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**Let's get  
SPOOKY  
on base!**

STRIPES JAPAN

It's that time of year again when ghosts and goblins visit for some sweet treats and Halloween fun. The holiday is fast-approaching and there are many fun activities for kids of all ages. Though we are still keeping safety in mind and base protocols are still in place, don't let the fun of the season pass you by.

A list of what to expect on your base follows. Keep in mind that each base has different requirements and rules in place, so visit your local command's Facebook page or website for updates. Also note events are subject to change at the discretion of base officials.

Stay safe and have a spooky, happy Halloween!

**SEE SPOOKY ON PAGE 2**

## INSIDE INFO



**Special 8-page  
pullout inside!**



# Fall foliage fun near Iwakuni

Page 5

## Yokosuka spouse makes TV fashion show debut

BY ALEX WILSON,  
STARS AND STRIPES  
Published: October 19, 2021

**YOKOSUKA NAVAL BASE** — Cheers and laughs filled a room at the Yokosuka Officer's Club on Oct. 16 as more than 60 people celebrated a Navy spouse's debut on prime-time television.

The crowd — friends, family, higher-ups and "Project Runway" fans — turned out for a watch party to support Yokosuka resident Katie Kortman's first appearance on the Bravo show. Kortman, 40, is taking on 15 other designers in the Emmy-winning fashion competition for a grand prize

of \$250,000 and a chance to show a collection at New York Fashion Week.

"It's so exciting to have everyone here for their support and hearing them cheering me on," Kortman told Stars and Stripes that night. "I experienced this all back in May and June, but I couldn't tell anyone about it except for my family — but now everybody gets to see what happened."

During the first episode, Kortman and the other designers were divided into two teams that competed to design a collection of outfits based on



People attend a "Project Runway" watch party in honor of Navy spouse and show contestant Katie Kortman at Yokosuka Naval Base.  
Photo by Daniel Betancourt, Stars and Stripes

**SEE FASHION ON PAGE 4**

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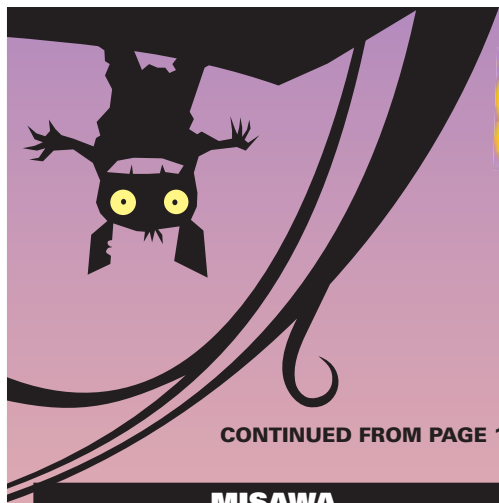
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CONTINUED FROM PAGE 1

### MISAWA

#### Trick or Treat

**DATE:** Oct. 30

**HOURS:** 5 - 8 p.m.

Open to all personnel who have credentials to enter Misawa Air Base. Participants must follow current HPCON guidance. For more information, call 315-226-3075

### YOKOTA

#### Trick or Treat

**DATE:** Oct. 30

**HOURS:** 5 - 8 p.m.

DoD ID card holders and MLC, IHA, and JASDF partners may sponsor up to five guests and a vehicle. Base access for this event will only be granted through Fussa Gate and escorts must remain with their visitors at all times until escorted off the installation. Visitors over 15 years old must be prepared to present ID to Security Forces personnel. For more information, visit facebook or call 225-9912 or 7606.



# SPOOKY: Fun events



### YOKOSUKA

#### Trick or Treat

**DATE:** Oct. 31

**HOURS:** 4:30 - 7:30 p.m.

Base residents only

■ **Pumpkin 3K Run:** Oct 23, 8 a.m. at Ikego Campgrounds

■ **Halloween 5K Run:** Oct. 29, 5:30 at Yokosuka, Call 241-4486 for more information.

■ Oct. 29, 5-8 p.m. at Ikego Sports Fields: 5 p.m., Bonfire, hot chocolate, and S'mores, Spooky story time with the library; 6:30 p.m., outdoor movie night, Hocus Pocus.

■ Oct. 30, Yokosuka Berkey Field: Tickets for activities are available for sale on-site, USD cash only. Food available for purchase, USD cash only.

■ Oct. 30, 4-7 p.m. at Yokosuka Berkey Field: Spooky tunnel, carnival games, face painting, 7th Fleet Band (4:30 - ), Haunted Nerf Battle at Softball Field #3: 4-5 p.m., ages 6-8, Laser Tag: 5:30 - 7 p.m., ages 9-13. Call 241-2952 for more information.

■ Oct. 31, 6-9 p.m. at Yokosuka and Ikego: Housing Decoration Contest. Call 241-4111 for more information.

