaurants offering delicious regional dishes.

The town is home to the country's oldest wooden market, Kousetsu Ichiba, which offers freshly grown produce and flowers. Toyooka, known for its history of producing high-quality bags, offers its own Caban Street, or bag street, where travelers can pick up a bag or wicker trunk whose legacy reflects the town's 1,200-year-old bag-making history.

The town is located near two very special natural landmarks. The first is the Genbudo Caves, where columns of basalt rise to the sky in a staggeringly organized manner. The second is the oriental white stork, or kounotori. This gorgeous bird was once found all across Japan, but was threatened nearly to extinction in the mid-1900s.

It was in Toyooka City that residents captured some of the last wild oriental white storks and began breeding them in an effort to continue their species. Today, Hyogo Park of the Oriental White Stork in Toyooka is a free, family-friendly attraction that includes educational activities along with wildlife viewings.

The land of snow and steam

Kinosaki is a historic town along the Maruyama River in Hyogo Prefecture, just north of Toyooka City. Known for its onsens, or hot springs, residents and travelers to the town have been soaking in the springs since the year 720 A.D.

Kinosaki's seven public onsens, unlike many others throughout Japan, are tattoo-friendly, which means that travelers with tattoos that cannot be hidden won't be denied entry to the springs.

This picturesque town is perfect for visits throughout the year, but is especially beautiful in the winter, when a layer of soft snow covers the tiles roofs and cobblestone streets. Visitors can enjoy skiing and snowshoeing, or hiking along the Ropeway Hiking Course, which includes a stop where hikers can view the valley below.

As a town with a historic past, there's no limit to cultural and historical experiences in Kinosaki, too. Tea ceremonies, meditation, calligraphy workshops and a stop to Osenji Temple are a must for travelers who'd like to immerse themselves in Japanese culture.

The immersion goes even further at the Nishimuraya Honkan, where guests can stay in a traditional ryokan-style property, with an indoor and outdoor onsen for guests to enjoy, as well as a peaceful Japanese garden.

The land of towering peaks

The closest city to the esteemed and picturesque Mount Fuji is Fujinomiya, in the Shizuoka Prefecture. The city is the starting point for two routes leading to the top of Mount Fuji and is an ideal destination for active adventurers.

Travelers can learn about the region's historic significance at the Mt. Fuji World Heritage Center, then prepared adventurers can start their trek upwards into the clouds with the Fujinomiya Trail or Prince Route. Families or travelers who'd rather not trek the mountain can also enjoy tours around the mountain, from just hiking to whitewater rafting and more.

Other travelers can enjoy visiting Mount Fuji Sengen Taisha Shrine, which has a 2,000-year history as one of the most important shrines of the region. Travelers can also purchase and learn how to wear a traditional

Japanese kimono and try locally crafted sake, made from Mount Fuji's snow-melt from the Shiraito Falls.

Funjinomiya is easy to visit from Tokyo. Travelers can take the Yakisoba Express Bus, which goes directly to the town from Tokyo, making this a great addition to any Tokyo visit.

The land of adventure

Located near Mount Fuji is another town notable for many of its adrenaline-inducing attractions. Gotemba, home to the Fuji Speedway, many golf courses and the start of the longest trail up Mount Fuji offers plenty to enjoy.

For travelers wanting a longer, less crowded trek up Mount Fuji, the Gotemba Trail is perfect for them, as it is less popular and less developed. Gotemba is also known for its many hot springs, which makes for a perfect end to a cold hike or outdoor activity, like cycling or horseback riding.

Gotemba is also where outdoor lovers can enjoy a luxury glamping experience with Fujino Kirameki. Featuring gourmet food, luxurious accommodations and excursions like forest walks, hiking, cave exploring and more, travelers can enjoy the best of adventure travel without skimping on the luxury.

The land of luxury

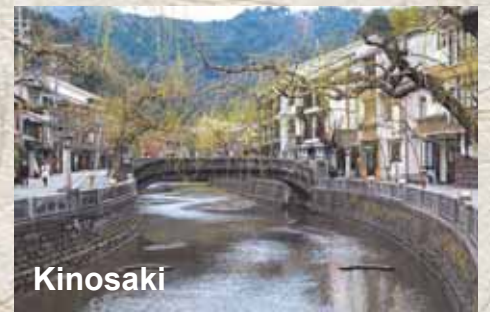
Speaking of luxury, travelers to the tea-rich Shizuoka Prefecture should consider Atami City as a great base for their explorations of Japanese culture and food, only 40 minutes away from Tokyo by train.

This coastal city boasts wonderful onsens, views of Mount Fuji and plenty of delicious seafood dishes for the adventurous eater.

This city is also known for three of its luxury accommodations.

The Momoyama Gaen by The Curation Hotel offers Japanese design in locally sourced materials and craftsmen, complete with an onsen and art from the Japanese Edo period. Tounoya-an by The Curation Hotel is a historic Japanese kominka, a stunning villa complete with an on-site onsen and modern accommodations.

Suto-suien by The Curation Hotel is another kominka property, which fuses two Japanese styles together to create a truly unique blend of wabi-sabi, the acceptance of imperfection, and Rinpa, an Edo period artistic style.



