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## AF procedures for incoming troops adjusted amid pandemic

BY SETH ROBSON,  
STARS AND STRIPES  
Published: July 24, 2020

**YOKOTA AIR BASE** — During a typical summer, newly arrived airmen and their families would be scurrying around the home of U.S. Forces Japan in western Tokyo registering vehicles, completing school paperwork and setting up cell-phone and cable TV service.

Because of the coronavirus pandemic, newcomers must spend their first two weeks in Japan under quarantine.

That's prompted the Air Force to change the way it receives them.

At Yokota, new arrivals are surveyed on their needs before going straight to a house, apartment or other lodging, Carla Tyson, interim flight chief for the base's Airmen and Family Readiness Center, said July 24.

Tyson is coordinating a Stress Treatment and

Resiliency Team that links those in quarantine with folks who can help them, such as the USO, chaplains and military family life counselors.

### EXCLUSIVE NEWS FROM:

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The Air Force declined to provide exact numbers of airmen arriving at Yokota this summer; however, Tyson said between 10 and 130 people are in quarantine at the base any given week.

When people arrive at the

base, they're met by their sponsor or first sergeant and get a welcome package containing points of contact and a survey asking them about their immediate needs and how often they'd like to be contacted, Tyson said.

Most people request certain foods or reading materials, she said. Some want to be contacted every other day and others prefer to reach out if they need something.

SEE INCOMING ON PAGE 2



# Sunflower fields forever

Maybe not forever, but home to Camp Zama  
full of the flowers

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Photo by Takahiro Takiguchi, Stripes Japan





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# INCOMING: Helping quarantined troops



**“Our goal is that their emotional, social and spiritual needs are met.”**

– Carla Tyson

Carla Tyson coordinates a Stress Treatment and Resiliency Team at Yokota Air Base.  
Photo by Theron Godbold, Stars and Stripes

**CONTINUED FROM PAGE 1**

Air Force 1st Lt. Jessica Snow, who recently arrived at Yokota to start a job with 5th Air Force, completed quarantine in mid-July.

“It’s two weeks of no work,” she said. “I slept and watched TV, so I liked it. I [quarantined] by myself but I had a coworker that [quarantined] with her husband and two kids, so it was a bit tougher.”

Snow said she did most of her in-processing electronically.

“I used my computer to make sure I got my housing stuff done, anything with work, so when I got off of [quarantine] I was pretty much good to go,” she said.

People under quarantine have internet access without restrictions on communication, Tyson said.

They can leave their place of residence only to do activities of short duration such as laundry, pet walking or “wellness breaks” in the yard, according to information in an email from Yokota spokeswoman Kaori Matsukasa on July 24.

“Personnel in [quarantine] must avoid social gatherings and all public locations including gymnasium where reasonably expected to have other people present,” the email said.

In the past, sponsors would have escorted new arrivals to various spots around base. Now, Tyson, said, they’re focused on helping them during quarantine.

“Even with the restrictions of movement they can still be in balance and have everything they need for those two weeks,” she said.

“Our goal is that their emotional, social and spiritual needs are met.”

Stars and Stripes reporter Theron Godbold contributed to this report.

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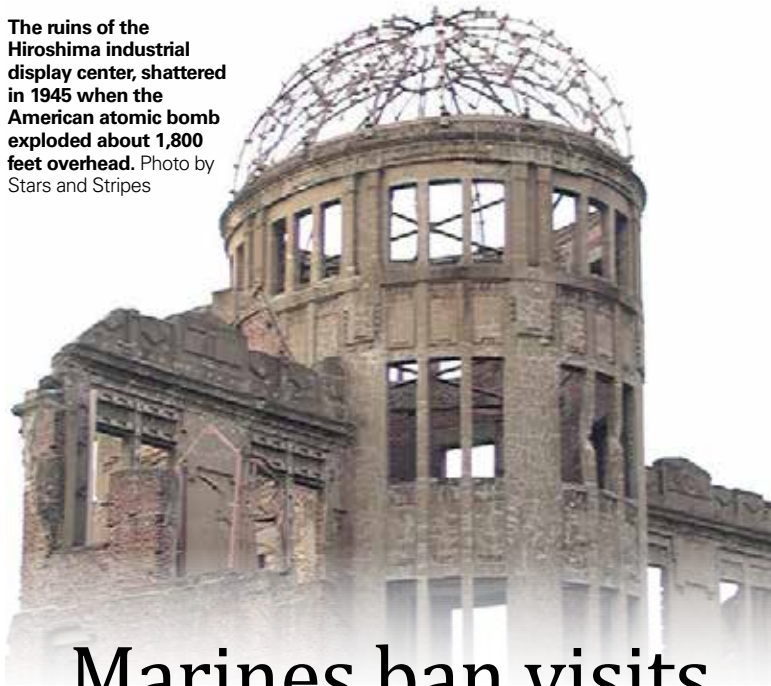
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The ruins of the Hiroshima industrial display center, shattered in 1945 when the American atomic bomb exploded about 1,800 feet overhead. Photo by Stars and Stripes



# Marines ban visits to Hiroshima after COVID-19 cases rise

BY JAMES BOLINGER,  
STARS AND STRIPES  
Published: July 21, 2020

MARINE CORPS AIR STATION IWAKUNI — Hiroshima has been declared off-limits to those living and working at MCAS Iwakuni due to an increase in coronavirus cases in the city.

The ban took effect July 21 morning and applies to all personnel, including service members, Defense Department civilian employees and family members, looking to travel to Hiroshima in their spare time, according to a post July 20 on the air station's official Facebook page.

Hiroshima has recorded new coronavirus cases almost daily since July 1, according to the city's website. On July 20, it reported four infections.

MCAS Iwakuni personnel who live in Hiroshima are still allowed onto the installation but are asked to take appropriate measures to prevent the virus spreading from the city to the air station.

"If there is something you want to buy that is not essential, please travel outside Hiroshima City to do so," the post stated. Essential services include work, school, medical appointments, fuel and groceries.

Marines and sailors may drive through Hiroshima but

are not permitted to stop unless an emergency develops, the post stated.

Travel to the city via personal vehicles was authorized June 19, following a months-long lockdown during which base residents could only leave the air station for essential tasks.

The new travel ban will impact anyone from the base who planned to visit the Peace Memorial Park for the coming 75th anniversary of the Aug. 6, 1945, bombing of Hiroshima. The attack marked the first use of an atomic bomb and hastened the end of World War II.

The air station made no other leave or liberty policies that affect service members, meaning troops can still travel throughout Honshu, the largest of Japan's

four home islands, as long as they do not use public transportation or visit off-limits areas like Hiroshima and Tokyo.

MCAS Iwakuni reported its first cases of coronavirus on July 13 when a family of three tested positive after arriving in Japan from the U.S., according to the Japanese Ministry of Defense.

Stars and Stripes reporter Hana Kusumoto contributed to this report.

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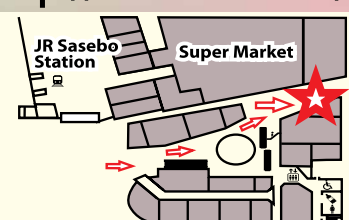
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# Yokota powers up \$30M Super Hercules flight simulator

BY SETH ROBSON,  
STARS AND STRIPES  
Published: July 27, 2020

YOKOTA AIR BASE — From the outside, the \$30 million C-130J Super Hercules flight simulator that opened Monday at the home of U.S. Forces Japan in western Tokyo looks like it would be at home in orbit.

Inside, the high-tech system near Yokota's runway is laid out like the cockpit of a cargo plane. During simulated flights, a curved mirror reflects five video feeds through the front windows while a hi-fi sound system mimics engine noise and electronic legs tilt the cabin to give those inside the sensation of motion.

The \$7 million building that houses the simulator includes facilities to train loadmasters as well as a system that teaches crews to identify threats.