### ATSUGI

#### Trick or Treat

**DATE:** Oct. 30

**HOURS:** 4 - 8 p.m.

ID card holders can escort up to 7 guests.



Fill out and submit the escort request document to Atsugi Pass and ID Office by 4 p.m. on Oct. 22. For more information, visit facebook.



### ZAMA & SAGAMIHARA

#### Trick or Treat

**DATE:** Oct. 31

**HOURS:** 6 - 9 p.m.

Restricted to SOFA-status personnel, MLC/IHA and the spouses and children. MLC/IHA employees with CAC/DBIDS cards who need passes for their spouses and/or children must submit a pass request to the Camp Zama or SHA Pass Office no later than 11 a.m. Oct. 28. For more information, call 263-4697.

### IWAKUNI

#### Trick or Treat

**DATE:** Oct. 31

**HOURS:** 4 - 9 p.m. (gate entry 4-6 p.m.)

Main Base and Atago Hills. Sofa status, MLC/IHA and JMSDF members can sponsor up to 8 guests. Registrations need to submit by 3 p.m., Oct. 22. For more information, visit facebook.



### SASEBO

#### Trick or Treat

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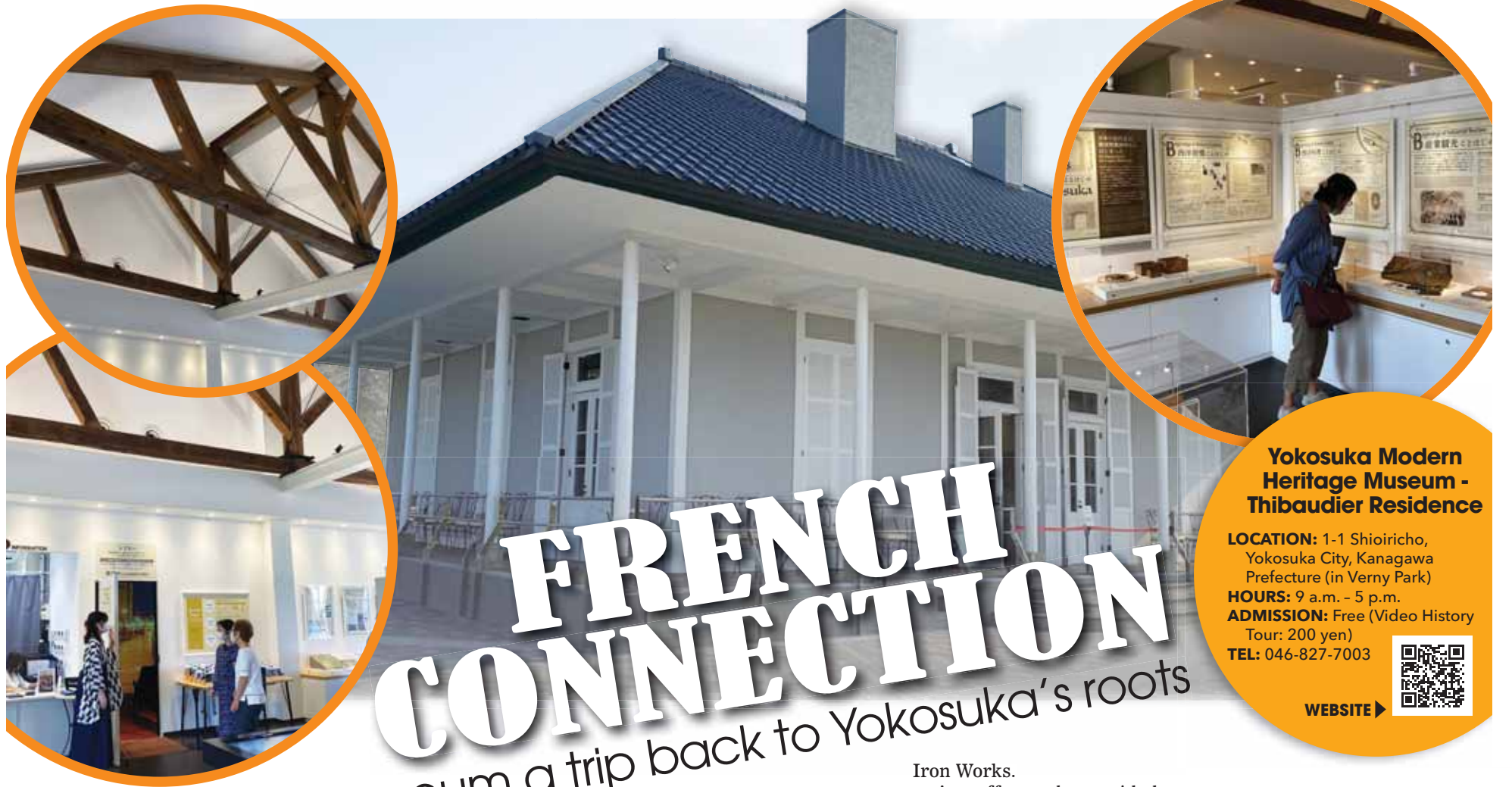
\*We extended Yokosuka Taco Bells Drive thru hours on Friday and Saturday until 2200.