Kinosaki

Photo Courtesy of Dreamstime/TNS



Kinosaki Onsen



Kinosaki Onsen



Fujinomiya



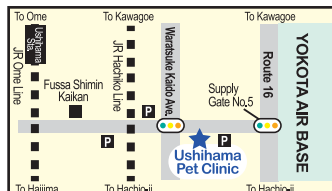
Gotemba



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BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

In the snowy regions like Misawa, after the initial wonders of winter, the snowy landscape soon turns to a monotonous view of grays, whites and bare trees.

But don't fret, the cold, completely transparent air during this time makes for the perfect setting to enjoy colorful illumination displays around the region!

While Misawa and other cities in Aomori Prefecture have been experiencing ceaselessly snowfalls, a fantastic illumination event made up of pure white snow, blue LEDs and various modern art are currently attracting visitors to the Towada Art Center nearby Misawa Air Base.

At the Art Square, visitors are treated to an impressive display of about 300,000 blue-hued LEDs illuminating artworks, such as the "Ghost & Unknown Mass" by Inges Idee, "Fat House & Fat Car" by Erwin Wurm and "Love Forever, Singing in Towada" by Yayoi Kusama.

The display makes the winter season dreamy and worthwhile for many in the area who look forward to this every year.

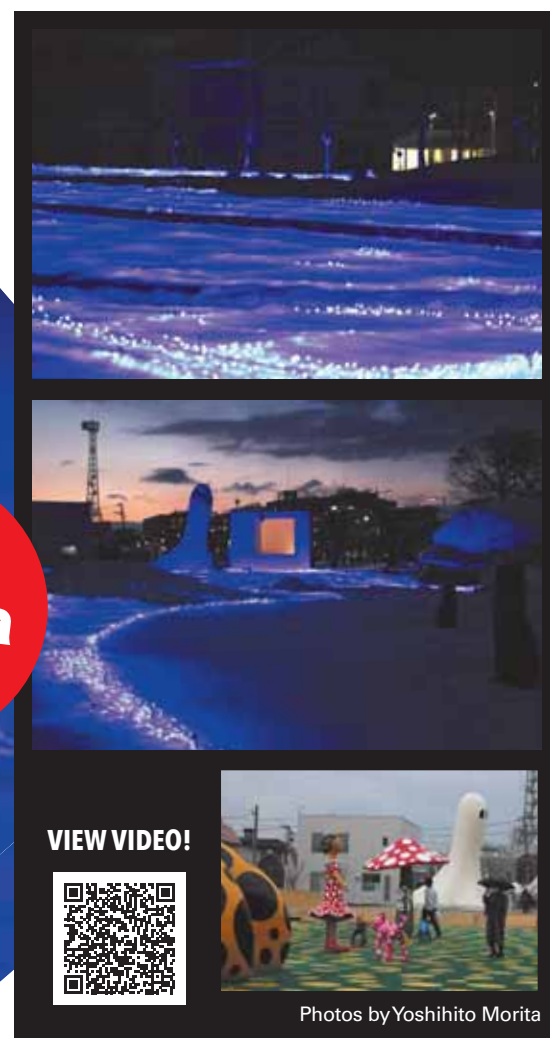
"The blue illumination carpet beyond piling snows just reminded me of the blue ocean and white waves," says Yoshihito Morita of Misawa Commissary who

recently visited the illumination event. "It was a fantastic view, indeed!"

You can enjoy the fantastic illumination until February 14 for free of charge.

Besides this illumination project by Towada City, another illumination project "FeStA LuCe 2021-2022 - The story of Winter in Light" is ongoing until Feb. 20 in the same city.

takiguchi.takahiro@stripes.com



VIEW VIDEO!



Photos by Yoshihito Morita

ARTS TOWADA WINTER ILLUMINATION 2021

LOCATION: 3 Sambancho (Towada Art Center), Towada City, Aomori Prefecture
PERIOD: Now – Feb. 14
HOURS: 4:30 p.m. – 9 p.m.
ADMISSION: Free
TEL: 0176-51-6773 (Towada City Chamber of Commerce and Industries)



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BY TODD MARTENS,
LOS ANGELES TIMES

Courtesy photos

Video game players will be overwhelmed with content in 2022 as pandemic-delayed projects populate the calendar after a year in which blockbusters were in relative short supply. Although 2021 ended with the release of a new Halo title, it was also a year when players discovered smaller, quieter and more thoughtful games, with no shortage of vital works.

The next 12 months, however, are full of much-hyped titles, so much so that there wasn't room on this list for all of them, including God of War Ragnarok and Starfield. That's not a slight; it's just a very good time to be a player. Here are 10 games I'm excited to play in 2022.



Afterlove EP

Interactive entertainment has proven to be uniquely suited to tackle love and grief, in part because the medium requires players to lean in and take a participatory role. Heartbreak feels more manageable when we're actively working through it. Afterlove EP, set in Indonesia's capital, Jakarta, puts players in the role of a young musician who can't yet move on from a lost love. The narrative adventure aims to tackle how we dwell, and how we move on, mixing choice-driven storytelling with rhythmic gameplay.