During the opening ceremony, 374th Airlift Wing commander Col. Andrew Campbell told a group of squadron and group commanders and enlisted leaders that the facility would provide realistic training for 200 personnel.

"No simulator can fully replicate the heat, glare and vibration and stress of an aircraft," he said, adding that the simulator would allow crews to test themselves again and again.

It will build safety and proficiency for crews and save the Air Force money, Campbell said.

"It costs nearly a half-million dollars a year to send crews back to the States to do simulated training," he said.



Maj. Chris Wolff, assistant director of operations for the 374th Airlift Wing's Operations Support Squadron, gives a tour inside the new flight simulator.

After the facility opened, the 374th Operations Support Squadron assistant director of operations, Maj. Chris Wolff, said crews must practice certain emergency procedures in simulators for safety reasons. It's possible to practice landing an aircraft five times in the simulator in the time it would take to land a real aircraft once, he said.

Former Air Force C-130 pilot Chris Miceli, who works for Nova Technologies, the company that provides instruction and maintenance for the simulator, said Monday that he trained on a more basic device in the 1980s.

The Yokota simulator showed the base's runway complete with Mount Fuji in the background.

The simulator can model air bases all over the world, although some, such as Yokota, have more detail, he said. The models are updated based

on photographs and satellite images.

People have flown upside down for fun in a simulator, but they're mostly used for practicing emergency procedures, such as when hydraulic, electrical or propulsion systems fail, Miceli said. To make things tougher, instructors might set up a device to mimic poor weather.

"The most serious scenario is a four-engine flame out," he said. "How do you get those engines back in a logical, methodical process?"

The advantage of the simulator is it can be used in all weather conditions and crews can practice as much as they want without risk, Miceli added.

The simulator can be linked to wargames and Yokota crews may participate in some U.S.-based exercises using the simulator, he said.

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Twitter: @SethRobson1

A curved mirror reflects five video feeds through the front windows while a hi-fi sound system mimics engine noise and electronic legs tilt the cabin to give those inside the sensation of motion. Photos by Theron Godbold, Stars and Stripes

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**Illustration of a city skyline and a Ferris wheel.**



# Beat heat with trip to the Nippara Limestone Caves

STORY AND PHOTOS BY ALLEN ONSTOTT,  
STARS AND STRIPES  
Published: June 7, 2018

**F**ar from the hustle and bustle of downtown Tokyo lie the Nippara Limestone Caves — featuring one of the largest caves in the Kanto region, formed millions of years ago, which now draws visitors seeking a cool escape from the city.

Located in the mountainous Okutama region of western Tokyo, the Nippara Limestone Caves are reachable in 90 minutes by car from Yokota Air Base or 2½ hours via public transportation from Tokyo's Shinjuku Station.

The caves remain at around 52 degrees Fahrenheit (11 degrees Celsius) — making these natural wonders a perfect respite from the hot, humid Tokyo summers.

The drive to the caves is its own adventure, taking travelers along mountain roads that wind through several small towns surrounded by lush greenery. A portion of the journey includes a drive through Chichibu-Tama-Kai National Park, which covers nearly 480 square miles and contains numerous hiking trails, as well as several shrines.

Avid hikers might want to consider making a pit stop in the park to walk a portion of the Kanto Fureai no Michi Trail — a long-distance nature trail that passes through seven prefectures in the Kanto region. The trail features landscape dominated by towering white rocks and stunning views of pine trees, lakes and several rapids.

A word of warning: Do not wait to visit an ATM after passing through the small town of Okutama, as the town's post office provides the last chance to grab some cash. Reaching the Nippara Limestone Caves requires a 30-minute drive or bus ride past Okutama — and, while several towns lie between Okutama and the caves, none of these villages is equipped with an ATM. Bicycle rentals are also available in Okutama.

However, the road to the cave from here is quite steep and narrow, which might be a challenge for less-experienced riders.

When approaching the caves, be sure to cross straight over the nearby bridge where the road dead ends into a parking lot. (Turning left after the bridge leads to a public fishing area.) A staircase next to the parking lot leads down to the caves' entrance. Although parking

is free on weekdays, on weekends and during holiday seasons, there is a 500-yen fee to park for three hours.

A splendid waterfall separates the area where visitors pay for park entry and the actual cave entrance, and a small shop selling food is also nearby. Several hiking trails also begin near the cave, which make for a nice addition to a visit to the area.

Upon entering the caves, visitors are met with a cool breeze and a bit of a tight squeeze, as the initial portion of the cave is quite narrow. However, at the end of the entrance, which extends for about 300 feet, the cavern opens up and offers plenty of headroom in the expanse above.

Here, visitors can choose whether to venture left or right into the cave's various caverns. A map is available for the path on the right, but it's in Japanese only. Fortunately, the paths all lead back to the cavern opening, making it highly unlikely you'll get lost while exploring. After walking a half-mile into the cave, visitors will reach the largest limestone rock formation, which is illuminated by colorful lights. The central steps cut into the rock lead to a white Bodhisattva statue.

The cave has a long history dating back to the Kamakura era as a sacred ground for Shugendo, a religious practice of mountain worship in Japan drawn from both Buddhist and Shinto concepts.

During your trek, watch your step climbing the steel ladders located throughout the caves. Though reminiscent of the vast engineering spaces of an aircraft carrier, one slip on the steps will certainly lead to a nasty fall.

Although the cave is scarce on delicate and intricate formations, taking a few breaks to enjoy the breathtaking view of the ancient stalactites and stalagmites is an enjoyable experience. When the cave is quiet, the chamber echoes of dripping

water from the condensation falling from the rocks overhead.

The caves extend about 2,625 feet into the mountain and take about 30 minutes to walk through. It's certainly not the most amazing cave in the world — but it's an interesting attraction, and a great way to enjoy a bit of nature without venturing too far from Tokyo.

onstott.allen@stripes.com

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## What to know

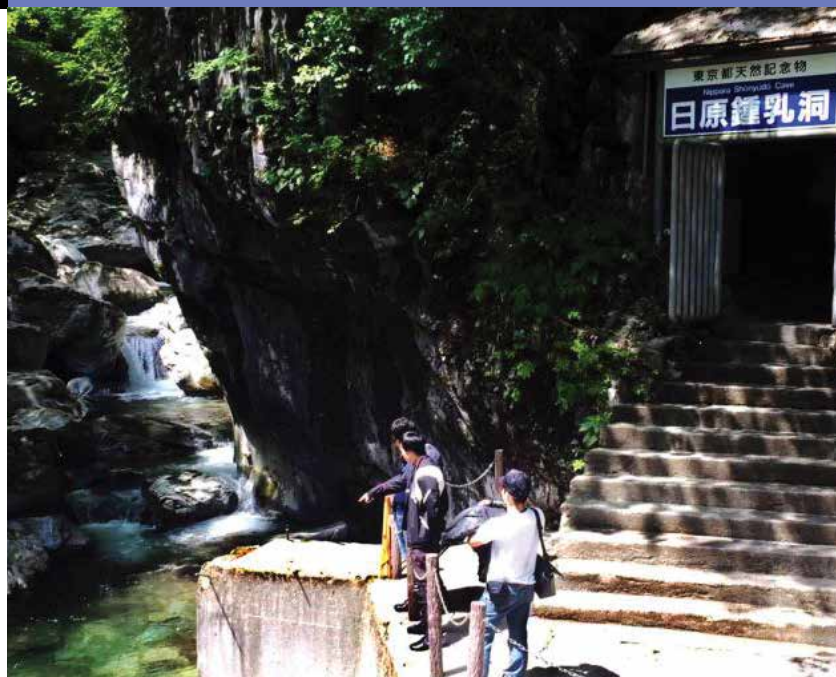
**DIRECTIONS:** Driving from Yokota Air Base, take Route 411 headed toward Okutama. Once arriving in Okutama, turn onto Route 204, which leads directly to the caves. Via public transportation, take the JR Ome Line to Ome, and transfer to JR Ome Line trains continuing on to Okutama Station. From Okutama Station, take the No. 20 bus (weekdays only) bound directly for the caves and walk about 5 minutes from the bus' final stop; or take the No. 21 bus (weekends, holidays and during August) to Higashi-Nippara, which requires a 25-minute walk to reach the cave entrance. Both buses cost 460 yen each way and leave once an hour from the bus stops outside Okutama Station.

