

H&R BLOCK®

Open Jan. 23 - Apr. 17

KADENA AB Tel: 036-868-2285

YOKOSUKA Tel: 046-896-5070

Call or Email for Appointment!

Japan@hrblock.com

STARS  STRIPES®

Community Publication

OKINAWA

VOLUME 16 NO. 6

MARCH 16 – MARCH 29, 2023

SUBMIT STORIES TO: OKINAWA@STRIPES.COM • OKINAWA.STRIPES.COM • [f FACEBOOK.COM/STRIPESPACIFIC](https://www.facebook.com/stripespacific)

FREE

INSIDE INFO



**US, JAPANESE SAILORS
CLEAN UP SACRED
ANCESTRAL SITES**

PAGE 2



My faves

**GOOD EATS FOR A GREAT
PICNIC ON ISLAND'S
BEAUTIFUL BEACHES**

PAGE 3

DID YOU KNOW?

An aspect of Okinawa
that just might
surprise you

PAGE 7



**Special 8-page
pullout inside!**



**Follow us
on
Instagram!**



@starsandstripespacific



Pages 4-6

Sesoko Beach File photo



IT'S HERE,
IT'S NOW

AFN | now

Streaming video service

afn-now.myafn.net



GET IT ON
Google Play



GET IT ON
App Store

Ready, Set,

AFN go

LISTEN NOW

afngo.net



GET IT ON
Google Play



GET IT ON
App Store

STARS AND STRIPES
www.stripes.com

Max D. Lederer Jr.
Publisher

Lt. Col. Michael Kerschbaum
Commander

Michael Ryan
Chief of Staff

Chris Verigan
Engagement Director

Marie Woods
Publishing and Media Design Director

Chris Carlson
Publishing and Media Design Manager

Eric Lee
Advertising and Circulation Manager

Kentaro Shimura
Production Manager

Rie Miyoshi
Engagement Manager

Denisse Rauda
Publishing and Media Design Editor

Publishing and Media Design Writers
Shoji Kudaka
Hyemin Lee
Takahiro Takiguchi

Layout Designers
Kazumi Hasegawa Mamoru Inoue
Yuko Okazaki Kayoko Shimoda

Multimedia Consultants
Max Genao Doug Johnson
Hans Simpson Chae Pang Yi
Benjamin Yoo Gianni Youn
Robert Zuckerman

Graphic Designers
Yukiyo Oda Kenichi Ogasawara
Yosuke Tsuji

Sales Support
Ji Young Chae Yu Mi Choe
Hiromi Isa Yoko Noro
Toshinori Numano Yusuke Sato
Kanna Suzuki Saori Tamanaha
Toshie Yoshimizu

For feedback and inquiries,
contact MemberServices@Stripes.com

To place an ad, call DSN 645-7419
okinawa.stripes.com/contact



Left: Sailors from the U.S. Navy and Japan Maritime Self-Defense Force worked together Feb. 17 to clear a trail through the jungle to this family tomb at White Beach Naval Facility. Right: Chief Petty Officer Joshua Ferrer swings his machete to clear thick brush during "Jungle Attack" at White Beach Naval Facility.



US, Japanese sailors clean up sacred sites

STORY AND PHOTOS BY
MATTHEW M. BURKE,
STARS AND STRIPES
Published: February 22, 2023

WHITE BEACH NAVAL FACILITY — U.S. and Japanese service members worked together Friday to clear overgrown jungle paths leading to sacred, ancestral sites on this seaside naval base, a community service project now 7 years old.

Twenty sailors from the U.S. Navy and Japan Maritime Self-Defense Force volunteered for the project at White Beach Naval Facility in Uruma's Heshikiya community.

The event, dubbed "Jungle Attack," began in 2016 and happens several times a year, said Heshikiya district mayor Mitsuo Nishishinya, through a translator.

The going wasn't easy. Chief Petty Officer Joshua Ferrer, assigned to Fleet Activities Okinawa's security forces, swung his machete in a

standoff against a web of thick jungle vines.

"I should have sharpened it beforehand," the 37-year-old from Colton, Calif., said as he inspected the blade. "It's pretty thick."

White Beach is home to 155 tombs of the area's indigenous people and other sites considered sacred to locals. The sites, spread across the base, are not easily accessible. Some sit just off the main roads, while others are atop steep, rocky, jungle cliffs.

The sites are off-limits to service members and base workers for the most part, out of respect for the human remains that can be found there. Locals can gain access with special permission from the base.

On Feb. 17, two teams of 10, evenly split between American and Japanese sailors, cleared the way to

four sacred sites. One team started at Chibu nu Ka, a sacred well thought to bless women with fertility, where local mothers traditionally washed newborn babies for the first time.

The jungle was overgrown, and the group hacked and slashed its way down an irrigation ditch toward the site.

"The jungle's thick but slowly we're cutting through it, little by little," Petty Officer 2nd Class Brandon Birkel, 27, of Omaha, Neb., said during a break. The C-12 Huron crewman said it felt good to help out his Japanese neighbors.

"They're always amazing to us, so it's good to kind of pay them back," he said.

Petty Officer 3rd Class Michael Ramirez, 25, of Raleigh, N.C., said he joined the cleanup effort because

he wanted to see the sacred sites.

"I heard it was pretty interesting," said the air traffic controller. "It feels nice getting to come out and help out."

When they were done, about six inches of plant material covered the jungle floor. Sailors also worked to clear the vines obstructing the view of a nearby overlook and a steep path toward cliffside family tombs.

Nishishinya thanked the volunteers as he made his way down to the well.

"It's so clean now," he said.

The district chief said that even though the well was decommissioned 80 years ago, it still held a lot of meaning to locals.

"It means a lot to the community," Nishishinya said. "They're really happy that we're maintaining the sites and making them accessible."

burke.matt@stripes.com
Twitter: @MatthewMBurke1

EXCLUSIVE NEWS FROM:
STARS AND STRIPES
www.stripes.com

(We are open this month please check our website for March business hours and details.)