Release date: summer 2022

Platforms: Nintendo Switch, PlayStation consoles, Windows PCs



Elden Ring

Arguably the most anticipated game of the year, Elden Ring will arrive early and likely dominate the conversation for months to come. The latest work by FromSoftware, known for its painstakingly difficult adventure role-playing games such as Dark Souls, Elden Ring will broaden the studio's audience as it features storytelling contributions from "Game of Thrones" author George R.R. Martin. That doesn't mean this will be an easier game, just one featuring a fuller, more fleshed-out fantasy world that mixes majestic dragons with quieter moments of mysticism.

Release date: Feb 25

Platforms: PlayStation consoles, Xbox consoles, Windows PCs



Horizon Forbidden West

Back in 2017, Sony and Guerrilla Games introduced us to Aloy, a female warrior on an existential quest for personal discovery in a far-future America. Dystopia, in the world Aloy explored, rarely looked so appealing, with its mix of robotic enemies and disparate cultures. The sequel promises more outlandish settings in which nature has reclaimed cities — some sunken, some still towering — as Aloy continues to search for the secrets that led to the world being ravaged.

Release date: Feb 18

Platform: PlayStation consoles

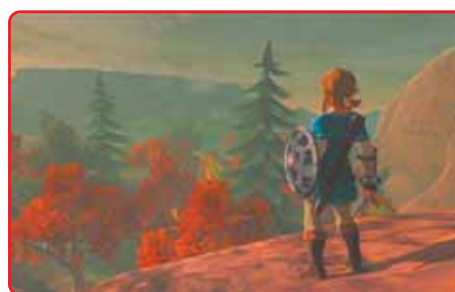


Endling - Extinction Is Forever

Play as a mother fox, the last one alive, as she aims to lead her cubs to safety. Traverse a twilight-tinged, barren world that doesn't look all that different from our own, as humans have wreaked havoc on the planet and stand as the greatest threat to the fox family. It's a survival game, one inspired by our current climate crisis, but also one that celebrates life. As we survive and hunt and gather supplies for our young cubs, we'll watch them grow and thrive on our quest to the last safe haven on Earth.

Release date: spring

Platforms: Nintendo Switch, PlayStation consoles, Xbox consoles, Windows PCs



The Legend of Zelda: Breath of the Wild sequel

The as-yet-unnamed sequel to The Legend of Zelda: Breath of the Wild already looks striking, with an all-too-brief clip released by Nintendo that showed a simmering fire around a floating castle as it rises into the sky. Little is known about the game, but if pre-release pics are to be believed, our protagonist Link will take to the skies, giving us new vistas to explore. Nintendo has pledged a 2022 release date for the sequel to a game widely hailed as a masterpiece, one that redefined the nature of so-called open-world games by emphasizing optional, nonlinear storytelling.

Release date: TBA

Platform: Nintendo Switch



OlliOlli World

Set in a world called Radlandia that worships skate gods, OlliOlli World sounds like a game from another era. But we should know by now that skating is forever, and OlliOlli World makes it look as inviting as ever. Purple waterfalls, green ramps, orange rocks and a bevy of alien-like creatures that look like pieces of candy populate the world we'll glide around. It's all in the name of reaching a sense of flow, but as anyone who's played a previous OlliOlli game is aware, staying on the board takes skill.

Release date: Feb 8

Platforms: Nintendo Switch, PlayStation consoles, Xbox consoles



We Are OFK

Like the Oxenfree games, We Are OFK looks to further merge interactive entertainment and television. An episodic series that will follow a fictional band — the game will serve as a release vehicle for the not-quite-real band — We Are OFK invites us to simply hang out in Los Angeles and get wrapped up in the drama of the character's lives. The game's slightly dreamy pastel-like look is inviting and friendly, encouraging us to drive conversations and fall in love with digital creations in the same way we do our TV stars.

Release date: TBA

Platforms: PlayStation consoles, Windows PCs



Pokemon Legends: Arceus

Pokemon: reborn. Somewhat. In this vast new adventure that promises something akin to an open world as well as changes in battle systems, I'm looking forward to a game that takes some of the approachable lessons of Pokemon Go and merges them with the more exploratory nature of modern video games. But any changes to the world of Pokemon are not just excitingly overdue but sure to be hotly debated.

Release date: Jan. 28

Platform: Nintendo Switch



Stray

A cyberpunk-looking mystery with a stray cat at its center, Stray is a third-person adventure in which we, yes, play as a cat traversing a neon-obsessed city to avoid robots and creatures. Our only friend is a drone in this world in which robots have vintage computers for heads. The game wants us to embrace being a cat, and that means being stealthy, nimble or just annoying the heck out of others.

Release date: TBD

Platforms: PlayStation consoles, Windows PCs



Oxenfree 2

Local game developer Night School Studio has focused its efforts on honing conversation in games, creating a relatively realistic dialogue system in which characters speak, interrupt one another and overlap with each other. The result: games that more closely merge the interactive medium with television. The original Oxenfree had a mystical, slightly foreboding tone — think "Goonies," "Stranger Things." Its sequel promises another set of mysteries to unravel via radio frequencies.