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Sasebo 1030-2000

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# FRENCH CONNECTION

Heritage museum a trip back to Yokosuka's roots

**Yokosuka Modern Heritage Museum - Thibaudier Residence**

**LOCATION:** 1-1 Shioiricho, Yokosuka City, Kanagawa Prefecture (in Verna Park)

**HOURS:** 9 a.m. – 5 p.m.

**ADMISSION:** Free (Video History Tour: 200 yen)

**TEL:** 046-827-7003

**WEBSITE** 

STORY AND PHOTOS BY TAKAHIRO TAKIGUCHI, STRIPES JAPAN

**Y**okosuka Naval Base is known as home to USS Ronald Reagan and other U.S. 7th Fleet vessels. But, you may not know its origins are actually French.

Before it was a U.S. naval base it was Yokosuka Iron Works, Japan's first Western-style shipyard with dry docks. Founded in 1871 by François Verny, Jules Thibaudier and other French engineers, Iron Works would launch Japan into

the world trade. Later, it would become an Imperial naval shipyard, then, in 1946, it would become U.S. Yokosuka Naval Base.

In May, the Yokosuka Modern Heritage Museum - Thibaudier Residence opened in Verna Park. The area is home to a large rose garden, a fountain and cafés and is within a stones-throw of the naval base.

Thibaudier was the vice director of Yokosuka Iron Works. His residence was built in 1869 and was Japan's first Western-style building. It stood on a hill in the former Yokosuka Iron Works property until 2003 when it was demolished. Seeking to

recreate the historical residence, Yokosuka City set out to build a replica in Verna Park using some of the materials from the original.

My wife and I made our way to visit the interesting new museum steeped in rich history shared by Japan, France and U.S.

The replicated residence was impressive and featured French-style architecture with a light gray tiled roof and two chimneys enforced by modern technology. Inside, staff in "hakama" kimono greeted us. This style of kimono was the common office attire during the era of Yokosuka

### Iron Works.

A staff member guided us as we looked around the museum displays, including digital maps, monitor displays, historical artifacts and information about Thibaudier's life here. We also learned about the role Yokosuka Iron Works played in

### Japan's modernization.

While you're there, don't miss the 15-minute-long video tour of Yokosuka shipyard in the museum theater. This video runs various times per day and costs 200 yen per person. We participated in the 3 p.m. tour and enjoyed the show – a large screen and cutting edge 3-D technologies actually brought us into the age of Thibaudier. It was quite impressive!

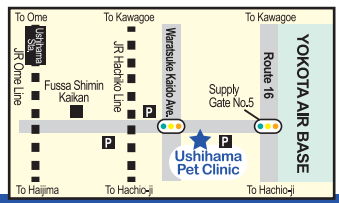
If you are in Yokosuka, the new museum is a must-see. And the surrounding Verna Park is a beautiful park with an extensive rose garden and a great view of the Navy ships and the coast worth spending a little time strolling.

[takiguchi.takahiro@stripes.com](mailto:takiguchi.takahiro@stripes.com)



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**“I decided I wasn’t going to waste this opportunity. Why would you wear stuff that you didn’t design? It’s free advertising.”**

– Katie Kortman

Navy spouse and “Project Runway” contestant Katie Kortman receives a gift during a watch party. Photo by Daniel Betancourt, Stars and Stripes

# FASHION: Friends, family gather to celebrate designer

CONTINUED FROM PAGE 1

either the warm or cool sides of the color wheel. Kortman, on the “cool” team, designed a hand-painted dress that drew a cheer from the crowd when a “Project Runway” model walked it down a runway.

Kortman’s team didn’t win the competition, and one of her teammates was eliminated as a result. However, the judges were restrained in deriding her design, meaning she continued to the second episode.

Throughout the first episode, Kortman’s design choices — and the clothes she wore — reflected her col-

orful and stylistic preferences. In a past interview with Stars and Stripes, she said that everything she wears on “Project Runway” are clothes of her own design.

“I decided I wasn’t going to waste this opportunity,” she said. “Why would you wear stuff that you didn’t design? It’s free advertising.”

She also said that her new apparel line, Katie Kortman Clothing, will feature pieces that were either shown on “Project Runway” or inspired by clothing she designed during the competitions.

As the first episode played out, Kortman’s husband, Lt. Cmdr. Francisco Kortman, said he couldn’t be prouder of his wife’s accomplishments.