Open 9:00-18:00 (Last entry 16:30)
Yen only
Tel. 098-965-3400
961-30 Ishikawa Kadekaru
Uruma City Okinawa

www.bios-hill.co.jp
Please check our calendar
(<https://www.bios-hill.co.jp/price/>)

Bios Orchids Garden Bios no Oka

Entrance Fee + Boat ride
Adult(Over 13)¥1,800 Child(4-12) ¥900

Canoe Experience • not including entrance fee.
Adult(Over 13)¥1,500 Child(4-12) ¥800

Water buffalo Carriage • not including entrance fee.
Adult(Over 13)¥1,200 Child(4-12) ¥650

Free & unlimited internet (Wi-Fi) access

Attention contractors, Long-term stay OK!

HAMAGAWA LODGE

CALL FOR RESERVATIONS!
Friendly English speaking staff
(098)-936-7139
Office 9-6 Mon.-Fri., 9-1 Sat., closed Sun.
72hamagawa@gmail.com

- ★ Fully Furnished Living & Dining Room and Kitchenette.
- ★ Free large parking area, Cable TV and Pets always welcome.
- ★ Conveniently located near Kadena Air Base, Camp Foster.

Kadena Gate 1 23 **Camp Foster** 58

Chinese Restaurant • Family Mart • KFC

Hamagawa Lodge • Pizza House Jr. • BAMBOCHE

San-A

STARS AND STRIPES

CAST YOUR VOTE!

VOTE FOR YOUR FAVORITES!

Vote online by MARCH 23

STARS AND STRIPES

BEST OF THE PACIFIC

★ 2023 ★

YOU COULD WIN A GIFT CARD WORTH UP TO \$300!

BESTOFPACIFIC.STRIPES.COM

My faves Good eats for a great picnic on Okinawa's beautiful beaches

STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPE OKINAWA

Although the temperature stays relatively warm throughout the year, winter in Okinawa can be a little too chilly for beachgoers. So, it makes sense that many beaches on the island don't open until the spring. During the season, you won't only find beachgoers soaking in the rays and waves. Every year on March 3 of the lunar calendar (April 22 on the 2022 calendar), Okinawans celebrate Hamauri, a tradition for women to pray for their health on the beach and be blessed with the water. This event for women is now considered rather an opportunity for family get-together to celebrate the arrival of the spring.

On the beach for Hamauri, you may notice many locals picnicking with bento and refreshments. Below are some of my favorite foods to bring along for a refreshing beach day and picnic, no matter what time year. Give these a try!

■ Fuuchi-muchi/yomogi mochi

Much like Japanese Hina Matsuri (girl's day) where people enjoy food like hishi-mochi (diamond-shaped rice cake) or hina-arare (cubic rice crackers), hamauri is celebrated with specific foods. One example is fuuchi mochi or yomogi-mochi. This is a type of rice cake mixed with yomogi or artemisia herb. You may recognize the herb since it is commonly served in Okinawa with soba noodles or seasoned steamed rice. Yomogi is considered a superfood because of its strong health benefits such as lowering cholesterol and relieving constipation. Being a textbook-example of the old saying "good medicine tastes bitter," its strong flavor and scent may be discouraging. However, fuuchi-muchi/yomogi-mochi utilizes the yomogi as a nice accent.

■ Inari-zushi & fried chicken

This Okinawan sushi wrapped in aburaage (fried tofu pouch) is a must-try. Flavored much lighter than those of mainland Japan, its delicate sweetness and sourness can get you hooked. And when you eat one, don't forget to couple it with some fried chicken.

■ Tempura

Tempura, in Okinawa, is often considered a snack food. Sakana (fish), ika (squid), and imo (sweet potato) are popular ingredients for tempura. Buy some at supermarkets and convenience stores before you hit the beach.

■ Pork tamago (egg) onigiri

Recognized as one of Okinawa's most popular signature foods, this delicious onigiri sandwiches baked pork spam and egg and is like Hawaiian musubi. You'll find these at any convenience store or supermarket, but there are even shops dedicated to this specific Okinawan delicacy. Let's take a bite and replenish energy for some fun on the beach.

■ Seaside Drive-in's soup

When you go to the beach, especially on the west coast of the island, I recommend that you make a stop at Seaside Drive-in Restaurant in Onna Village for a cup of soup. Their homemade pork bone broth-and cream-based soup is loved by locals and tourists alike. You can order one for a take-out and enjoy it on the beach. (GPS Coordinates: N 26.44261, E 127.80348)

kudaka.shoji@stripes.com





STARS & STRIPES

MONTH OF THE
MILITARY CHILD

Learn more and
tell us your story!

militarychild.stripes.com

Sponsored by






WingStreet LIVE MÁS

File photo

Soak up the sun

Okinawa's beaches set to open soon

BY SHOJI KUDAKA,
STRIPES OKINAWA

When March rolls around in Okinawa, that means beach season will be right around the corner. It's time to go to the surfside and chill out on a resort beach takes a dive into nature. The Japanese government has just announced that starting March 13, wearing mask will no longer be mandatory, leaving it up to each individual to make that decision. That means the stage is set to celebrate the beach opening in full swing like we did before COVID. The island got plenty of locations for you to soak up the sun and enjoy the water. Let's check out the best spring break beaches that Okinawa has to offer.

kudaka.shoji@stripes.com

1 ANA INTERCONTINENTAL MANZA BEACH RESORT

MARCH 18: As a special offer for the day, admission fee will be discounted to 1,000 yen (free for hotel customers) and no free parking will be charged. You can enjoy Ocean Park water obstacles as much as you want. Please note that reservation is required and the admissions will be capped at 200 on this day. Other water activities available there include sea kayaking, jet ski bike riding, and more.

■ **PARKING FEE COSTS:** 3,000 yen per vehicle starting March 19

■ **OPEN:** 10:30 a.m. - 5 p.m. (Closed from noon to 1 p.m.)

■ **TEL:** 098-966-1211

■ **WEBSITE:** <https://www.anaintercontinental-manza.jp/en/>

■ **GPS COORDINATES:** N 26.505998, E 127.859180

■ 40-minute drive from Camp Foster.