**HOURS:** 8 a.m. to 5 p.m. April through November; 8:30 a.m. to 4:30 p.m. December through March

**COSTS:** Adults, 700 yen (about \$6.50); middle school students, 500 yen; elementary school children and younger, 400 yen

**FOOD:** A small food stand is located near the caves, but it's probably best to stock up on snacks or visit a restaurant while in Okutama.

**WEBSITE:** nippara.com



A small waterfall welcomes visitors to the entrance of the Nippara Limestone Caves in Tokyo's Okutama region. Several hiking trails also begin near the cave, which make for a nice addition to a visit to the area.



Although the Nippara Limestone Caves are scarce on delicate and intricate formations, taking a few breaks to enjoy the breathtaking view of the ancient stalactites and stalagmites is an enjoyable experience.



The Nippara Limestone Caves, located about 2.5 hours from Tokyo's Shinjuku Station, extend about 800 meters into the mountain and take about 30 minutes to walk through.



# Nishizawa Gorge waterfalls an awe-inspiring site

STORY AND PHOTOS BY  
THERON GODBOLD,  
STARS AND STRIPES  
Published: July 16, 2020

Hidden in the forested mountains north of Mount Fuji, you'll find a picturesque canyon loaded with waterfalls called Nishizawa Gorge.

Inside Chichibu-Tama-Kai National Park in Yamanashi prefecture, the gorge is one of three hike-able gorges in the park. The trail — 7 miles long, round trip — is filled with awe-inspiring scenery that leads to a five-tiered waterfall called Nanatsugama-Godan-no-Taki or Seven Iron Pots-Five Steps.

Walking to the largest set of falls isn't for everyone as it takes nearly two hours to reach them from the large parking lot near the trailhead. During my visit in early July,

the last couple hundred feet of trail from the base of the falls to the top was temporarily closed due to a bridge washed out by heavy rains. Nonetheless, the view from the base, and the strenuous walk to get there, are worth the effort.

A paved road leads to the trailhead where a small rest area and bathroom marks the entrance to the trail. From here, the sounds of nature — birds, wind and the rush of flowing water — slowly begin to fill your ears.

At the beginning, gravel paths lead you deeper into the cavernous woods. Small waterfalls lie along the path, hinting at something much bigger ahead.

Farther on, the path grows steeper with roots and rocks threatening your ankles with almost every step. ➔

EXCLUSIVE NEWS FROM:  
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NISHIZAWA  
GORGE



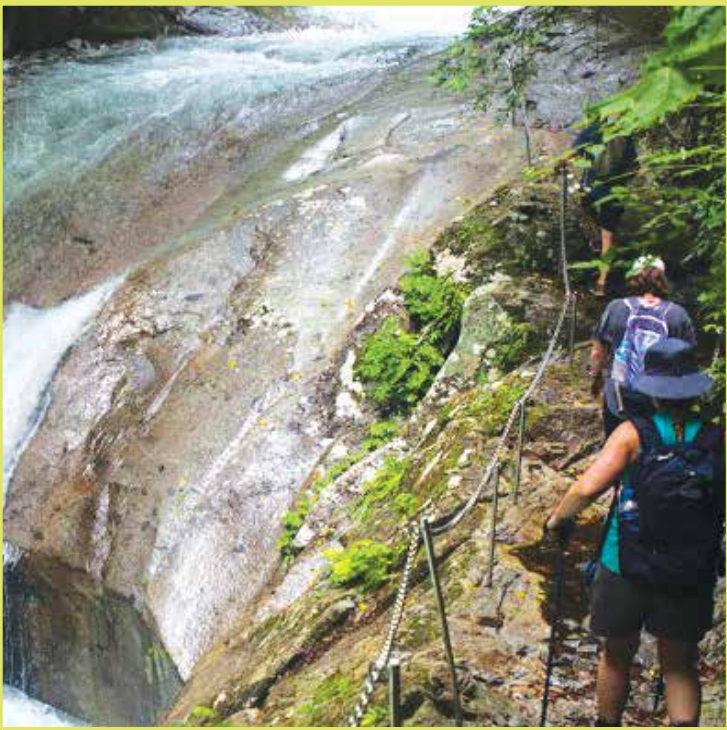
Yokota High School teacher Jenny Gaume uses a chain railing during her hike to Nishizawa Gorge in Yamanashi prefecture, July 7.



Waterfalls are the main attraction for hikers at Nishizawa Gorge.

**DIRECTIONS:** The gorge is about 2 hours northwest via toll road from Yokota Air Base. Google Maps GPS code: VP9V+GQ Yamanashi, Japan.  
**HOURS:** Open year-round  
**COSTS:** Free, though donations are requested for restroom maintenance.  
**FOOD:** Pack a lunch, as there are no restaurants nearby.  
**WEBSITE:** yamanashi-kankou.jp/foreign/english/spot/p1\_4789.htm  
**TEL:** 0553-22-1111





Gorgeous waterfalls are just feet away during the hike to Nishizawa Gorge.

→ As you climb higher into the mountainous woodlands, the rush of water grows louder. Hiking boots and poles are recommended. The trip may be too much for young children.

Small break areas can be found along the path, giving some hikers a much-needed respite from the rugged trail. At the top of the falls, when it's accessible, are a bathroom

and small wooden benches that are a handy place to eat a packed lunch.

The mystical look of the sunlight refracting through the water at the base of the falls creates an ethereal glow. That sight was more than enough to make the slick rocks, steep inclines and skittering over or around rock faces well worth the journey.

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A hiker takes photos from a suspension bridge over the Fuefuki River while trekking to Nishizawa Gorge.

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Among 15 springs in Zama City, Banjinsui spring water has been used by locals for their daily water throughout history. A legend says that prominent Buddhist Monk Nichiren found this spring 800 years ago.

### Banjinsui

ADDRESS: 1-3246 Iriya, Zama City, Kanagawa Pref.

# Zama

## Camp Zama surrounded by beautiful nature

STORY AND PHOTOS BY  
TAKAHIRO TAKIGUCHI,  
STRIPES JAPAN

**B**lessed with balmy, moderate temperature, pure spring water, great landscape, beautiful forests and endless sunflower fields, Zama is a great city to take a stroll.

The city, home to Camp Zama, is actually known as “town of sunflower,” because of its extensive sunflower fields. Although the annual sunflower festival was cancelled due to the COVID-19 outbreak, you can still enjoy 550,000 sunflowers in various districts within the city from the end of July to mid-August.

It was end of August when my wife and I visited Zama to view the large yellow flowers. Although most of flowers were gone, we found a few farms along the Sagami River that still had a lot of flowers in bloom. To our pleasant surprise, they let us go into the farm with pair of scissors and pick the flowers for 200 yen each. We enjoyed picking the large and beautiful flowers while taking photos against hundreds of vivid yellow flowers that were much larger than my face.

Back in the day, the city developed into an important inn town along the Hachioji Boulevard that connected two important cities - Yokohama and Hachioji. In 1937, the Imperial Japanese Army Academy was created, but with the end of World War II, the facility was turned over to the U. S. Army and became Camp Zama.

Nowadays, the nature surrounding the military installation is a joy to explore.

“I often see wild owls flying over to the forests,” says Machiko Wakabayashi, owner of

Wakabayashi Saketen (liquor shop) near Camp Zama. “Surrounded by beautiful forest and full of nature, Zama is very nice place to live.”