“I’m really happy for Katie. It finally feels like she’s being celebrated as much as our family has always celebrated her,” he told Stars and Stripes.

“I feel like it’s so natural for her to be up there [on the screen]; what you see on the screen is pretty much what I see every day. It’s kind of like the best home movie ever made.”

A longtime friend, Deidre Cammack, recalled years of watching

Kortman work on designs. Now in the process of achieving her dreams, Cammack said Kortman’s appearance on the show serves as an inspiration.

“It’s just inspiring to know that it’s not too late to develop a career and do things in your 40s,” Cammack said.

At the end of the watch party, several of Kortman’s friends presented her with a gift: a traditional Japanese kokeshi doll designed to look like Kortman and wearing a bright blue dress that looked almost exactly like what she was wearing for the party itself.

wilson.alex@stripes.com  
Twitter: @AlexMNWilson

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# Fall foliage fun near Iwakuni

STORY AND PHOTOS BY LINDA CORDES,  
IWAKUNIFOODIE.COM

**I**t's almost that time of the year again. That time when sweaters and boots are being pulled out and soup recipes are being researched. I want to twirl around and sing, "It's the most wonderful time of the year!" Not only because I love soup and sweaters, but mostly because of my excitement for fall colors. The reds, yellows, and oranges that pop up all over the place every year in November. While Japan has so many beautiful spots to enjoy the fall colors, there are some amazing places in and around Iwakuni. These are some of my favorite fall foliage spots!



## Momijidani Park at Kintai

This has long been one of my favorite fall foliage spots!

I spend most of my lunch breaks walking around here just taking in the colors and this scenery. Most people don't even realize this gorgeous spot is in Iwakuni. Located in the Kintai area, Momijidani Park is one place I highly recommend during fall.

This is also where one of the hiking paths up to the Iwakuni Castle begins. It's a nice little hike any time of the year, but it can be quite buggy in the summer.



## Miyajima

Miyajima is beautiful any time of the year, but

it is extra beautiful in the fall. Momijidani Park on Miyajima is my favorite spot to head to in November, but there are some other places that I love to visit for fall colors.

Be sure to walk all the way through the park and continue exploring around the back portion. It's really gorgeous all the way through.

Afterwards, head over to the Daishoin Temple.

Just like the Momijidani Park area, be sure to walk around the entire temple grounds.

Hiking up to Mt. Misen or taking the ropeway up is also very beautiful in the fall.



## Mitaki Temple in Hiroshima

Mitaki Temple is one of Hiroshima City's best kept secrets. Hard to imagine this temple and the lovely grounds that surround it are just 15 minutes away from downtown Hiroshima (depending on traffic).

There's a little pagoda on the grounds with a few maple trees around it that I love.

When walking up to the temple, there is a lovely spot on the left where you can enjoy a matcha and a sweet (for a fee) while looking at a garden with a waterfall.

I recommend visiting Mitaki Temple early in the morning. The parking lot is not very big and it fills up very quickly. The first time I went, I arrived a little after 8 a.m. (on a weekday) and I got one of the last spots. When I was ready to leave, there were people waiting for a parking space to open up.

This is another spot that is really nice to visit just about any time of the year. I went in the rain one summer, and it was so green and so pretty. Be sure to walk around and see everything. The grounds are quite large.

They are open from 8 a.m. – 5:30 p.m.

## Buttsuji Temple in Mihara

Buttsuji is also a temple that is nice to visit any time of the year. I first visited this temple in December a couple of years ago and really enjoyed walking around the temple grounds. As I walked around, however, I noticed all of the maple leaves on the ground. I started thinking about how amazing this place must be in the fall and decided I needed to come back the following fall.

It was pretty crowded, but so worth it. The colors were amazing! Looking at these photos is making me want to go again this year.

Last year, I visited Buttsuji on the 19th of November. It was very beautiful, but a lot of leaves had already fallen off so I couldn't help but wonder how it was the weekend prior to that. Of course, every year it is a little bit different because it all depends on Mother Nature.

Typically, if you visit around the second and third week of November, you will be able to enjoy the pretty colors.

Buttsuji has a few different parking areas, but they do fill up pretty quickly and stay pretty full throughout the day. We had to park at one of the lots that was further away, but it was a very nice walk to the temple grounds from there so we didn't mind at all.

There are so many beautiful spots to enjoy the autumn colors that are not too far from Iwakuni, and I hope these places help you plan some fall adventures!