2 SHERATON OKINAWA SUNMARINA RESORT

OPEN THROUGHOUT THE YEAR: Water activities such as banana boating, snorkeling tour, zip-lining are available.

■ **PARKING FEE:** 600 yen per hour (2,500 yen at most)

■ **OPEN:** 8:30 a.m. - 5:30 p.m. (subject to change)

■ **TEL:** 098-965-2222

■ **WEBSITE:** <https://sheraton-okinawa.co.jp/en/>

■ **GPS COORDINATES:** N 26.462128, E 127.811506

■ A 40-minute drive from Camp Foster.



3 KARIYUSHI BEACH

MARCH 4: Water Land (obstacle courses) is scheduled to open on the same day. This beach is home to other activities such as flyboarding, jet-skiing, boat tubing, and more.

■ **ADMISSION FEE COSTS:** 550 yen for 13 years old and above, 330 for ages 4-12, free admission for 3 years old and below.

■ **PARKING FEE COSTS:** Free parking is available at Okinawa Kariyushi Beach Resort Ocean Spa. Visitors need to inform staff they're parking their vehicles for the beach.

■ **OPEN:** 9 a.m. - 5 p.m. (subject to change)

■ **TEL:** 098-052-4093

■ **WEBSITE:** <http://www.kariyushi-beach.co.jp/>

■ **GPS COORDINATES:** N26.531863, E 127.929991

■ One-hour drive from Camp Foster.



4 KANUCHA BEACH

MARCH 26: This beach is home to water activities such as obstacles courses, parasailing, fly board, and more.

■ **ADMISSION FEE:** 1,650 yen (adult, inclusive of tax), 550 yen (child), free admission for those who stay at the hotel

■ **PARKING FEE:** Included in the admission fee

■ **OPEN:** 9 a.m. - 6 p.m.

■ **TEL:** 0980-55-8880

■ **WEBSITE:** <https://www.kanucha.jp/en/>

■ **GPS COORDINATES:** N 26.546329, E 128.077174

■ A 20-minute drive from Camp Schwab.



5 ZANPA BEACH

APRIL 1: This beach is home to water activities such as banana boat, jet-skiing, boat tubing, and more.

■ **PARKING FEE COSTS:** Free

■ **OPEN:** 9 a.m. - 6 p.m.

■ **TEL:** 098-958-5000 (for info on water activities)

■ **WEBSITE:** <https://www.daiwaresort.jp/global/okinawa/>

■ **GPS COORDINATES:** N 26.435680, E 127.715947

■ A 15-minute drive from Torii station.



VIEW VIDEO!



6 NABEE BEACH

APRIL 1: This beach near Cape Manzamo is home to water activities such as banana boat, sea kayak, and more.

■ **PARKING FEE:** Free

■ **ADMISSION FEE:** Free, Shower and locker usage cost 100 yen (two minutes) and 200 yen respectively

■ **OPEN:** 9 a.m. - 6 p.m. (Subject to change)

■ **TEL:** 098-966-8839

■ **WEBSITE:** <https://www.nabee.info/english/>

■ **GPS COORDINATES:** N 26.502060, E 127.857871

■ A 40-minute drive from Camp Foster.



7 TIGER BEACH

APRIL 1 (TBD): This resort beach in Onna village is home to water activities such as parasailing, banana boat, jet ski, and more.

■ **PARKING FEE:** 2,000 yen

■ **ADMISSION FEE COSTS:** 1,000 yen (inclusive of usage fee for shower and locker)

■ **OPEN:** 8:30 a.m. - 6 p.m. (Subject to change)

■ **TEL:** 098-993-7108

■ **WEBSITE:** [https://www.hotelmonterey.co.jp/en/okinawa/\(hotel\)](https://www.hotelmonterey.co.jp/en/okinawa/(hotel))

■ **GPS COORDINATES:** N 26.454341, E 127.806077

■ A 40-minute drive from Camp Foster.



8 EMERALD BEACH

APRIL 1: Adjacent to Expo Park, this beach dazzles visitors with its emerald green and cobalt blue.

■ **PARKING FEE COSTS:** Free

■ **OPEN:** 8:30 a.m. - 7 p.m. (subject to change)

■ **TEL:** 0980-48-2741

■ **WEBSITE:** <https://oki-park.jp/kaiyohaku/en/inst/75>

■ **GPS COORDINATES:** N 26.699195, E 127.877590

■ A 90-minute drive from Camp Foster.



9 SESOKO BEACH

MID-APRIL: A popular beach on Sesoko Island. This beach boasts beautiful views of Ie Island and Motobu Peninsula.

■ **ADMISSION FEE COSTS:** Free

■ **PARKING FEE COSTS:** 1,000 yen

■ **OPEN:** 9 a.m. - 5 p.m. (subject to change)

■ **TEL:** 098-047-7000

■ **WEBSITE:** <http://www.sesokobeach.jp/>

■ **GPS COORDINATES:** N 26.650026, E 127.856139

■ A 90-minute drive from Camp Foster.

10 UPPAMA BEACH

LATE MARCH OR EARLY APRIL (SUBJECT TO CHANGE)

A beautiful beach on Nakijin peninsula. Water activities such as jet ski, sea kayak and boat tube are available.

■ **FACILITY USAGE FEE AND PARKING FEE:** TBD

■ **OPEN:** 9 a.m. - 6 p.m. (subject to change, the reception closes at 5 p.m.)

■ **TEL:** 0980-56-2767 (hotel)

■ **WEBSITE:** <https://www.belparaiso.com/lang/english/>

■ **GPS COORDINATES:** N 26.691692, E 127.991841

■ A 90-minute drive from Camp Foster.

11 TROPICAL BEACH

LATE APRIL: Resort beach near MCAS Futenma and a spot to have a beach BBQ part at. Water activities such as banana boat and boat tube are available.