### Zama

**POPULATION:** 130,785 (as of June 2020)  
**LOCATION:** 1-1-1 Midorigaoka, Zama City, Kanagawa Pref. (Zama City Hall)  
**AREA:** 17.57 km2  
**ATTRACTIONS:** Sunflower fields, Zama Shrine, Banjinsui Park, Sobudai-mae Shopping District  
**WEBSITE:** [www.city.zama.kanagawa.jp/](http://www.city.zama.kanagawa.jp/)  
**TEL:** 046-255-1111 (Zama City Hall)



### Strolling around power spots and legends behind Camp Zama

Located in Sobudai-shita district, Zama City, Banjinsui Park are considered as a power spot with rich of legends.

Located behind the military base, Zama Shrine is a majestic Shinto Shrine. With the traditional building, well-arranged shrine garden, old shii tree (Japanese chinquapin), old torii gates, approach and grey large torii gates, the shrine is full with power and spirit.

The shii tree has been considered a treasure. The locals believe that a touch of tree bark can cover from disease and give you a long life.

SEE ZAMA

Prominent monk, Nichiren visited Zama in 1271. To commemorate his visit to Zama, a statue of Nichiren was built on the hill near Engyoji Temple in 2002, the 750th anniversary of the monk's death.

Statue of Nichiren, Engyoji



# City

## Beautiful nature

Kanagawa

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istrict

### spot of ama

ama Shrine and  
ower spot filled

Zama Shrine is  
traditional main  
with 300-year-  
stone stairway  
the shrine is filled

ree of God, and  
e helps you re-  
life. Visit there

MA ON PAGE 10

### Zama Shrine

**ADDRESS:** 1-3437 Zama, Zama City,  
Kanagawa Pref.  
**WEBSITE:** [www.zamajinja.or.jp/](http://www.zamajinja.or.jp/)  
**TEL:** 046-251-0245

The 1,500-year-old Zama Shrine is filled with power and spirit. Along with a well-arranged shrine garden, an old stone stairway approach and large grey torii gates, the shrine accommodates the "Tree of God," a 300-year-old shii tree. It is believed that if you touch the tree, you will recover from disease and live a long life.



## Roti Boti

A tasty Indian restaurant  
in the busy Sobudai-mae district

STORY AND PHOTOS BY  
TAKAHIRO TAKIGUCHI, STRIPES JAPAN

**L**ocated in the busy shopping and restaurant district in front of Sobudai-mae Station, Roti Boti is a popular Indian restaurant that serves up authentic northern Indian dishes.

Upon entering the restaurant through a heavy wooden door, the interior was cozy and relatively spacious with a large window from which I could look down on the busy shopping district.

As a first-timer, they recommended I sample one of various lunch sets available from 680 yen to 1,300 yen (\$6.30 to \$12). I went with the Roti Lunch set for 1,050 yen, which gave me great chance to sample authentic Indian taste with two curries (chicken masala and vegetable), samosa (fried potato), chicken tikka (spicy baked chicken), salad, soup, naan, saffron rice, and tapioca mango juice.

Dishes can be ordered with varying levels of spiciness – very spicy, spicy, middle, mild or very mild. I opted for the very spicy.

A delicious mix of different spices and flavors were packed in a gorgeous plate. The lunch set may as well have been a full coursed cuisine with fresh springy naan and complimentary soft drink.

Both of the curries were tasty with a ricier taste and a milder finish than typical Indian curry. The roasted chicken in the masala curry was some of the most tender I have ever had; it practically melted in my mouth. The vegetable curry contained various seasonal vegetables, and silken-like curry that would likely appeal even to someone who is not a big vegetable fan.

The chicken tikka – chunks of boneless chicken marinated in spices and yogurt, and baked in a tandoori oven - was exquisitely flavorful with a tender yet meaty texture.

Roti Boti boasts authentic tastes from its homeland. A staffer says their Indian cooks use more than 50 different spices from the mountains of India to cook their dishes.

For a tasty and non-expensive Indian restaurant near Camp Zama, check out Roti Boti. The restaurant has English menus and the staff is bilingual.

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

### Things to know

**HOURS:** 11:30 a.m. – 2:30 p.m., 5 – 11 p.m.

**ADDRESS:** 1-25-2 [2F] Sobudai, Minami-ku, Sagami-hara City,  
Kanagawa Pref.

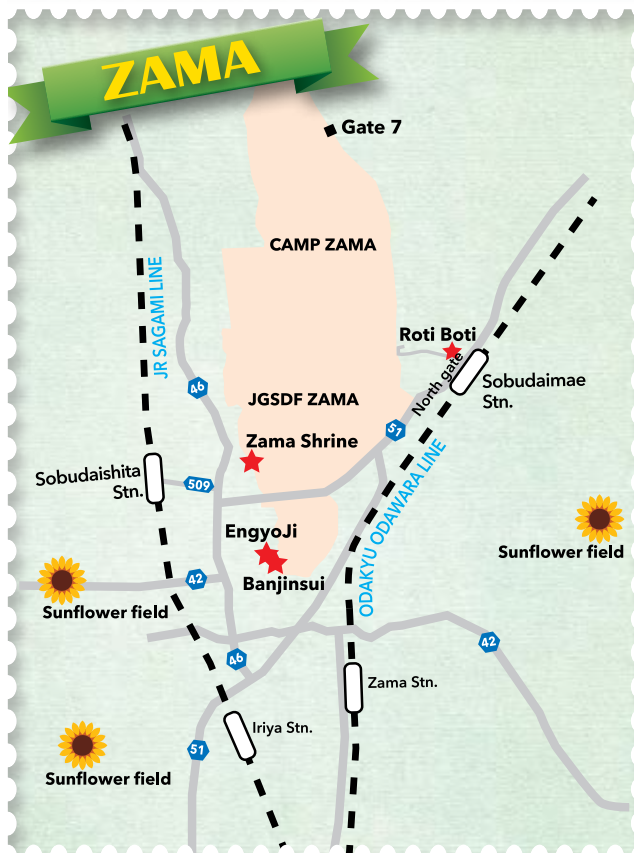
**WEBSITE:** [rotiboti.jimdofree.com](http://rotiboti.jimdofree.com)

**TEL:** 046-240-6804





# ZAMA: Home to Japan's only shrine for pets



CONTINUED FROM PAGE 9

and touch the tree with your hands to feel the power.

I always make a point to stop by the shrine when I visit Camp Zama. I always feel purified after offering a traditional bow - bowing twice, clapping my hands twice and again one deep bow in front of the main shrine.

Behind Zama Shrine there is a tiny shrine for pets, called "Inuneko (dog and cat) shrine." I visited the shrine, and saw hundreds of ema (votive wooden tablets) hung around it. I couldn't help but be moved when reading the tablets - one saying "May my cat soon recover from disease," and another saying "May my deceased dog be accepted in heaven."

The origin of Zama Shrine dates back to 539-571 when an epidemic prevailed around the region. An old man in white attire told the locals to use spring water in the forest where the shrine is currently located. No sooner did the locals start using the water for their life than the epidemic completely stopped. To commemorate this amazing event, the locals built the shrine, according to



Inuneko Sha (shrine for dog and cat) is known as the only Shinto shrine for pets. It is located behind Zama Shrine.

the legend.

The legendary spring water is still available near the shrine's stairway and you can bring some of it back home. I always do. The water is very clear and sweet, and perfect for making coffee or tea with it.

Actually, Zama is blessed with plenty of water. There are 15 springs located within the city, and 85 percent of the city water supply comes from the local springs, according to Zama City.

Aside from the famed Zama Shrine Spring, Banjinsui Spring near Camp Zama is another well-known

spring behind Camp Zama. Although the water is being used only for fire hydrants today, it was used for drinking and brewing quality sake until the 1950s. The water forms a clean stream, and along with a small shrine, it makes up Banjinsui Park.