Release date: TBA

Platforms: PlayStation consoles, Nintendo Switch, Windows PC

ANIMATION FASCINATION

Manga, anime to watch out for this year

BY CHRIS CIMI
METROPOLIS MAGAZINE



1



Blue Lock

Sports series haven't traditionally performed well in English speaking markets despite being a fixture of Japanese manga and anime. "Haikyuu" in the 2010s was the first to truly buck that trend, growing a cross-cultural fandom even giants like "Slam Dunk" and "Touch" failed to do.

Muneyuki Kaneshiro and Yusuke Nomura's "Blue Lock" is poised to burst international floodgates open even further, with a huge Japanese readership and a 2022 anime adaptation on the way. Adding a 'death game' style elimination twist has kept this soccer story unpredictable, readers constantly kept on their toes. All the cool boys and its impactful motion-capturing illustration style don't hurt either.

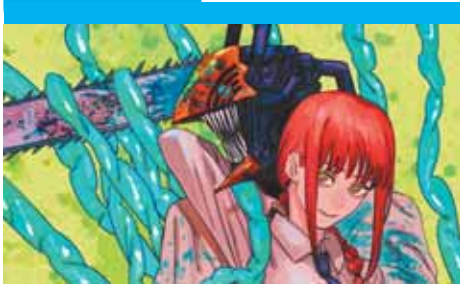
5



The Orbital Children orbital children

Hardcore fans of Sci-Fi cult classic "Den-noh Coil" have been waiting since the late 00s for prolific key animator, and occasional director, Mitsuo Iso to come through with another original project. Behind some of the most memorable cuts from End of Evangelion, Perfect Blue and Only Yesterday amongst many others, the man's directorial efforts deserve our attention. Late January will see the first of his two-part film series, The Orbital Children whose near-future sci-fi premise has a lot in common with the previous "Den-noh Coil" though with an added survival element, hits Netflix January 28th.

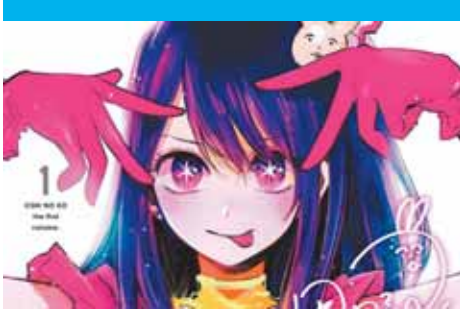
2



Chainsaw Man

Much buzz already surrounds "Chainsaw Man," winning over all readers who subscribe to Weekly Shonen Jump or its English online equivalent. Tatsuki Fujimoto's tale stands at odds with current Jump darling "Demon Slayer," as the way its inherent gritty concepts manifest as visual poetry on every page seems unconcerned with "Dragon Ball"-derived shonen formulas of old. An adaptation by MAPPA, one of the last prestige studios in the industry, is set to come sometime in 2022, so get in on the manga before it returns from its hiatus.

6



Oshi no Ko

Perhaps it's a gamble naming "Oshi no Ko" one of the manga to look for in 2022, but this left-field tale about idol-siblings, a secretly reincarnated doctor patient pair, has been both so critically and commercially successful in Japan since it launched in spring of 2020 that our gut tells us either an anime announcement or word of an official English translation can't be far off. A team-up comic from Aka Akasaka, creator of the beloved "Kaguya-Sama," and "Scum's Wish" artist Mengo Yokoyari, this dark-side-of-idol-culture manga promises to stun and shock all who read its pages

3



Inu-oh

Already having premiered at this year's Venice International Film Festival, and later domestically at Tokyo's biggest festival, the latest by animation superstar Masaaki Yuasa, known for his cartoonish and fluid approach to the craft, has albeit unsurprisingly been delighting audiences and critics alike. Animated at Science SARU, and tangentially related to their recent and recommended historical drama "The Heike Story," this tale of a boy with uncommon physical characteristics born into an age of warring clans opens in Japan early next year with confirmed screenings across Europe and North America to follow.

7



Goodbye, DonGlees

MADHOUSE continues to be every bit as relevant to the anime medium as it was when four of the all-time-greatest animators teamed up to form the studio in the early 80s. Known for crafting animated adaptations of seminal manga like "Hunter x Hunter," "One Punch Man" and "Trigun," with the love and polish they deserve, the studio finds great success with their artsier pieces too, like 2021's boundary-breaking "Sonny Boy." The February 2022 film Goodbye, DonGless, baby of the soulful "A Place Beyond The Universe's" director Atsuko Ishizuka, is shaping up to be a welcome example of the latter.

4



The Continuing Works of Yama Wayama

Without a doubt, Yama Wayama will be the manga artist to look out for in this coming decade. Since she debuted "Captivated, By You" just two shorts years ago, everything she's done racked up awards and earned spots on critic's best of lists, so much so it and "Let's Go Karaoke!" are already appearing in translation. Coming from the world of "Boys Love" doujin comics, she's perfected the art of capturing the subtle charms and eccentricities. She's currently serializing "Onna to Sonna Hoshi," pictured above, and has a collaborative book with underground manga legend Usamaru Furuya hitting Japanese bookstands presently

8



Attack on Titan The Final Season Part 2

At the time of writing, Shinjuku Station finds itself plastered with giant "Attack on Titan: The Final Season" ads featuring Eren, Levi, and co in streetwear, ringing in the enormously anticipated grand finale of one of the most popular and subversive fixtures of the last decade. With its reputation and built-in fanbase, one could argue the show doesn't need additional exposure. Consider though, certain audiences might have written the show off after its first season in 2013, deciding the grotesque premise alone wasn't for them. "Attack on Titan" blossomed beyond action with each passing season, however, with its oeuvre encapsulating horrific atmospheres, engrossing political machinations, and bold meditations on race and war alike.