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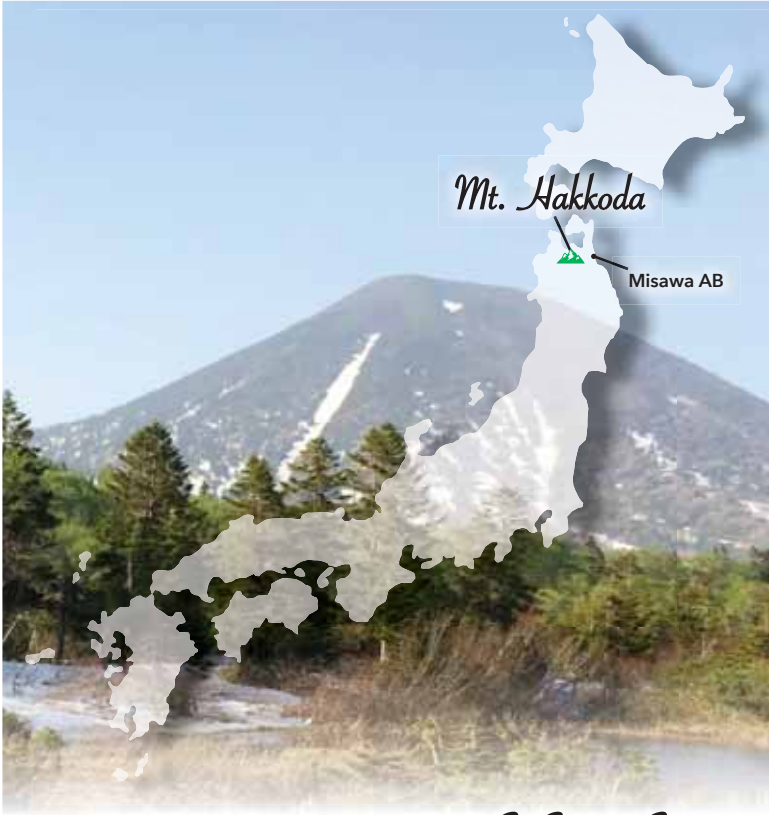
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## Mount Hakkoda offers natural beauty near Misawa

STORY AND PHOTOS BY  
TAKAHIRO TAKIGUCHI,  
STRIPES JAPAN

Sukayu Spa is located in an active volcanic zone with a sulfuric pond where you can explore along a short trail that leads to a stream fed by hot spring water. The 1,180-foot-long, 400-foot-tall Jogakura Bridge – Japan's largest arch bridge – is also nearby. Don't miss beautiful Suiren-Numa swamp on your drive. The road in this area widens, allowing parking for several cars. There is a trail to a wooden observation deck that offers spectacular views of a lovely small pond, marsh and Mount Hakkoda. The clear pond reflects the picture-perfect mountains like a mirror.

taguchi.takahiro@stripes.com



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# Stripes Sports Trivia

There have been only four No. 8 seeds to knock off a No. 1 in the first round of the NBA Playoffs. The first team to do so was the Nuggets over the Sonics in 1994. Later on in the decade, one team became the first, and only, 8-seed to make it to the NBA Finals. Can you name the team?

**Answer**

New York Knicks

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A 3-hour drive from MCAS Iwakuni, Zentsuji City is famous for the Internet-famous cubed and heart-shaped melons. As they grow here, farmers enclose the melons in a cube or heart-shaped transparent case. Since they are harvested before they are ripe, the taste is not very good, but they keep for a long time and are popular for displays. Each cubic watermelon usually costs about 10,000 yen (\$100).

**Kanji of the week**

子  
Ko (child)

### Language Lesson

I'm full.  
Onaka ippai desu.

### Answers to Last Week's Crossword:

1. Cut drastically, as prices  
6. In the thick of  
10. Shriek barks  
14. Ski trail  
15. Walk the floor  
16. Opposed to, hillbilly-style  
17. Thing taken for granted  
19. Guitar accessory  
20. SWAT operation  
21. Intense cram session  
23. Ms. Spacek  
25. Take back to the lab  
26. Extinguish, as a fire  
28. Garlicky sauce  
30. "Ugly Betty" actress Ortiz  
31. Slightly wet  
33. Type of drum  
37. Drink garnish  
39. Thorny blooms  
41. Ticked pink  
42. Lofty space?  
44. Entice  
46. Sequel's sequel  
47. Young pig  
49. Giving off light  
51. Winter warmer  
54. Nashville NFLer  
55. Harry Potter actress  
58. Indian royal  
61. Oration station  
62. Nonstop talker  
64. Main point  
65. Campsite sight  
66. Prove otherwise  
67. "Anything \_\_\_?"  
68. Flock members  
69. Mixer setting

4. Small apartment  
5. \_\_\_ and haw  
6. In a fitting way  
7. Daily delivery  
8. Marilyn Monroe, e.g.  
9. "Taxi Driver" actor  
10. America's Cup sport  
11. Quartz variety  
12. Water conduits  
13. Bull's sound  
18. Sunday speaker  
22. Firms up  
24. Addition total  
26. Legal prefix  
27. Part of BTU  
28. Strong suit  
29. Anagram for "time"  
32. Teeny bit  
34. Able to be transferred  
35. Drought ender  
36. Get to work on Time?