A large statue of a Buddhist monk, Nichiren, is located on a hill behind the park. Legend has it that the water rushed from the ground when the monk poked it with his stick.

takiguchi.takahiro@stripes.com

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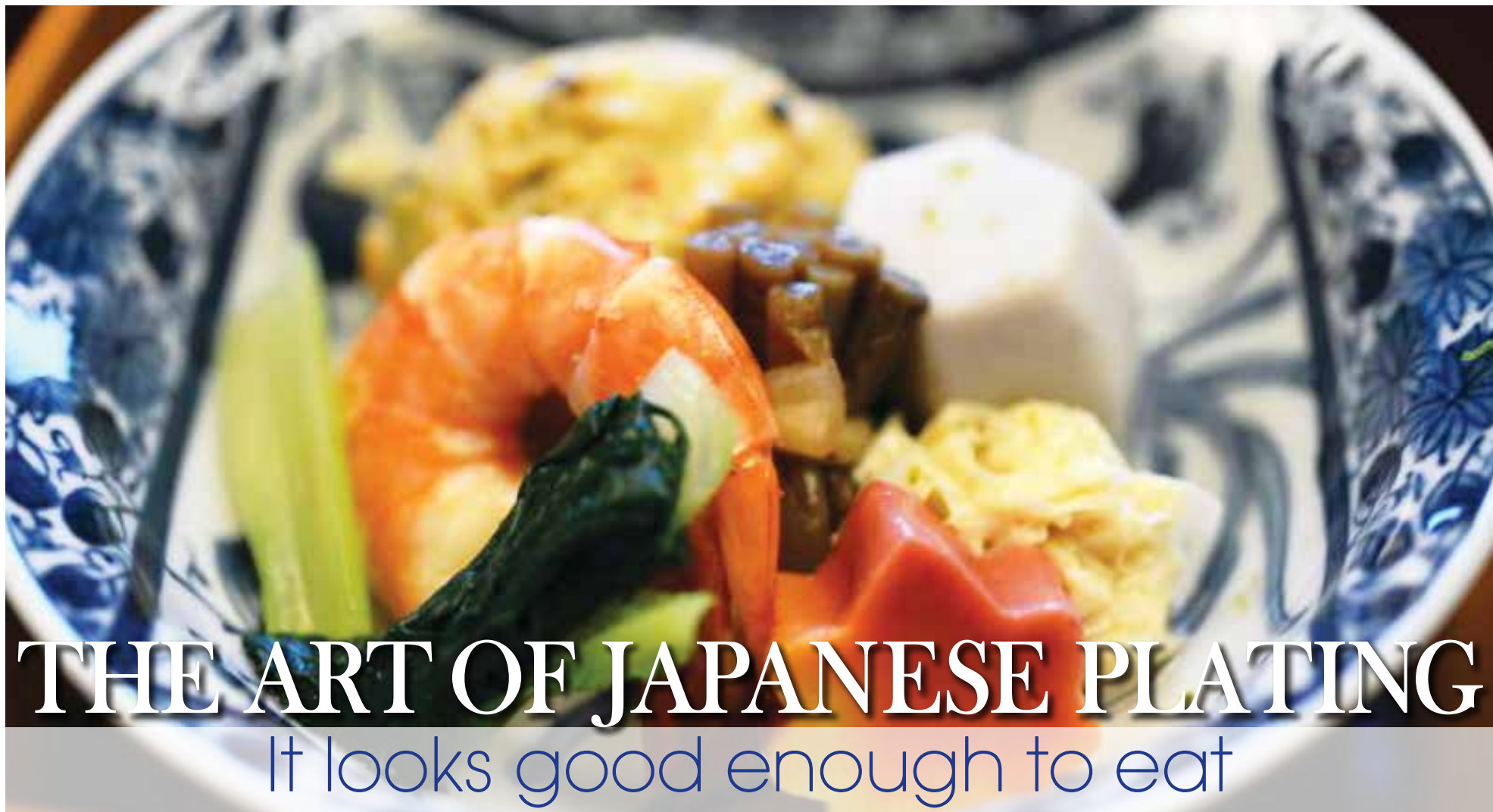
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# THE ART OF JAPANESE PLATING

## It looks good enough to eat

BY JESSICA THOMPSON,  
METROPOLIS MAGAZINE

For anyone that has relished the delicately complex beauty of a *kaiseki* (multi-course) meal, has wondered why sushi looks particularly attractive in Japan or has tried to plate any meal ever and make it look half-decent, they may be relieved to hear that the splendor of Japanese plating is no coincidence. Putting food on a plate in restaurants in Japan is a highly codified process, an interplay of several cultural factors and accepted plating principles. Fundamental to it all is the intention of Japanese cuisine to not just appeal to the most immediate sensory denominator for food (taste), but to appeal also to the eye.

Here are several of the key concepts.



### Balance

A dish is considered well harmonized in Japanese cuisine when it feels peaceful to look at. Interestingly, symmetry is not a prerequisite for this, but

quite the opposite. A bird's eye view of a Japanese plate will generally show an off-kilter, yet visually pleasing arrangement. Symmetry is regarded to be predictable, where asymmetry is tantalizing and engaging. Japanese culture also prizes asymmetry in numbers—3, 5 and 7 are found commonly in plating. Five, in particular, is regarded as auspicious and is reflected in many facets of Japanese cuisine. The five senses—taste, sight, smell, hearing, touch—are regarded as important to a balanced meal. The five colors—red, blue (interpreted as green), yellow, white, black—are collectively represented in many dishes and meals. The five tastes—sweet, salty, savory, bitter, sour—are key to balancing flavor. Contrast is also important to balance in color and taste, as well in texture. Silky, creamy *chawanmushi* (steamed egg custard) comes topped with popping, briny roe. Bitter *mitsuba* greens are mixed with sweet rice and sour vinegar, served on a black dish, and covered with bright orange and salty-tasting grated *karasumi* (dried mullet roe). Garnishes like pieces of pickled daikon, a herb leaf, citrus zest, *chirimen*

(dried whitebait) and bonito flakes, add contrasting color accents, as well as help balance flavor and texture.

### Servingware

Western restaurants and homes have a tendency towards plain plates, and there is a sense of unity in a 'set.' In Japanese culture, it's the opposite—there is enjoyment in the expression of a variety of vessels. Japanese receptacles come in an array of shapes, sizes and colors, are made from pottery, glass and lacquer, and are often emblazoned with decorative patterns. Receptacles are chosen based on the dish to be presented, and often inspire a dish. The result is a technicolor kaleidoscope that somehow manages effortless composure—not unlike the vastly contrasting fabrics of a *junihitoe* (kimono of the ancient Japanese court).

### Seasonality

Japan's staunch allegiance to seasonal eating is unwavering. Each season is like a complete scene change on set, from what's featured on menus, cooked at dinner parties, in bento boxes, and at convenience

store ice cream cabinets. Plating proudly showcases seasonal produce, as well as theming the colors of ingredients and servingware for a season—pink and green for spring, reds and gold for autumn. Noodles may come served in large bowls in winter and chilled on top of ice in bamboo baskets for summer. Even chopstick rests provide seasonal cues—a cherry blossom in spring and maple leaf in autumn.

### Empty space

In Western restaurants, plates are piled high and to the edges with food, and white space is usually the marking of a fine-dining establishment. In Japanese dining, plates are rarely fully covered—30% is consid-

connection from the eye to the palate by providing a sense of intrigue that makes the diner want to find out more.