Stripes Sports Trivia

Do you believe in forgotten games? Although everyone knows about the 'Miracle on Ice' U.S. men's hockey win over the Soviet Union in 1980, not everyone realizes that there was still a game to play after the victory. The win over the Soviets in the semis meant much more, but what country did the U.S. squad knock off to win the gold medal?

Answer

Finland

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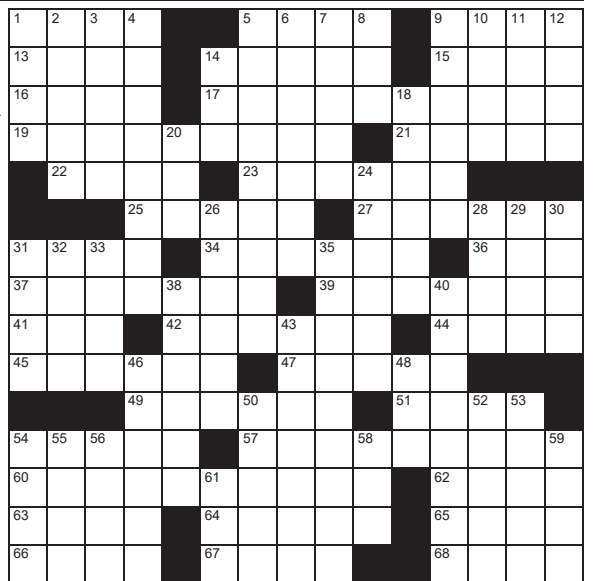
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The Weekly Crossword

by Margie E. Burke

ACROSS

- Scrabble piece
- 2006 film, "Happy ____"
- Help for the poor
- Bard of ____
- Columbus ship
- Commuter line
- School military org.
- Hard coal
- Heavy guns
- Shakespearean title character
- Bygone time
- Food critic's asset
- Gulf of Naples isle
- Nuremberg native
- Gone wrong?
- Hang around
- Give it ____ (try)
- "B.C." character
- Ticked off
- State of rage
- Countless
- Bud holder
- Indicate
- 2018 film, "A Quiet ____"
- Black currant liqueur
- Bridge feature
- Black ink item
- Act as host
- Incumbent's goal
- Details, slangily
- Edible tuber
- Make amends (for)
- Land or stream starter
- Bed board
- Fine-tune, as muscles
- Ultimatum word



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- | | | |
|------------------------------|--------------------|-----------------------|
| 3 State-run game | 40 Paycheck padder | 53 Old LP players |
| 4 Completely surround | 43 Two cents worth | 54 Some are fine |
| 5 Contract details | 46 Spotted cat | 55 Notary's tool |
| 6 Get on board | 48 Vacation rental | 56 Hospital supplies |
| 7 Type of alcohol | 50 Brief brawl | 58 OH to MA direction |
| 8 "Art" anagram | 52 Erie or Suez | 59 ____ the wiser |
| 9 Quiver carrier | | 61 Felix, for one |
| 10 Animal shelter | | |
| 11 Tiny insect | | |
| 12 A whole bunch | | |
| 14 Good buddy | | |
| 18 Toward the rudder | | |
| 20 Rustic locale | | |
| 24 Meeting itinerary | | |
| 26 Runway sights | | |
| 28 Early Yucatan dweller | | |
| 29 Matures | | |
| 30 Junction point | | |
| 31 Battery contents | | |
| 32 "Silver" or "soft" ending | | |
| 33 Dutch ____ | | |
| 35 Bile duct obstruction | | |
| 38 Undergo change | | |

Answers to Previous Crossword:

S	O	U	L	M	A	S	S	P	L	A	C	E
A	N	N	A	C	L	I	P	V	E	L	A	R
S	C	A	N	M	A	R	A	S	C	H	I	N
H	E	D	G	E	M	E	T	E	A	B	E	D
O	U	T	G	O	A	D	V	I	S	E		
A	F	R	I	C	A	T	U	N	E	R		
D	A	N	D	E	L	I	O	N	T	E	P	E
D	Y	E	T	A	R	N	I	S	H	R	A	Y
S	E	D	G	E	I	N	T	E	R	P	O	S
				E	R	A	S	E	R	O	O	M
S	P	I	N	A	L	G	E	N	I	E		
L	U	N	E	E	U	R	O	E	N	N	U	I
A	T	T	R	A	C	T	I	O	N	T	A	R
C	O	R	A	L	A	L	S	O	E	D	G	E
K	N	O	L	L	H	E	E	D	D	E	E	M

Kanji of the week



Hiru/chuu (noon)

Language Lesson

I'm sad.

Kanashii desu.