■ **PARKING FEE COSTS:** Free

■ **OPEN:** 9 a.m. - 6 p.m. (Subject to change)

■ **TEL:** 090-4471-0581 (for reservation)

■ **WEBSITE:** <http://www.ginowantrropicalbeach.jp/>

■ **GPS COORDINATES:** N 26.28148 E 127.731782

■ A 10-minute drive from MCAS Futenma.

12 ORION ECO CHURA-SUN BEACH

APRIL 1 (SUBJECT TO CHANGE): A resort beach home to many events and concerts. Water activities such as sea kayak and banana boat are available.

■ **PARKING FEE:** - 500 yen

■ **OPEN:** 9 a.m. - 6 p.m. (subject to change)

■ **TEL:** 098-850-1139

■ **WEBSITE:** <https://churasun-beach.com/>

■ **GPS COORDINATES:** N 26.156294, E 127.647378

■ A 40-minute drive from Camp Foster. Close to Naha Air Port and Ashibinaa Okinawa Outlet Mall.



On-base Beaches

While local beaches are opening up, on-base beaches deserve attention as they continue to offer great choices for your next vacation. Good customer service, comfortable lodging, and recreational tours packed with fun and adventures are waiting for your there.



Photo by Aya Ichihashi, Stars and Stripes

A Torii Beach

The peaceful waters of Torii Beach will be perfect for kayak and SUP board riding. Camping and recreation gears are available for rent including tent, grill, lantern, canopy, and frisbee. There are pavilions and a water slide as well.



WEBSITE
<https://torii.armymwr.com/programs/torii-beach>



FACEBOOK
<https://www.facebook.com/toriiwrokinawa/>



Photo by Shoji Kudaka, Stripes Okinawa

B White Beach

This naval base in the east can be a good place for relaxation. Cozy campers and cabins are available for rent. Enjoy kayaking, paddle boarding, and beach volleyball. There are also basketball courts and softball fields nearby.



WEBSITE
<https://www.navymwrokinawa.com/>



FACEBOOK
<https://www.facebook.com/NavyMWROkinawa/>

C Okuma Beach

This beautiful beach in the north is a great getaway destination. Home to water activities including wake boarding, water skiing, knee boarding, Jet skiing, banana boating. You can also enjoy camping and golfing there.



VIEW VIDEO!



WEBSITE
<https://okuma.kadenafss.com/>



FACEBOOK
<https://www.facebook.com/theokumabeach/>

D Kadena Marina

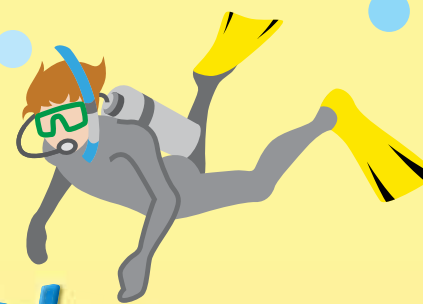
This small beach near the Air Force facility offers a quick getaway destination. Take diving and surfing lessons and embark on a tour for ocean adventures. During winter whale watching boat trips are available there. Plus, don't forget to grab a bite at Seaside.



WEBSITE
<https://www.kadenafss.com/marina>



FACEBOOK
https://www.facebook.com/KadenaFSSMarina/?locale=ja_JP



Grab a mask and snorkel!

Explore Okinawa's marvelous water world

STRIPES OKINAWA

If you are on the island of Okinawa, you have the opportunity to see world-class reefs in crystal clear water. And you can explore this marvelous water world with a mask, fins and snorkel. Once you learn how to snorkel properly, it could become your favorite hobby during your stay on Okinawa. I guarantee that your encounters with all the marine species will be a lifetime experience.

I've had opportunities to dive and snorkel in Hawaii, the Great Barrier Reef in Australia, La Paz, Baja Calif. and some islands in Thailand and Indonesia. But honestly, Okinawa is my most favorite place to snorkel because of the amazing colorful coral and countless tropical fish. There are many easy entry spots with shallow reef areas (5 to 30 feet) and dynamic drop offs. Water visibility is extremely high and on any given day, the sky is as clear as the water.

And if you're lucky, you'll also have the opportunity to swim along with turtles, manta ray and various types of reef sharks. You can literally spend hours floating over Okinawa's endless coral heaven.

Here are a couple places I recommend for snorkeling while on Okinawa Island:

Cape Maeda, in the center of Okinawa, is the most popular snorkeling spot on island. Many diving shops offer snorkeling tours to this area. There is a wide variety of marine life, but one of the best parts is a cave you can swim into. If you're new to snorkeling, this is a great place to start. It also has good facilities – bathrooms, places to eat - at the site. Swimming can be prohibited depending upon weather. *Current status is indicated on the following website.
<http://www.maedamisaki.jp/en/>

Odo Kaigan, also known as John Man Beach, near the southern tip of Okinawa Island, also offers good snorkeling and is less crowded than Cape Maeda. But note that there are a limited number of free parking spots. Here are some of the recommended spots in the Okinawa Island chain.

Yonehara Beach, Ishigaki Island: This place has an amazing drop off at the outer edge of the reef. Please note the current is extremely strong at times, so snorkelers and divers should know what they are doing if they venture out a long way from shore. But if you do, you'll really enjoy the drop off. In this spot I once saw 10 sea turtles in less than an hour. This beach also has a shallow inner reef area for beginner snorkelers, but there are no lifeguards or jellyfish nets to protect swimmers. Current can be fast and it is advised to exercise caution. A camping site is located right behind the beach, which attracts many backpackers from not only Japan but around the world. It is not family oriented beach, but if you are looking for some wild beach life, this is the place.

Nishibama Beach, Hateruma Island: Hateruma Island is the most southern island in Japan. There are so many amazing snorkel spots around this island, which makes it very popular with both single backpackers and families. The water here is a beautiful emerald green. The beach offers a large inner reef for both beginners to experienced snorkelers. There is also a 10–15 feet drop off outside the reef for expert snorkelers to enjoy. Don't miss watching the sunset from this beach because it will be the best sunset of your life.