### Arrangement

The arrangement of food on the plates of Japanese restaurants is largely dictated by the rules of *moritsuke*, or serving arrangement. These are a set of styles that draw on the ideas of balance and contrast, underpinned by *ma* and seasonality. Here are some of the most common. *Hiramori* is the arrangement of food on a flat plane. Similar sizes and colors of food are placed together, in a slanted direction. *Tenmori* is the final touch (using the kanji for 'heaven'), which provides balance in flavor and appearance;

*Yama no katachi* is a mounded, mountain-like arrangement; For *sugimori*, food is in a conical shape that resembles a cedar (*sugi*) tree; *Kasane-mori* is vertically layered arrangement; *Nagashi-mori* is a mountain arrangement in a sunken vessel; *Yosemori* comprises two or three contrasting



ered the minimum amount of space to leave empty. This concept of empty space in Japanese culture is called *ma*, and echoes through many aspects of Japanese life. Japanese interior design is famously minimalist, and traditional Japanese painting is often predominantly negative space. *Ma* is the void between things, an emptiness that is full of possibilities. In plating, this negative space focuses the diner's attention as distractions are omitted, as well as stimulating a

ingredients gathered centrally; *Chirashimori* is a 'scattered' arrangement, and thought to be the most difficult as it relies on the ability of chef to balance aesthetics of random arrangements; *Sansui-mori* is a landscape arrangement, and may include metaphorical elements such as fanned slices of fish to indicate waves; *Sugata-mori* is a 'figurative' arrangement, which is where a fish or other ingredient is placed in the shape of the original entity.







# famous 100-yen store

Top 6 weirdly useful kitchen goods at Daiso!

BY KATIE CLAYTON,  
LIVE JAPAN

**1** 00-yen shopping in Japan means weird and wacky gadgets, and weird and wacky gadgets on a budget means Daiso! Daiso is one of Japan's most famous 100-yen stores (think dollar store, but cooler), and it offers a huge number of items at a range of price points, but with a focus on 100-yen steals. There are 3,376 Daiso stores in Japan, and a grand total of 5,542 worldwide (as of 2019), and they're popular for a reason; everything is super cool and super cheap! Daiso has been around since 1977, so they know

what they're doing.

Daiso has a wide selection of other items available, but with Japan having such a rich culture around food and cooking, we couldn't resist checking out their kitchen supplies! We found plenty of options to brighten up your kitchen. These top six gadgets are unlike anything we've ever seen back home, and incredibly they're all at the classic Daiso price of 100 yen! Nothing is too bulky, so you can carry all your cool new toys with you as you trek across the country, and then stuff them into your suitcase to take back home. Spice up your cooking and snack in style with these quirky yet super useful kitchen supplies!

## Peeler glove

Designed for the clumsy potato lover

Vegetable peelers can be unwieldy, unsafe, and a pain to clean. Surely there has to be a better way. Of course there is; why else would we have brought it up? You will fumble no more with the dangerous vegetable peelers of the past thanks to this unusual but brilliant glove! Yes, you read that correctly: one glove. These large gloves are sold individually, and come in orange for your left hand or pink for your right hand, marked in English on the packaging so you don't get confused. Buy one based on which of your hands is dominant, or get one of each and really go to town on your veggies.



### How to use it

The rough texture helps to remove the skin from a vegetable by simply rubbing it! That's right: you can wash and peel your veggies at the same time, saving time and effort. Of course potatoes come to mind first, but these gloves also work on things like burdock and fish scales.

Since there are no sharp objects involved, this unusual glove is perfect for getting kids involved in the cooking process at a relatively young age. In that vein, this is another a fantastic tool for helping those with coordination issues have more independence in the kitchen. It also reduces food waste, as we all know that using knives and peelers to shave potatoes into perfect squares is hardly the most efficient way to cook.

Save time, energy, food, and fingers with this awesome glove!



Photos courtesy of Live Japan



## Maki roller

Impress your friends and family with homemade sushi rolls!

Many of us have been excited by the idea of making sushi, but worry it will take too long and not turn out right... First, you need a specially-designed mat for rolling sushi. Second, even with said mat available, it's no easy feat. It takes practice and talent, and not everybody has the time or patience.

This easy-to-use sushi roller takes the mat and the frustration out of the equation.

Fun for the whole family, it's so easy a child could do it, and they totally should! This simple tool makes it easy and fun to make rice rolls, which can be cut into bite-sized maki (roll) sushi or eaten as is, like a long sushi burrito. Either way, rice rolls make a perfect light lunch or snack, and are portable enough to replace sandwiches.

### How to use it

The instructions are written in English on the packaging, and it's easy to use once you get the hang of it. Put some cooked rice into the roller, filling up the bottom of it until you reach the top of the rough pattern. Then, add fillings in a line up the middle, leaving space on either side. Add more rice on top, encasing the fillings in rice. Then, close it and shake it around twenty to thirty times. Feed your sheet of nori seaweed into the slit on the clear part of the roller, and shake again until your roll is complete! You'll be left with a tube of rice, your fillings in the center, and the sheet of seaweed wrapped around it to keep everything together.

Get creative with the fillings! Things like cucumber, sweet egg, and fish are all pretty standard, but why not play with some local Japanese ingredients like shiso, or some more western tastes like cheese? Perfect for a creative and unusual date night, a family night in, or just making yourself some lunch, you've got to try this neat little tool.

(Results may vary, but it sure is fun!)



Set rice...



Roll!



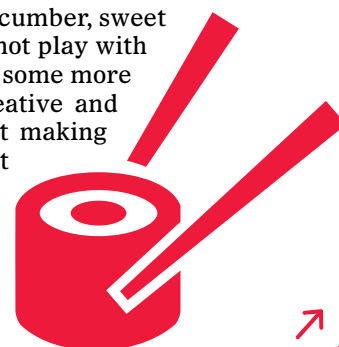
Set seaweed...



Roll again!



Complete!!





## → Fresh soda stopper pump

Never let your fizzy drinks go flat again

When you're traveling and trying as many different foods and drinks as possible in Japan, you've definitely got to check out some of the literally millions of vending machines and convenience stores around the country. Japanese summers are particularly hot, humid, and thirst-inducing. Sadly, we all know how it goes: buy a refreshing soda, forget about it for ten minutes, and it's gone completely flat. Gross.

This is one of those inventions that will have you wondering why you didn't know it existed until now. How have you lived without it? This handy, portable little pump is used to add fizz back into your drink. It fits 500ml and 1.5l bottles, so you never have to go thirsty for want of a decently carbonated beverage again.

### How to use it

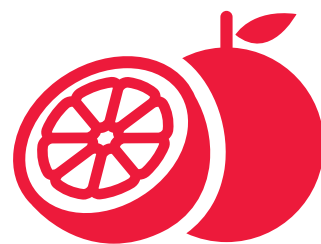
Instructions are available on the packaging in English. All you have to do is replace the cap of your drink with the included one. Once you've attached it to the mouth of your bottle, put the pump into position. Give your drink a few quick pumps, stopping once the bottle starts to swell with pressure. Now it should stay fizzy and refreshing for much longer. The stopper also doubles as a replacement cap, so you can just leave it in before sticking your drink in the fridge! Maximum ease and convenience.

Because it's simple and hand-operated, there are no batteries or power sources required, and it can be used time and time again.



## Mandarin peeler

Easy peasy lemon...peeler?



Nail biters of the world, rejoice! No more struggling to peel citrus fruits thanks to this genius invention. Whether your nails are too long or too short, finally there's a tool to let you enjoy your favorite fruits without resorting to using a knife or your teeth. This useful little gadget is also great for people with coordination issues and for kids, as the fact that it's made of plastic makes it much safer than the various alternatives. It's a safer option than a

knife if you just want some lemon or lime juice for your cooking, too.

### How to use it

It's pretty self-explanatory, but all you have to do is put your finger through the hoop for grip, pierce the skin of your target fruit with the little nub facing away from you, and peel away. Be careful not to hurt yourself, and enjoy all your favourite fruits that unfortunately require peeling. If you're in Japan around New Year, you've got to eat a satsuma or two; it's tradition!

You get two in each pack, so one for you and one for a friend! Or keep all the fruit to yourself; we're not judging.



## Folding cup

Refreshing drinks on the go!

As pointed out on the packaging, this collapsible cup won't just make it easy to enjoy a drink as you wander through Japan, but to do any activity that requires a cup: brush your teeth, gargle, take medicine, or of course, take part in the much-loved hanami flower viewing parties in spring! Hanami events are essentially boozy picnics held under the guise of gazing at the many gorgeous cherry blossom trees, so grab your new cup and enjoy spring the way the locals do! The cup also reduces waste, as you won't need to use single-use disposable cups anymore. Pair it with your handy soda stopper pump and you're all set to enjoy delicious Japanese drinks on the go.