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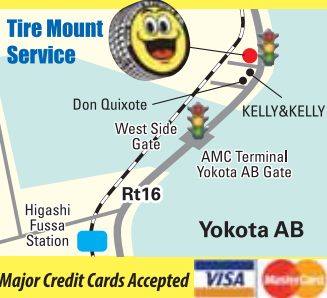
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Difficulty: Easy

5	8							2
4								
6			1	5	9			
	4		3					1
	6							4
9		8	5				6	3
1			4	7				
	2						8	
		9						
			5	1				

Edited by Margie E. Burke

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answer to Previous Sudoku:

7	3	5	9	8	4	1	2	6
4	1	9	5	6	2	3	8	7
2	6	8	7	1	3	5	4	9
3	5	7	1	9	8	2	6	4
6	9	4	2	3	7	8	5	1
8	2	1	6	4	5	7	9	3
9	7	2	3	5	6	4	1	8
1	4	3	8	2	9	6	7	5
5	8	6	4	7	1	9	3	2

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RESTAURANT INFO

Try

Thursday gnocchi any day of the week



STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPES JAPAN

When I'm looking for a quick and easy dinner recipe, my go-to is either pasta Pomodoro or spaghetti Aglio e olio, two of my favorites. This time, I was looking for something new, so I went for gnocchi, a flour and potato variation pasta dish.

Jamie Oliver, the Naked Chef from TV, calls gnocchi a "comforting midweek dinner," so I was ready to try making my own. It looked like it would be simple enough, especially after watching a Japanese culinary researcher prepare this

treat on TV.

It took me about an hour in total, from washing and peeling potatoes to serving up gnocchi with sauce on a plate. Since it was my first time cooking this dish, and I was filming and taking photos at the same time, it would probably take less time than that.

According to Rachel Roddy, an award-winning food writer, gnocchi is a cornerstone of Roman

home cooking. In an article for The Guardian, Roddy shared a Roman folk rhyme which says gnocchi is the dish made on Thursday "if God wants." It was only after I finished cooking that I realized it was a Tuesday.

Despite that oversight, the gnocchi was great even for a Tuesday! My dad was a little suspicious of the pasta, which looked more like a dumpling than anything else. However, once trying a piece, he liked it. So did my mother. As I looked at my parents trying gnocchi on Tuesday, I was thinking about families in Rome at a dining-table, enjoying their Thursday gnocchi.

kudaka.shoji@stripes.com

INGREDIENTS

Gnocchi with cheese cream for one person

For gnocchi

- Potato (150 g)
- All-purpose flour (45 ml)
- Potato starch (5 ml)
- Flour to sprinkle on gnocchi (as much as you please)
- Hot water to boil gnocchi (1,000 ml)
- Salt (10 ml)

For cheese cream

- Milk (200 ml)
- Cheese for pizza (Blend of gouda (80%) and mozzarella (20%) cheese] (40g)
- Powdered chicken stock (2.5 ml)
- Salt (a little)
- Starch mixed with water (15ml)

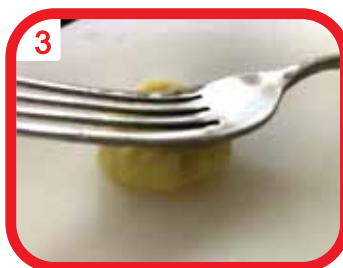
Topping

- Black pepper (as much as you please)
- Dried Parsley (as much as you please)

Check out more recipes



DIRECTIONS



3 Pressed against a fork



3 Sprinkled with flour



4 Boiled in hot salted water



4 Drained gnocchi



6 Incorporated into sauce

- 1 (For pre-cooking) Peel a potato and cut off buds. Wrap the potato in saran wrap and microwave (600W) for four minutes. Prepare boiling water with salt in it.
- 2 Put the heated potato in a plastic bag with flour (45ml) and starch (5ml). Knead it to mix the ingredients together.
- 3 Mold the dough into small balls, each the size of one bite. Sprinkle flour on each piece as you mold it. Press each piece against the back of a fork to make dents (or grooves) on the surface.
- 4 Put the dough into (salted) hot water and boil them over medium flame. Start to remove the pieces from the water as they float to the top of the surface. Drain the gnocchi in a colander.

- 5 In a frying pan, pour milk (200 ml) and heat over medium heat. Once it's boiled, add cheese (40g) and powdered chicken stock (2.5 ml), and stir them together.
- 6 Add salt to adjust the taste. Add starch mixed with water (15ml) and stir the mixture. Once the sauce starts to thicken, add in the gnocchi. Once the pasta is incorporated into the sauce, remove the pan from the heat.
- 7 Serve up the gnocchi on a plate and top it with black pepper and dried parsley.
- 8 Bon appetite!

*This recipe is adapted from Kurashiru cooking website.



Egg-cel lent omelette

How to cook classic and modern omurice

STORY AND PHOTOS BY LUCY BAKER, BYFOOD

A popular yoshoku or Western-style dish in Japan, omurice (Japanese omelette rice) combines a Western omelette together with Japanese fried rice. Omurice is a dish that can be easily made at home, however many diners in Japan feature this ultimate comfort food on the menu (it was featured on Netflix's *Midnight Diners!*). Omurice, or omuraisu in Japanese, is among the most delicious and easy Japanese recipes to make at home. Learn to make your own Japanese omelette rice with this easy omurice recipe!



What is omurice?