38. Aversion  
40. Aid for a fracture  
43. Scold, with "out"  
45. King in a Steve Martin song  
48. Prophetic shrine  
50. Study nook  
51. Type of fund  
52. Contact, in a way  
53. Not right  
54. Hauls around  
56. Sign of spring  
57. "For Pete's \_\_\_!"  
59. Enroll in  
60. Gave the boot  
63. Kind of tide

### The Weekly Crossword

by Margie E. Burke

1	2	3	4	5	6	7	8	9	10	11	12	13
14						15				16		
17					18					19		
20					21					22		
		23		24				25				
26	27					28	29					
30			31		32			33		34	35	36
37			38		39			40		41		
42			43		44			45		46		
				47		48			49		50	
51	52	53						54				
55						56	57			58	59	60
61						62				63		
64						65				66		
67						68				69		

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### SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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.

Answers to Last Week's Sudoku:

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

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The 3 'R's to good eating –  
Restaurants,  
Reviews & Recipes

**8-page pullout**





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# A Taste of Japan

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### RESTAURANT INFO

# Challenge yourself with this famous Osaka dish!

## How to make okonomiyaki at home

LIVE JAPAN

One of the best ways to experience Japan's cuisine is to make it at your own home! Here, we'll take a look at how to make okonomiyaki, the famous Osaka specialty.

Okonomiyaki is a mixture of cabbage, flour, and water, baked into a flat, round shape. Sometimes it's referred to as "Japanese pizza" (or "Japanese pancake") because you can put anything you want in it - but quite frankly it tastes nothing like pizza!

Choose your favorite ingredients, such as pork or squid, cook it, and top with sweet and sour okonomiyaki sauce to finish. There are various theories regarding the origins of okonomiyaki. However, since its spread through Osaka after the war, it has become well-known as a specialty dish of Osaka.



Today we met with Masahiko Miyazaki, the owner of Taisho Okonomiyaki Mamama. Mr. Miyazaki opened his shop in Osaka's Taisho Ward after training in a popular shop in Dotonbori. Today, he will teach us how to make okonomiyaki!



### Restaurant-quality okonomiyaki made in your own frying pan

#### Ingredients & Directions

Today we will be using ingredients more widely available abroad, and the following ingredients will make 4 servings of batter: 200g flour, 80g instant corn potage powder (can be substituted with vegetable stock powder), 400g cabbage (chop into 5mm squares), approx. 120g zucchini (grated and shredded), 80g sliced bacon, 4 raw eggs, and potato chips as you like.

In Osaka, the dough is usually made combining powdered bonito dashi, grated yam, and tenkasu (excess batter from frying tempura). However, you can substitute corn potage powder or vegetable stock for the dashi, zucchini for the yam, and potato chips for the tenkasu. Also, for the meat, pork belly is generally used, but you can use bacon instead.



1

First, make the base. Mix in the flour and corn potage powder/vegetable stock, add water, and mix until slightly thick. Be sure to mix the batter until no lumps remain.



2

Place 100g of cabbage into a separate bowl, then add 40g of the base batter, 1 egg, 30g of zucchini, and the potato chips. Mix thoroughly, incorporating air for fluffiness. Be careful not to over-mix, which may drain water from the cabbage, causing the dough to become runny. It is also a good idea to cook the batter and ingredients in individual serving sizes for best results.



3

Once mixed, add oil to the frying pan, heat on medium heat, and pour in the batter. Spread it to the size of an adult-sized palm, lay out 20g of bacon on top, cover with a lid, and cook on low heat.



4

While this is cooking, prepare the sauce. Okonomiyaki sauce is sold in Japan, but if you can't find it, you can make your own! For a 4 person serving, mix 40g ketchup, 40ml soy sauce, 20g sugar, and 20ml vinegar. Mix well, and add a dash of pepper. Pro tip: Don't mix the pepper into the sauce!



5

Once the batter is browned, flip it over, and cook the other side for about 5 minutes.



6

Once cooked, serve on a plate, and top with the sauce. While you can enjoy it with just the sauce, you may also want to add mayonnaise for extra flavor. In Osaka, it is also usually sprinkled with dried green seaweed on top, but you can substitute with chopped parsley - the color will be just as lovely!

### Irresistibly soft and fluffy okonomiyaki!

#### Time to dig in!

The moisture of the zucchini is what makes the okonomiyaki fluffy, for a melt-in-your-mouth texture. The slightly-sour sauce also pairs well, and the bacon fat adds to the delicious, rich flavor of the entire dish.

In addition to bacon, you can add shrimp, squid, or kimchi for even more flavor, so be sure to challenge yourself, and try whichever you like!