It takes practice and experience to be a good snorkeler. The key is being relaxed, which only comes if you spend a lot of time in water. I recommend practicing in a pool, especially if

SEE SNORKEL ON PAGE 6

Speakin' Japanese

Beach babble

“Beach (biichi) ni ikou!”
= Let’s go to the beach!
(“ni” = to, “ikou” = let’s go)

“Sono biichi niwa koko kara douyatte ikimasuka?”
= How do we get to the beach from here?
(“sono” = the/that, “niwa/ni” = to, “koko” = here, “kara” = from, “douyatte” = how, “ikimasuka” = get to/go to~?)

“Sono biichi wa itsu akimasuka/shimarimasuka?”
= When does the beach open/close?
(“itsu” = when, “akimasuka?” = does ~open?, “shimarimasuka” = does ~close?)

“Biichi taoru” = Beach towel
“Hiyakedome” = Sunscreen
“Mizugi/Kaisuipantsu” = Bathingsuit/ swim trunks
“Kayakku” = Kayak
“Kanshiin/ Raifugaado” = Lifeguard

– Stripes Okinawa

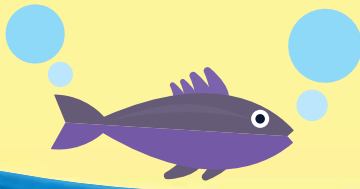
“Dono biichi ga osusume desuka?”
= Which beach do you recommend?
(“dono” = which, “osusume” = something you would recommend, “desuka?” = do you~/ is it~)

“Parasailing to surfing (saafin) ni chousen shitai deusu?”
= I want to try parasailing and surfing.
(“chousen” = challenge, “shitai deusu” = I want to do ~)

“Biichi parasoru wo motte kimashitaka?”
= Did you bring the beach umbrella?
(“parasoru” = umbrella/parasol, motte kimashitaka? = Did you bring~?)

Pronunciation key: “A” is short (like “ah”); “E” is short (like “get”); “I” is short (like “it”); “O” is long (like “old”); “U” is long (like “tube”); and “AI” is a long “I” (like “hike”). Most words are pronounced with equal emphasis on each syllable, but “OU” is a long “O” with emphasis on that syllable.

SNORKEL: Be safe



SAFETY TIPS

CONTINUED FROM PAGE 5

you are bringing along children. You can all practice clearing your mask when water comes into it, controlling your fins in the water and breathing through a snorkel properly.

Listen, if you are not an experienced snorkeler, I highly recommend taking a snorkeling tour from a local diving shop, which will provide step-by-step instructions. Even if you are an experienced snorkeler, it is good to use local snorkeling tours because guides will brief you on the local fish, landscapes and condition of the area.

When I travel to Okinawa to snorkel and dive, I will always make sure I’m aware of the high/low tides, wind conditions and currents. Respect the ocean before entering it.

Now, go grab your gear and hit the water.

☒ **Don’t snorkel alone.**

☒ **Wear a life jacket if you are not confident in the water.**

☒ **Check the current and times of tides before entering.**

☒ **Always remember the entry spot and look back often to check your location. This will help you to recognize if the current is pushing you.**

☒ **If you are caught up by the current, swim parallel with the beach calmly until the current settles.**

☒ **Respect the reef. One of the main threats Okinawa reefs face is damage caused by humans. Avoiding direct contact with the reef is the first rule of snorkeling.**

☒ **Watch out for habu jellyfish and its poisonous tentacles.**

☒ **Make sure to put on lots of sunscreen.**

☒ **Drink a lot of water before and after snorkeling to prevent dehydration.**

GSA in Okinawa

GSA Global Supply® is now storing and delivering approximately 750 high-demand National Stock Number (NSN) items formerly stored in and shipped from the continental United States. The change reduces delivery time to a few days from weeks or months.

Customers can order using GSA websites (GSA Global Supply or GSA Advantage!®) or via existing customer logistics platforms (e.g., GCSS-Army). GSA’s systems recognize the items stocked in Japan and fulfill orders locally. Other items will ship from the mainland. An electronic catalog is available.



Cynthia McKeague

The new program does not replace existing retail stores managed by GSA in Japan. For more information, please contact your local Customer Service Director Cynthia McKeague at cynthia.mckeague@gsa.gov.

Check Out GSA’s Japan Catalog!



Scan this QR code to view GSA’s Japan catalog.

SPRING INTO THE HEART OF SEOUL

The warmer months of Spring are a welcome time to visit Korea's exciting capital! Stay at Dragon Hill Lodge to be right in the center of Seoul's attractions, and also enjoy onsite access to services and facilities serving our U.S. military and DoD communities.



WWW.DRAGONHILLLODGE.COM
CALL DSN: 738-2222, OR (82-2) 7918-2222

Stripes Sports Trivia

Not every team mascot can be a slam dunk, like Chicago's 'Benny the Bull' or Toronto's 'The Raptor'. Sometimes, there are bricks, like the Cake Baby in New Orleans. One NBA team's mascot is a dog that goes by the name 'Moondog'. Why? Well, there's an interesting backstory to that, but for now, which team does 'Moondog' jump through hoops for?

Answer
Cleveland Cavaliers

FOLLOW STARS AND STRIPES ON THE SOCIAL MEDIA PLATFORM OF YOUR CHOICE!

facebook.com/StripesMedia
facebook.com/StripesPacific

@StarsandStripes
@StripesPacific

youtube.com/StripesChannel

Stripesphotography

@StarsStripes
@StripesPMD

pinterest.com/Stripesnews

STARS AND STRIPES DAILY HEADLINES

STRIPE OPINION

STARS AND STRIPES WEEKLY UPDATE

VETERANS NEWS

STARS AND STRIPES PACIFIC

MILITARY HISTORY

STARS AND STRIPES EUROPE

Sign up to the FREE e-newsletter!

Sign up NOW!

STARS AND STRIPES
stripes.com/newsletters

DID YOU KNOW?