### How to use it

The instructions are written clearly in English on the back, but it would be pretty easy to use even without them! Start by giving the knob on the side a pull, and the cup very easily pops out and back to flat again. It even comes with a lid to keep it clean even when stored in your backpack; they've thought of everything! It's available in yellow or green, so it's always easy to find among your stuff.

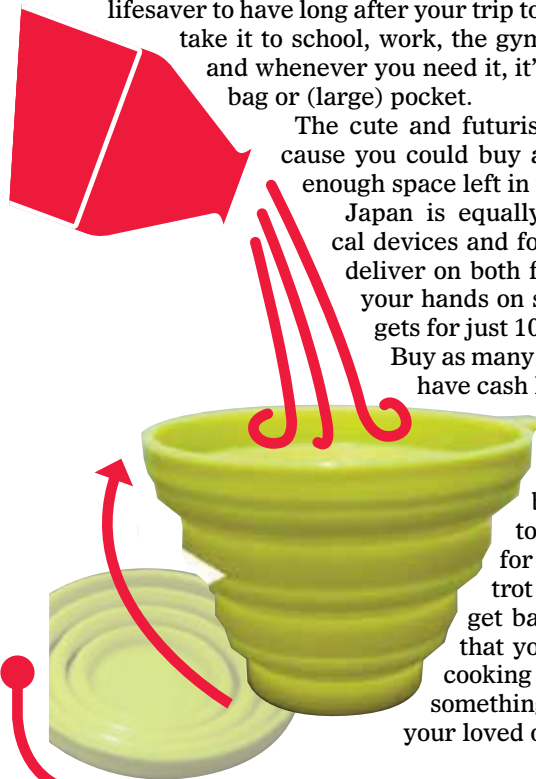
This snazzy cup isn't just useful when you're traveling, either. It's a total lifesaver to have long after your trip to Japan comes to an end. You could take it to school, work, the gym, on long car journeys; wherever and whenever you need it, it'll be conveniently stashed in your bag or (large) pocket.

The cute and futuristic cup is another great gift, because you could buy a bunch and still have more than enough space left in your bag!

Japan is equally famous for weird and whimsical devices and for amazing cooking, and they sure deliver on both fronts. Here at Daiso, you can get your hands on some of the wackiest kitchen gadgets for just 100 yen each! How could you resist?

Buy as many cool new toys as you want and still have cash left over to get the ingredients and snacks you'll need to test them out. It's a win-win.

Whether you want to grab a bunch of fun gifts or keep them all to yourself, you'll easily find uses for all these unique tools both as you trot around the globe and once you get back home. From solving problems that you didn't know you had to making cooking easier for everyone, there's 100% something here that's perfect for you and your loved ones.



## Easy chip bag sealer

Stale snacks begone!

Many bags of candy or chips in Japan are re-sealable, but alas, not all. This makes it difficult to bring back all the awesome Japanese snacks you'll want to stuff in your suitcase. Back home, basically no bags are re-sealable, and it's up to you to find a Ziploc and begin the awkward process of transferring your food. That's where this fancy little device comes in. You won't have to worry about stale or soft chips or cookies ever again thanks to this super innovative bag sealer! This is one that will really have you asking, "how is this only 100 yen!?"

### How to use it

The almost pocket-sized gadget uses heat to bind the edges of your bag of chips together. The instructions are written on the back in English, and it's very simple to use. It takes two AA batteries, sold separately, which go into the middle of the sealer. The shape is reminiscent of a stapler, and the business end is exactly where you'd therefore expect it to be: the small bronze button-like grids on the inside will heat up, so make sure to flip up the little green plastic safety cover when not in use. Press the bag closed for three seconds, and drag the device parallel to the opening of the bag to seal. Quick warning: it may not work on very thick material. However, you can adjust the length of time you hold it in place for and how firmly you hold it closed based on the thickness of the bag. Of course, for safety reasons, you have to take the batteries out after each use.

Now you can enjoy your snacks on the move without worrying about gross, stale food or crumbs in your stuff. Whether you're adventuring in the great outdoors or just nibbling something in a hotel room, there will be no more struggling with clips, rubber bands, or trying to fold your snack bags away origami-style. Literally just press, drag, (remove batteries), and go!





# MY FAVES Go-to spicy snacks

STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES JAPAN

Unlike in South Korea or Bhutan, winter in Okinawa doesn't take a lot of spicy hot-pot-type dishes to get through. That may be one reason why the subtropical island didn't offer many spicy foods in the past. As someone who loves spicy foods, I would have to use a lot of Kōrēgusu, an Awamori liquor savored with island's hot peppers, or try level 10 at a Coco's just to taste some serious spiciness. Recently I've noticed more and more spicy foods sold at local supermarkets, offering more options to hot food lovers in Okinawa.

Listed below are some of the foods I've tried and found tasty and interesting. Although none of them would match the burning hot flavors of "Blair's Death Sauce" or "Flamin' Hot Cheetos," these local foods offer something hot and unique to stimulate your taste buds.

## ■ Spicy Mimigar Jerky

"Mimigar" or "pigs' ear" is a signature food of Okinawa where people are said to eat everything that pigs have to offer except their bleat. Although there are several flavors available for Mimigar jerky, this spicy flavor stands out among others because its chewy texture contributes to the spicy flavor by letting the hot flavor linger longer in your mouth as you chew. This is not only a good appetizer or snack food for fun nights, but also a good source of protein.

## ■ Shima-togarashi Mame

If you love peanuts and spicy food, this Okinawan hot chili peanut cracker is a no brainer. If you love either of the two, and hate the other, this is still worth a try. That's my take as a peanut hater. My first bite was met with the taste of peanut coated with brown sugar. But it didn't take long before spicy shima-togarashi (island's chili) kicked in. This interesting mixture of flavors surprised me and I was able to forget my dislike of peanuts, at least for a short while.

## ■ Shima Rayu Kaki Pea

"Kaki no Tane" or "Kaki-pea" is a popular Japanese snack, which is a pairing of sliver-shaped rice crackers and peanuts. In addition to soy sauce flavor, which is the most common seasoning for this snack, its nationwide popularity led to so many variations in flavors such as picked-plume, chocolate, mayonnaise, etc. Seasoning that with Ishigaki Island's chili oil may not sound like a fresh idea, because the taste is very predictable. Chili oil's spicy flavor doesn't last very long because the snacks are hollow. But it is hot enough to offer a good flavor



accent, going well with peanuts and sardines packed together.

## ■ Rayu Sembei

This is another snack flavored with Ishigaki Island's chili oil. The taste of the spicy oil remains modest with salty flavor taking the lead. I also found a bit of shrimp flavor in the mixture. Obviously, this is targeted to broad consumers rather than die-hard spicy food fans.

## ■ Shimatogarashi Ebi Sembei

From the name, you may think that this snack tastes like spicy shrimp. It is only half true. The flavor of shrimp is dominant, but other ingredients such as turmeric, brown sugar and sesame give

depth and nuances to the taste. And the hot flavor of island's chili sets the tone to let those different tastes work together. Recently, I've noticed this food sold at many shops and stores, probably a sign of its popularity among tourists.

## Savory & Sweating

For someone, who grew up eating many mainstream spicy snacks, above mentioned foods can be called "alternative spicy snacks" as many of them are meant to achieve something different by combining spicy flavors and with Okinawan foods. For those who are in need of quick solutions to fill their thirst for hot flavors, listed below are what I think sitting on the top of my list as of

now. Some of them are long-time sellers while some of them are relatively new comer. But all of them seems to me relevant to many spicy food enthusiasts. You can find these at most convenient stores. I purchased mine at Lawson and Family Mart.