If you can't visit Osaka to try okonomiyaki, the next best thing is to try it at home. There are so many shops that will cook it right in front of you on iron plates at the table. It's fun to watch, but often you cook it yourself in the restaurant - so this is good practice for next time! And in Osaka, there are plenty of okonomiyaki restaurants where you can enjoy a variety of styles, from steak and shrimp, to Western styles such as tomatoes and cheese.

In Japan, enjoying hot okonomiyaki fresh off the grill is one of the greatest pleasures in life. But for now, enjoy making this pan-fried okonomiyaki in your own home.

Today's okonomiyaki instructions are courtesy of Taisho Okonomiyaki Mamama.

A teppanyaki shop where Mr. Masahiko Miyazaki, who trained at a famous Dotonbori shop, flaunts his skills. The okonomiyaki here (748 yen) was created by self-improving the recipe inherited at the place where he trained and has a very fluffy texture. Also available are Negiyaki (935 yen) and Yakisoba (748 yen), as well as other one-of-a-kind dishes. Take your time and enjoy teppanyaki with sake. Taisho Okonomiyaki Mamama takes precautionary measures against coronavirus, including open doors for ventilation, and preparing hand sanitizer.

#### TAISHO OKONOMIYA MAMAMA

**Address:** 1-17-33 2F, Sangenya Higashi, Taisho Ward, Osaka City 551-0002  
**Nearest Station:** 1-minute walk from Taisho Station on the JR and Osaka Metro lines  
**Phone Number:** 06-6552-1109  
**Hours:** 11:30-14:00, 17:00-23:00, Saturdays/Sundays: 14:00-23:00  
**Closed:** Open daily





# THE QU THE BEST AUTUMN

## Autumn snacks you can get

STORY AND PHOTOS BY  
METROPOLIS MA

**W**hen I was asked to do a r  
bini (convenience store  
first thing that struck m  
and seasonal snacks —  
nese elements of the country you co  
duct a serious taste test to ensure I p  
present the symbols of Japan to you f  
lunch break snacking?

### THE DIGGING

Before stepping into the FamilyMart n  
apartment, I could already tell from the  
and purple poster: it's sweet potato seas  
Sweet potatoes, also known as sa  
imo (さつまいも) in Japanese, are an  
vegetable not native to Satsuma (now  
a vegetable local to Central and Sout  
it back home and exported it to Africa, I  
potato landed in southern Japan. This li  
in Satsuma and got its name there. Now  
autumn is a popular outdoor activity in J  
of my own, not in the fields but in the conb



### SNACK HIGHLIGHT #1

#### CRISPY SWEET POTATO FRIES

The top of my list is this サクサク芋けんぴ (crispy sweet potato fries), made from real sweet potatoes. Though it does have some added sugar, it's not overpowering. The added salt further draws out the natural sweetness. The size and thickness also ensure the sticks are crispy inside out. If you prefer crunchy texture, this is for you.



### SNACK HIGHLIGHT #2

#### DRIED SWEET POTATO

For those who enjoys the chewy ones, I would recommend these dried sweet potato (干し芋) with no added sugar. Not too much difference in the taste but they come in different shapes: slices, sticks and blocks. I kept coming back to the salted one but this is more of my personal preference.

Interestingly, these dried ones are available all year round.

I have to say for most of these seasonal snacks, I could only taste the "sweet" not the "potato" and I would be lying if I recommended you get them for how they taste. We probably all can agree that these seasonal limits are just marketing strategies or maybe even call it a capitalism pitfall. But who is to stop us from getting some for fun?



# BEST FOR IN CONBINI SNACKS

## at convenience stores in Japan

Y FENGYI HU,  
GAZINE

review of Japan's seasonal con-  
) snacks for autumn 2021, the  
e was "responsibility." Conbini  
probably two of the most Japa-  
ould think of. How can I con-  
roperly  
or your

**"IF SWEET POTATOES  
HAVE A VEGAN  
VERSION, THIS IS  
PROBABLY IT."**

near my  
orange  
on.

atsuma-  
autumn

(vadays Kagoshima). In fact, it's  
h America. The Europeans took  
ndia and China. Eventually, this  
ttle rooty sweetie then thrived  
days, digging sweet potatoes in  
apan. I dig some potato digging  
ini shelves.

Indeed, it was a deep dig because two Lawsons might stock different sweet potato snacks even though they are only 100 meters away from each other. Therefore, I can't guarantee you will be able to find every single product I mentioned in this article at the conbini in your area, but that's also where the fun is. Go dig!

### THE TASTE TEST

Ever since I came to Japan, I have wondered why Japan has so many seasonal, regional limited editions of almost everything.

These sweet potato cakes, buns, donuts, chips, pies, chocolate... Why do they all have to be "a one-season wonder"? Is this the realization of the ideology of Shun, the peak of seasonal Japanese ingredients, the essence of quatre saisons of this island? Is this how Japanese people pay respect to nature as they cherish the seasonal produce mother earth has gratefully given upon?