Kaichu Doro, a causeway that connects Okinawa's main island and Henza island, was constructed thanks to Gulf Oil in 1975. Considered at the time one of the seven major oil companies, a.k.a. "Seven Sisters", Gulf Oil decided in 1968 to construct an oil terminal and an oil refinery on the island. The construction of the causeway was a result of the oil project.

Kanji of the week

左
Hidari (left)

Language Lesson

I'm hurt.

Kega wo shimashita.

Find local restaurant reviews,
travel information,
community news and events in

STARS AND STRIPES OKINAWA
Community Publication

Submit your own reviews, articles
and organization's information at
okinawa.stripes.com

Crossword

by Margie E. Burke

ACROSS

1 Part of SASE

5 "Lane" anagram

9 Door fastener

13 To no

15 Legendary Horne

16 Balm ingredient

17 Horror or sci-fi, e.g.

18 Quiche base

19 Hollywood Blvd. sight

20 Indigenous

22 Adam of "Idol" fame

24 Least populous state capital

26 1961 film, "in the Grass"

29 Dungaree cloth

32 Hamburger grade

33 Caddie's offering

35 Catch

36 Fly ball's path

37 Harbor city

39 Hanoi holiday

40 Industry magnate

42 Zero, in tennis

43 Scoop holder

44 Upper crust

45 Columbus, e.g.

47 University official

50 Dangerous fan

52 Joy, for one

56 French Riviera city

57 Took off

59 Charger maker

60 Part of CPU

61 Anagram for "diet"

62 Siesta sound

63 Said, as a farewell

64 Earring holder

65 Husky's tow

2 In a dead heat

3 Secure, as a contract

4 Hook-and-ladder riders

5 Kind of college

6 Flight segment

7 Hidden agenda

8 Twangy-sounding

9 Washed-up star

10 Car's current provider

11 Fly high

12 Sassy

14 Donut filling

21 Sundance entry, often

23 In the ____ of (amongst)

25 Pop the question

26 Writing tablet of old

27 Danger

28 Food preservative

30 Goodnight girl of song

31 Taxi ticker

34 Short book

37 Kind of preview

38 Bailiwick

41 Any Olympian

43 Egg holders

46 Whole or General follower

48 Staircase post

49 Tenet

50 Give the cold shoulder

51 Turner who sang "Nutbush City Limits"

53 Elvis, to some

54 Grimm beast

55 What have-nots have

58 Point

Copyright 2023 by The Puzzle Syndicate

Answers to Previous Crossword:

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

SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

HOW TO SOLVE:

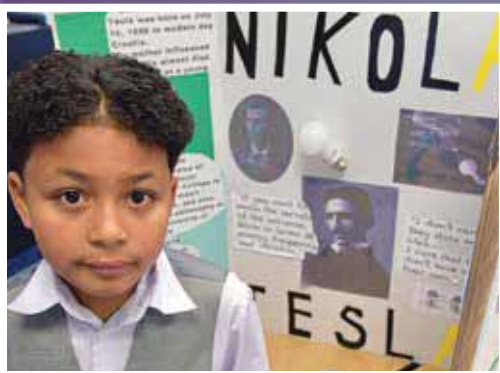
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answer to Previous Sudoku:

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

STARS AND STRIPES
www.stripes.com

The #1 source of independent news and information
serving the U.S. military community.



Liam Melendez, 8, is Nikola Tesla.



Dallas Matthews, 9, shows off his display for Lonnie Johnson, known for the Super Soaker water gun, Nerf gun and other inventions.



Riley Brumley, 9, personified Ruth Handler.



Third-grade students participate in a "living museum."



Zoe Levy, 9, chose to portray Isaac Newton.



Ariella Benton, 9, portrays Toll House cookie inventor Ruth Graves Wakefield.

Bechtel students create 'living museum'

STORY AND PHOTOS BY FRANK ANDREWS,
STARS AND STRIPES

CAMP MCTUREOUS – Third-graders, poised and dressed in period costumes, recently brought great inventors, from Thomas Edison to Steve Jobs, to life at Bechtel Elementary School.

This year marked the fourth consecutive "living museum" at Bechtel, a Department of Defense Education Activity school on this Marine Corps base in central Okinawa.

"We decided to step it up," teacher Jeanne Laurin, 48, said during the Feb. 17 event. "The kids worked so hard that they needed to show it off. So, this is the first year they dressed up as inventors and we opened it up to family and other classes coming in to see their hard work."

Parents and students filed through Bechtel's five third-grade classrooms between 9 a.m. and 2 p.m. to see the "student-selected learning activity" that "focuses on each student's interest," Laurin said.

"Do you have any questions?" asked Ariella Benton, 9, dressed in a 1920s-era outfit. "Yes!" exclaimed one first-grader, grinning from ear-to-ear.

"Well press the button and I'll tell you more," Benton said. The boy wacked a button near Benton's display.

"My name is Ruth Graves Wakefield. I was born on June 17, 1903, in Massachusetts. I invented the Toll House chocolate chip cookie," Benton said.

Student-selected learning is a strategy used to increase student interests, according to Betty Miller, 57, a Bechtel third-grade teacher. "When students have some choice in what they're doing, then they are more invested in it," she said.

"Did Thomas Edison invent the lightbulb?" a student asked Emma Maggard, 9, at her display.

"No, he improved the lightbulb," Maggard said. "The first lightbulb only lasted a couple minutes, so Thomas Edison wanted to invent a lightbulb that uses less electricity and that would give you more power to see at night."

Jackson Snyder, 9, represented

George Devol, who invented the robotic arm. Snyder's mother, Kylie Snyder, 33, of St. Louis, said she wanted to "jump in and help" with her son's project.

"He told us he wanted to do everything and put it together," she said. "We just showed him how to do the research and that's about it."

Aoife Hickey, 8, wore a suit and fedora to depict Orville Wright, co-inventor with his brother Wilbur of the first powered aircraft to take flight.

"Without the airplane it would take so long to get to other places," she said. "From Tokyo to Okinawa by boat it would take 20 hours, but by plane it only takes 2 1/2 hours."

Her parents, Marine Sgt. Michael Hickey, 37, and Sarah Hickey, 38, both natives of New York, stood by, beaming.