## ■ Kara mucho (Spicy Mucho)

"Kara Mucho" is probably the king of spicy snacks for many Japanese. I have been enjoying this long-time seller since I was a kid. It comes in either shoestrings or potato chips. Written on each package is its catch phrase, "Why potato tastes so good if spicy?" I've had this food so many times, and still wonder what an answer to this question would be.

## ■ Bokun Habanero

"Bokun Habanero," or "Tyrant Habanero," is probably the second most well-known spicy snack after "Kara Mucho." As if to differentiate itself from the king of spicy snack, this food mostly comes in rings. Its official website says, "Although this food is targeted to all ages, little kids and those who are allergic to spicy foods need to be careful."

## ■ Wazano Kodawari Umakara Togarashi

It may be the least spicy among the five, but this rice cracker can be the most addictive. The mixture of soy sauce, Gochujang, cooking rice wine and more contribute to its well-seasoned taste. Senbei (rice cracker) generally comes in a round shape. But for this one, each disk is cracked into uneven pieces, which allows the spicy taste permeate deep inside each piece. The "tasty and spicy" flavor can be quite gripping.

## ■ Moeyo Togarashi

Fried hot chilies to enjoy straight forward spiciness. No sweetness, or sourness are there to console your taste buds. Moeyo Togarashi, which translates to "let the chili burn," is completely opposite of the "tasty" rice cracker mentioned above. With one bite, you will note this is a food for a serious test, not a joke. Needless to say, the hot flavor intensifies as you bite more.

## ■ Otokogi Hot Chili Beef

On the package, this claims to be one of the hottest. I found the phrase well-deserved. On the surface, this seems to be just regular potato chips. Of course, you can see red chili powder sprinkled over, but the look presents nothing crazy. Your interpretation would stay that way until a couple of bites. Beyond that point, you might regret it if you don't have anything to drink by your side. Although "Otokogi" means manhood in Japanese, this is a food for any spicy food lovers, whether for man or woman, who have the guts to try.

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**Answer**

Kelly Holcomb



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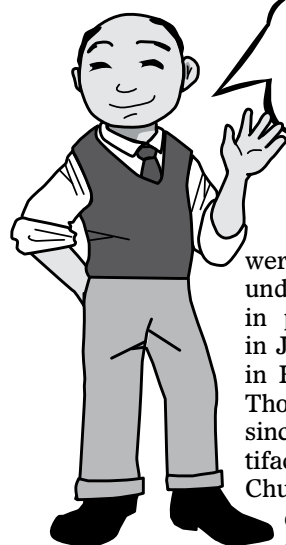
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**I**n Japan, Christianity was outlawed during the 17th and 18th centuries. More than 40,000 Christians were martyred then, so followers went underground pretending to be Buddhists in public. Called “Kakure Kirishitans” in Japanese, their home and sanctuary is in Hirado City near Sasebo Naval Base. Though the threat of persecution has long since passed, they still keep religious artifacts under wraps and pray in secret. Churches and facilities relating to the hidden Christians in the city are designated as UNESCO World Heritage sites.

## Kanji of the week

県

Ken (Prefecture)

## Language Lesson

Are you O.K.?

## Daijoubu desuka?

# SUDOKU

Difficulty: Medium

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

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**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.

*Answers to Last Week's Sudoku:*

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

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## The Weekly Crossword

by Margie E. Burke

## ACROSS

- 1 Perched on  
5 Smoking gun  
10 Type of list  
14 Twofold in nature  
15 Hamilton or Hunt  
16 Voice below soprano  
17 Iodine, e.g.  
19 Urban blight  
20 Garam \_\_\_\_\_  
(Indian spice mixture)  
21 Upstage  
23 Capone nemesis  
25 Sacred song  
26 Printer's layouts  
30 Rat, for one  
33 Do-over, in tennis  
34 Tire feature  
36 Blender setting  
37 "By yesterday!"  
39 Closing stanza  
41 Finish a drive?  
42 Famous  
44 Dots on a map  
46 Gymnast's goal  
47 Apparition  
49 Economic upturn  
51 Mensa material  
53 Place for pins  
54 J.W. Marriott, for one  
57 Accident  
61 Horne solo  
62 Fired bullet, e.g.  
64 Diplomat's asset  
65 Willow for basketmaking  
66 Kind of code  
67 "If all \_\_\_\_ fails..."  
68 Letter before epsilon  
69 Look suggestively

**DOWN**

- 1 Little Joe's  
brother

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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- |                         |                        |                             |
|-------------------------|------------------------|-----------------------------|
| <b>2</b> Sandwich fish  | <b>43</b> Retro phone  | <b>54</b> Kind of crime     |
| <b>3</b> Cereal grain   | feature                | <b>55</b> Not written       |
| <b>4</b> Flexible       | <b>45</b> Like some    | <b>56</b> Muddy up          |
| <b>5</b> Enjoyment      | booms                  | <b>58</b> Bring on board    |
| <b>6</b> Dead letters?  | <b>48</b> Camera stand | <b>59</b> Helm position     |
| <b>7</b> Savvy about    | <b>50</b> Chaste       | <b>60</b> Bartlett, for one |
| <b>8</b> Strong dislike | <b>52</b> Concise      | <b>63</b> Fast flier        |

**Answers to Last Week's Crossword:**

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

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# Try rafute

## Okinawa's favorite pork dish

STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES JAPAN

If your travels throughout the island of Okinawa, you may have stumbled across a dish fit for kings. It's true, rafute, or braised pork belly, was served as a staple to Okinawan royalty.

Today, it is a dish enjoyed by all as a side at dinner, or a snack that pairs well with liquor. Its well-seasoned savory and sweet taste is loved on the island and on the mainland.

There are many ways to prepare this delicious dish, and at times, people can spend hours preparing and cooking it. You can reduce the cook time significantly by using a pressure cooker as I did in the recipe below.

Give it a try and you, too, will feel like royalty with this delicious Okinawan dish!

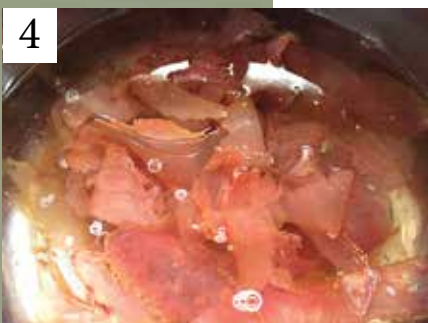
kudaka.shoji@stripes.com

### Ingredients

- Pork belly (750g)
- Water (Enough to soak and boil pork belly in a pot and another 1,400 cc to make the soup stock)
- Sugar (200cc)
- Soy sauce (133cc)
- Awamori liquor (200cc)

### Recipe

1. Sear or grill the pork belly on the stove or with an open flame until the skin starts to brown a bit.
2. After, run the pork belly under water for a quick rinse, then it goes into a pot of boiling water for 30 minutes.
3. Once the pork belly turns pale in color, remove from heat and water. Once the meat has cooled, cut it into 1.6 to 2-inch cubes.
4. Pour water (1,400cc) and bonito flakes in a pot and heat until the water begins to boil. Remove the bonito flakes and your stoup stock is ready.
5. Place the pork belly, sugar and awamori liquor into the pressure cooker. Pour the soup stock over the ingredients. Close the pressure cooker and let the pork belly cook for 20 minutes over high heat.



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6. Turn off the heat and release the accumulated vapor through the piston. Once the pressure is fully released, open the lid. Pour and mix in soy sauce. Secure the lid once more and resume the heat for another 20 minutes.
7. Once again, turn the heat off and release the accumulated vapor through the piston and then open your pressure cooker once the pressure stops coming out. Cook the pork belly for another 20 minutes over high heat without the lid. The pork belly should be tender and the skin and fat glossy.
8. Plate the pork pieces and pour some of the cooking liquid from inside the pressure cooker over it.
9. Pair this as a side or with your favorite awamori liquor and enjoy. Bon appetite!

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