Omurice is a simple dish of Japanese fried rice wrapped in a thin layer of omelette. Usually, the rice is pan-fried together with ketchup, chicken, and some vegetables depending on your preference when making it at home. The omelette is made separately then wrapped around the chicken fried rice, typically with ketchup drizzled over the top.

Omurice works well with leftover rice, and it is a crowd-pleaser that's quick to make! It is one of those easy Japanese recipes that can be adapted to suit your favorite veggies and protein or whatever you have in your fridge; just toss them in with the fried rice.

What does omurice taste like?

The base of any omurice recipe tastes like soft scrambled eggs with Japanese fried rice that's flavored with ketchup and a splash of soy sauce. It's savory and soft in texture; a great comfort food for both kids and adults alike! Typically, omurice is served with extra ketchup over the top, and it's fun for kids as you can decorate them with patterns or pictures if you are feeling creative. However, other sauces like demi-glace (a brown sauce with a savory Worcestershire sauce flavor) can add another element of savoriness.



Types of omurice

There are 2 schools of thought when it comes to making omurice in Japan, where the rice component essentially stays the same but the approach to cooking the egg is different.

Classic omurice

Classic omurice is when the Japanese fried rice is wrapped in a thin layer of cooked egg around the outside. The rice is placed on the omelette and rolled up, or alternatively, you can layer the thin omelette over the top and tuck it neatly under the rice.

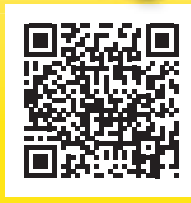


Modern omurice

The slightly more modern version of Japanese dish features a soft-set, fluffy omelette where the omelette does not encase the rice. Rather, the omelette is made separately to have a self-saucing interior that's placed on top of the fried rice. This is famously known as Kichi Kichi style. Kichi Kichi omurice was made YouTube famous and coined from Kyoto's Kichi Kichi restaurant.



Check out video and make it at home!



INGREDIENTS : Serves 4

FORTHE JAPANESE FRIED RICE:

- 1 onion, finely diced
- 500g boneless, skinless chicken thighs
- 2 tbsp extra-virgin olive oil
- 1 cup frozen mixed vegetables (defrosted)
- Generous pinch of salt and pepper
- 4 servings cooked Japanese short-grain rice
- 2 tbsp ketchup (plus extra to be used for a topping or decoration)
- 1 tbsp soy sauce



FORTHE OMELETTE:

- 4 large eggs
- 4 tbsp milk
- Salt and pepper
- 4 tbsp olive oil (for frying)



How to make omurice

When it comes to how to cook omurice, there are four essential components: rice, filling, omelette, and toppings!





CLASSIC OMURICE

1 To make classic Japanese omelette rice, firstly gather your ingredients for the Japanese chicken fried rice.



2 In a large frying pan or wok, heat the oil on medium heat and saute the onions until soft. (You can add garlic during this step for more flavor!)



3 Next, add in the chicken pieces to the wok or pan. Stir fry the chicken and onions until the meat is cooked through.



4 Season with salt and pepper and stir through.



5 Add the frozen vegetables (or other fillings that need cooking if you are changing up your fried rice mix).



6 Continue frying the meat, onions and vegetables until cooked through.



7 Next, add the rice to the pan and mix well. Reduce the heat of the pan so that the rice won't stick but will still be warmed through.



8 Add the ketchup to the fried rice mix.



9 Also, add the soy sauce to the fried rice, and mix thoroughly. (You can add or reduce the amount of ketchup or soy sauce, depending on your flavor preferences.)



10 After adjusting the flavors and cooking the rice, the Japanese chicken fried rice component is done!



11 Put the fried rice aside and prepare a new well-oiled frying pan on low to medium heat for the omelette.



12 To make the omelettes for this omurice recipe, add the milk, eggs, salt, and pepper in a bowl and whisk to combine. (Pictured is just one serving, but you can mix the full amount of ingredients together and separate it into 4 servings. A small smattering of cheese is also optional if you like a cheesy omelette!)



13 On low heat, pour one 4th of the egg mix into the pan, cook it gently, and flip to seal the other side.



14 On top of the omelette, add one serving of fried rice, roughly in the shape of a football or oval.



15 Gently fold the omelette over to encase the fried rice. Be careful, it can be fragile. Try not to tear the omelette!



16 Carefully transfer to a plate, and drizzle with ketchup or your favorite sauce.



Check out the video



KICHI KICHI INSPIRED OMELETTE

To make a Kichi Kichi inspired Japanese omelette, the main difference is in how you prepare the eggs. The aim is to not overcook the eggs; they should retain moisture so that the interior of the omelette is like soft scrambled eggs with a bit of oozing to them.

Kichi Kichi omurice isn't exactly one of those stock standard, easy Japanese recipes to do, but with some practice, you can make a Kichi Kichi style omelette at home!

PRO TIP: For experienced omelette makers, you can try folding the egg omelette over to become an oval shape like Shizuka does in [this video](#) with Chef Motokichi. Place it on top of your rice and slice it down the middle to watch all the egg goodness ooze out like lava!