"We're proud of her," Michael Hickey said.

"It took confidence standing up and presenting her work," Sarah Hickey said.

Dallas Matthews, 9, chose to portray a prolific inventor of consumer products.

"I chose Lonnie Johnson because he's a Black American and I'm a Black American, too," Matthews said while standing next to his display.

"Plus, I like his inventions. He invented the Super Soaker, a hair curler, the Nerf gun ...," and, Matthews added, in a lowered voice, "a singing diaper, but no one bought it."

Other inventors represented in the living museum included Leonardo Da Vinci, Bill Gates, Madame C.J. Walker, creator of hair products for African-American women, and Japan's Daisuke Inoue, inventor of the karaoke machine.

The 8- and 9-year-olds researched their inventors' lives, educations and inventions, Laurin said. "They have to really become the inventor themselves and step into their shoes," she said.

"The living museum brings history to life," said Kathleen Petrovich, a third-grade teacher at Bechtel. "It opens their eyes to dive deeper to see where things come from."

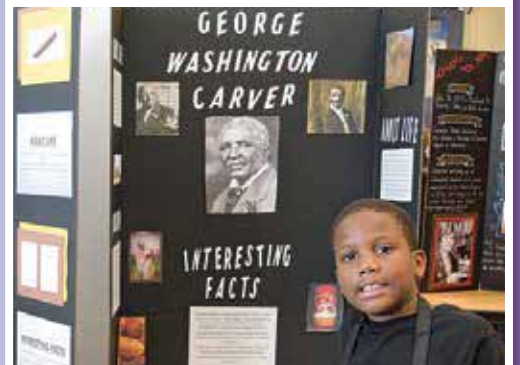
andrews.lynn@stripes.com
Twitter: FrankAndrrws



Emma Maggard, 9, is Thomas Edison.



Ava Dallucci, 9, portrays karaoke machine inventor Daisuke Inoue.



Third-grade students participate in a "living museum."



Elijah David Cunningham, 8, portrays video game console inventor Ralph H. Baer.



Cameron Mason, 8, personified Steve Jobs.



Aoife Hickey, 8, portrayed Orville and Wilbur Wright. She poses with her parents, Marine Sgt. Michael Hickey and Sarah Hickey.



Liam Morgan, 8, portrays LEGO inventor Ole Kirk Christiansen.



STARS  AND STRIPES[®]

A Taste of Okinawa

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

8-page pullout



Delicious eats with Kadena FSS

Hungry for something delicious? Whether it's burgers, pizza, seafood, ramen, craft beer, fine dining, smoothies, or hand-crafted coffee...you name it, we've got it! At Kadena Air Base you'll find a variety of food choices to feed your cravings across its FSS facilities and restaurants. Don't forget the monthly specials and limited time offers! The options are endless. Check out Chili's, Air-Power Café, Seaside Restaurant, Café Latte, and more! Visit www.kadenafss.com (or scan the QR code) for a complete list of Kadena FSS restaurants including eateries from our detachment unit at Okuma Beach. Next time you're hungry, don't forget we've got you covered!



RESTAURANT INFO



KadenaFSS.com

Connect with us @KadenaFSS



FORCE
SUPPORT SQUADRON

A Taste of Okinawa

RESTAURANT & SUSHI BAR GEN



We're located just outside Camp Foster Globe & Anchor Gate No.3



Open every day 11:30-22:00
(Last order 21:00)
Cash Only(\$/¥)



Gen a real gem on Okinawa

Offering authentic Japanese and Okinawan cuisine at a reasonable price, Gen was recognized in Stripes' Best of the Pacific 2013 as the best restaurant to experience the local culture on Okinawa. Owner and Head Chef Naoki Tsukayama highly recommends the "Fish Garlic Butter Combo," a popular dish among American customers. Tsukayama and his staff make you feel at home, so stop by and enjoy a delicious meal. Gen is located across from Camp Foster's fire station. Just look for shi-shi dogs on a traditional Okinawan tile roof outside Foster's Fire Station Gate.

RESTAURANT INFO



SANGUWACHI GUWASHI

A great Okinawan treat for a beach picnic

STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPES OKINAWA

Much like Angadi how is dubbed the “Okinawan doughnut,” “Sanguwachi Guwashi (sweets of March)” should be called the “Okinawan financier” in my opinion. This Okinawan sweet has a rectangular shape and a smooth, sweet taste just like a French madeleine.

Searching for a perfect beach treat, I found this simple Okinawan recipe to try. Sanguwachi Guwashi has a close tie to the Okinawan tradition of beach picnics and, better yet, it only requires ingredients you might already have in your pantry like flour, sugar, and oil.

March 3 of the lunar calendar in Okinawa is Hamauri, a day to pray for girls’ health as well as one where women and girls visit the beach to be blessed by the seawater. Back in the day, men were not part of this tradition, but today it is more of a seasonal family event to celebrate the arrival of spring.

One thing definitely hasn’t changed: the picnic food and treats enjoyed at a refreshing beach picnic.

Much like other Okinawan traditions, locals would pack bento meals in stacked boxes called “jyuubako” or “ujyuu.” In the case of Hamauri, four bento boxes are often stacked under the name “Sanguwachi ujyuu (bento boxes of March).”

According to Kayoko Matsumoto, an expert on Okinawan cuisine, side dishes such as fish tempura and burdock rolled with meat are usually what go in the top box. In the second level, red rice balls. The third and fourth boxes are for Sanguwachi Guwashi and “Fuuchi-muchi,” which is rice cake mixed with artemisia herb.

If you have tried Andagi doughnuts, you’ll find many similarities with Sanguwachi Guwashi because both sweets share similar ingredients and cooking methods.

Still, there are some differences. First, Sanguwachi Guwashi is rectangular with two or three vertical slits, while Andagi is round shape. Second, Sanguwachi Guwashi is thought to be crispier as it is thinner than

the Okinawan doughnut.