Now, the answer is right in my mouth.

As the sweet potato and honey syrup inside the chocolate bursted over my tastebuds, I realized this was a bit far from what I expected. Not the celebration of autumn nor the spiritual connection with our mother earth.

I kept digging but the excessive amounts of sugar and artificial flavoring in many of these products were simply disappointing.

This taste test definitely didn't start off well. Yet fortunately, I found several I dig very much.

### THE EPIPHANY

Though it was enough fun as a taste test, consuming so many sweet potato snacks does make me miss the real sweet potatoes.

So I went out digging again, this time for the real one.

*It was a typical autumn night in Tokyo.*

*The baked sweet potato was warm in my hands.*

*I took a deep breath and a big bite.*

*This is what I have been missing.*



**SNACK  
HIGHLIGHT  
#3**

### SWEET FLAVORED SWEET POTATO

example, this sweet potato flavored seaweed. I can't really comprehend how this combination but it is worth a mention for the creativity.



**SNACK  
HIGHLIGHT  
#4**

### THESE SWEET POTATO WANNABES

Look at these sweet potato wannabes. I'll have to give them that for the orange and purple camouflage. I highly recommend getting them as references for your next package design project.  
Or as props to practice your plating skills;  
Or use the leftovers as an excuse to bond with your friends over picnics. I promise these won't make you fart.



**BONUS  
SNACKS**

### TO THE CHESTNUTS...

During my sweet potato digging, I also found a lot of chestnut snacks. Though I can't really say I enjoyed them for their taste either, I would like to give them a shoutout for their symbolic value of Japanese autumn. And a huge thank you for their cooperation as my plating practice props.



# Indulge yourself with this 2-course autumn meal

BY MARY DEL ROSARIO,  
STRIPES JAPAN

There's nothing better than welcoming the fall season with a pumpkin spice latte in your hand and devouring a warm bowl of

pumpkin soup. However, why not expand your palette with this delicious two-course menu that will match your favorite fall festival!

## Mini Apple Cider Pound Cakes

**START TO FINISH:** 2 hours and 20 minutes  
Serves: 6 mini loaves

**INGREDIENTS**

- 1 ½ cups softened butter
- 3 cups sugar
- 6 eggs
- 3 cups all-purpose flour
- 1 teaspoon apple pie spice
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground cloves
- 1 cup apple cider

**DIRECTIONS**

- Preheat oven to 163 degrees Celsius. Beat butter at medium speed with a heavy-duty electric stand mixer until creamy; gradually add sugar, beating until light and fluffy. Add eggs, 1 at a time, beating just until blended after each addition.
- Stir together flour and next 4 ingredients. Gradually add flour mixture to butter mixture alternately with apple cider, beginning and ending with the flour mixture. Beat at low speed just until blended after each addition. Add the vanilla.
- Grease the loaf pans with cooking spray (can buy disposable ones if you don't have). Pour the batter into prepared pans and place them on a baking sheet. For streusel-topped cakes, sprinkle about 2Tbsp. streusel topping over batter in each pan.
- Bake for 40 to 50 minutes or until a wooden pick inserted in the center comes out clean. Cool completely for about 1 hour. For glaze-topped cakes, spoon desired glaze over cooled cakes.



## Roasted Butternut Squash Soup

**START TO FINISH:** 1 hour and 5 minutes  
**SERVES:** 4

**INGREDIENTS**

- 1 large butternut squash
- 1 tablespoon olive oil
- 1 large shallot, chopped
- 1 teaspoon salt
- 4 garlic cloves, pressed or minced
- 1 teaspoon maple syrup
- A pinch of ground nutmeg
- Pepper
- 4 cups (32 ounces) vegetable broth
- 1 to 2 tablespoons butter

**DIRECTIONS**

- Preheat the oven to 218 degrees Celsius and place the butternut squash on the pan and drizzle each half lightly with olive oil. Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
- Turn the squash face down and roast until it is tender and completely cooked through about 45 to 50 minutes. Set the squash aside until it's cool enough to handle. Scoop the butternut squash flesh into a bowl and discard the tough skin.
- In a medium-size skillet, heat up 1 tablespoon olive oil over medium heat until shimmering. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently.
- Add the reserved squash to the pot, then add the broth, maple syrup, nutmeg and pepper. Bring the mixture to a simmer and cook, stirring occasionally, for 15 to 20 minutes. Carefully use your immersion blender to blend the soup completely, then add 1 to 2 tablespoons butter to taste, and blend again. Taste and blend in more salt and pepper, if necessary.



File photos



# A Taste of Japan

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RESTAURANT INFO



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### RESTAURANT INFO

# A Taste of Japan



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### RESTAURANT INFO



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LIVE MÁS



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