1 First, shape your Japanese fried rice onto a rounded or oval shape on a separate plate.



2 Add the egg to a well-oiled pan on low to medium heat (you need the eggs to slide off easily and onto your rice).



3 Without flipping them, gently scramble the egg mix to form gentle curds.



4 Once the egg is partially set but still moist, gently slide it off of the pan and over the fried rice in one piece. Add your favorite topping and voila, that's how you make a serving of modern Japanese omelette rice!

■ **TOPPINGS:** The classic topping for any omurice recipe is of course a generous dousing of ketchup or tomato sauce on the top. Another popular topping is demi-glace, a thin yet rich Worcestershire flavored sauce that's infused with a hint of ketchup. If you want an even more adventurous take on omurice, Japanese curry sauce can easily transform regular omurice into omukare (omelette curry).



A beloved yoshoku dish where Japanese fried rice meets its match of a fluffy egg omelette, omurice is an easy and delicious dish to make at home! With this easy-to-follow omurice recipe you can whip one up at home anytime.

CUSTOMIZE YOUR OMURICE

■ **FILLINGS:** One of the great things about making your own Japanese omelette rice at home is that you can easily customize it with a sauce and fillings that suit your tastes! For example, when creating the fried rice, you can substitute the chicken for tofu to have a vegetarian option, or add more veggies if you want to bulk out the mix. Bacon can also be a delicious addition to Japanese fried rice for meat-eaters. It's great if you are having a fridge clean out with some miscellaneous veggies or ingredients that need using up!

To really customize your omurice, trade the rice for yakisoba (this variation is called omusoba) or try the Okinawan-style omurice using taco rice for another delicious take on this classic yoshoku dish.

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RESTAURANT INFO

MAKE BREAKFAST QUICK AND YUMMY WITH THESE RECIPES

Recipes by DeCA

German Pancakes

Ingredients:

- 4 eggs
- 1/2 cup flour
- 1 cup milk
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1 teaspoon vanilla



Directions:

1. Place a 10-inch cast iron or heavy oven-safe frying pan in the oven and preheat to 425 degrees.
2. Beat eggs and flour together; add milk, salt, sugar and vanilla and beat again.
3. Grease hot frying pan with butter or margarine.
4. Pour egg mixture into pan and bake for 15-20 minutes until puffed and golden brown around the edges.
5. Remove from oven and cut into wedges. Serve immediately with butter and syrup.

Yields: 4 servings

Breakfast Burritos

Ingredients:

- 4 large eggs
- 2 tablespoons milk
- Scant 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 slices American cheese
- 3 tablespoons salsa
- Salt and pepper
- 6 (6-inch) flour tortillas, warmed



Directions:

1. Break eggs into a small bowl, add the milk, salt and pepper and beat with a fork until egg yolks and whites are combined and the milk is well blended.
2. Spray a skillet with cooking spray and set over medium-low heat until warmed.
3. Pour in the egg mixture, and use a metal spatula or spoon to gently lift and fold the mixture until eggs are almost set.
4. Tear the cheese slices into pieces and fold into egg mixture until melted; stir in salsa and cook until mixture is heated through.
5. Divide egg mixture evenly among the six warmed tortillas, placing it in a column down the center of each. Fold one end of the tortilla over the egg mixture to form the bottom of the burrito, fold in one side and roll to opposite side to secure.
6. Serve with additional salsa if desired.

Yields: 6 servings

A Taste of Japan

Coney Dog

Carolina Dog

The Big 4 dogs are hot!

Chicago Dog

Slaw Dog



A little story about Jack & Betty hotdogs

Located in Sky Plaza Misawa, Jack & Betty Food Corner offers a variety of tasty hotdogs. Our eight original homemade hotdogs are popular with the military community and all lovers of hotdogs. Our large juicy "dogs" are served on local freshly baked buns, a combo that will leave your mouth watering and your stomach grumbling for more. And if you do have some room left, we recommend our homemade, naturally-flavored and additive-free gelato, the perfect dessert to any of our tasty hotdogs! So, stop by Jack & Betty. We'll make you feel at home while you chomp on our tasty dogs.

Dippin' dots Ice Cream

Sky Plaza Misawa
Since 2011

Jack & Betty Open: 11:00 am Close: 19:00 pm

☎ 0176-51-6667 2-8-34 Chuo-cho, Misawa, Aomori

RESTAURANT INFO



WingStreet



PIZZA HUT LOCATIONS:

Yokosuka 1000-2100

DELIVERY IS AVAILABLE

Offering: Pizza, Personal Pan Pizza, Wings
Pasta, Breadsticks, Dessert, and multiple drinks.

Atsugi 1030-2000

DELIVERY IS AVAILABLE

Offering: Pizza, Personal Pan Pizza, Wings
Pasta, Breadsticks, Dessert, and multiple drinks.

*We extended Pizza Hut Delivery hours on Friday and Saturday until 2200.



LIVE MÁS



TACO BELL LOCATIONS:

Yokosuka 1000-2100

DRIVE-UP WINDOW AVAILABLE

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts
Tostadas, and Many other TB Promotional items.

*We extended Yokosuka Taco Bells Drive thru hours on Friday and Saturday until 2200.

Atsugi 1000-2000

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts
Tostadas, and Many other TB Promotional items.

Sasebo 1030-2000

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts
Tostadas, and Many other TB Promotional items.