Though I knew about the difference between the two sweet treats, the Sanguwachi Guwashi I made looked more like Andagi. Molding the dough was a challenge. I also added too much baking powder, making each piece thicker than the recipe called for. Nevertheless, my first try at Sanguwachi Guwashi did render a lightly sweet, slightly crispier cake than Andagi.

This year, March 3 of the lunar calendar falls on April 22. With about two months to go before the Hamauri day, I’m thinking about taking another shot at the recipe. Give it a try yourself, it’s sure to make your beach picnic sweeter!

kudaka.shoji@stripes.com

INGREDIENTS

(for 8 pieces)

- Egg (1 piece) • Sugar (70g) • Oil (10cc)
- Flour (140g) • Baking powder (2g)
- Flour to be sprinkled on the dough and a cooking board (appropriate amount)
- Oil to fry the dough (appropriate amount)

DIRECTIONS

(Based upon recipe by Kae Izena, a cooking expert)

- 1 Sieve flour (140g) and baking powder (2g) together.



- 2 Put a beaten egg in a bowl and stir it with sugar (70g). Be careful not to let the mixture bubble.



- 3 Put the mixture of flour and baking powder in the bowl of egg and sugar. Stir until ingredients are about 80 percent combined. Add oil (10cc) and mix again until the dough becomes hard (and soft) enough to be slit with a knife.



- 4 Wrap the dough with plastic wrap and let it cool in the fridge for about 30 minutes.



- 5 Sprinkle flour on a cooking board. Stretch the dough with a rolling pin or hands into a rectangular shape of 7 cm in width and 1 cm in thickness. Slice the dough into pieces 3.5 cm in length. Create two or three slits on each of them.



- 6 Heat oil in a frying pan to 170°C (338°F). Place pieces of dough in the oil with slits facing up. Flip once the pieces float up in the oil. Fry until golden brown. Take the pieces out of the pan after they crack open with the slits and their inner parts are heated through.



- 7 Let excess oil strain from cakes on paper towels.

- 8 Enjoy warm or cool at your picnic.

STORY AND PHOTOS BY SYDNEY SEEKFORD,
BYFOOD



Most people would agree that if you haven't tried tonkatsu, you're missing a big part of Japanese food. It can be found on just about every menu at home and abroad, alongside staples like ramen (hint hint). But just what is tonkatsu? Where did it come from? And more importantly, have you ever ordered it, expecting to get a crunchy, juicy plate of fried meat and been met with a table of soup instead!?

Keep reading. All secrets will be revealed.

What is tonkatsu?

Tonkatsu is best explained etymologically. That's to say, looking at the word itself since it is basically just a description. Like calling ketchup tomato paste, for example. The "ton" in tonkatsu is simply a reading for the kanji 豚, meaning pork. The katsu part is a little more complicated and gets really complicated later, but stay with me.

To katakana-ize the English word "cutlet," we get カツレツ "katsuretsu". Pull out the first part, 'katsu', and top it off with the pork 'ton', and you get 'tonkatsu'.

From here, you can probably figure out that tonkatsu is a pork cutlet.

Specifically, it's a pork cutlet that has been rolled in breadcrumbs and egg and double-fried for that extra-crispy, like-no-other texture. Abroad, the dish has taken on many forms and is occasionally double-named pork tonkatsu, but technically tonkatsu only refers to katsu-style fried pork to begin with.

You might be a little surprised to learn that the katsu part of tonkatsu comes from English, but its culinary origins are even more interesting than that!



Photo by Kai keisuke, Shutterstock

The history of Tonkatsu

The first iteration of tonkatsu was served in Tokyo's glamorous Ginza district in the 1890s under the simple moniker "pork cutlet." According to the Nihombashi Restaurant Association (whose authority, I believe, personally,) this took the form of a thin slice of pork served aside raw cabbage due to a lack of personnel and funds. It wasn't until 1929 that today's melt-in-your-mouth juicy, thick tonkatsu was born in a competitor's kitchen in Chiyoda, a few train stops away.

Clearly, tonkatsu came out of Japan, which doesn't explain the foreign name. In fact, plenty of Japanese apparently even debate the classification of tonkatsu as yoshoku (western-inspired Japanese food), because it is so entrenched in the country's food culture. Thankfully, there's an explanation for this as well.

About a quarter century before the first tonkatsu ever graced a heap o' cabbage, the Meiji restoration established policies to popularize Western culture. Along with this came cuisine, such as the French cotelette de veau. Without Europe's long history of incorporating rich animal products in their diet, the buttery, pan-fried veal of this French dish proved not only expensive but unsuited to Japanese tastes. Fortunately, the Japanese had developed the deep-frying technique of tempura, which wicks off excess oil on the second dip. In this way, Tonkatsu uses the original flour-egg-breadcrumb breading technique of French cuisine but Japanese frying methods to achieve its unique texture. Sounds perfect for something that came out of Ginza, right? Add to that readily available cabbage, a characteristic tonkatsu sauce with its own history, and you get the beloved tonkatsu of our time.

All about Tonkatsu the Japanese crispy pork

Tonkatsu vs. tonkotsu

At the start of this article, I asked if you have ever been unfortunate enough to witness this scene: Eagerly, you eye waitstaff coming around the corner, tonkatsu hopefully in tow. Then, in horror and surprise, that same waitstaff places before you or your dining companion a steaming bowl of soup instead of the requested hunk of meat.

The graphic scene I paint here is one that can only be born of experience. And shame.

On my first trip to Tokyo, I had the misfortune of ordering tonkotsu instead of my desired 'tonkatsu' thanks to a little language slip. Briefly, let's return to that etymology issue to explain.

We know that ton is pork. So obviously, I had ordered pork something. The kicker is that kotsu-katsu delineates. With a single letter, the whole menu changes.

Katsu, as we have learned, comes from cutlet. Kotsu on the other hand comes from Japanese originally, and means bone. What I had requested (and you may have too, had I not saved you from this) was 'pork bone', which naturally conveys a desire for pork bone soup, a common base for ramen and readily available at most Japanese restaurants alongside its fried, hammy companion.

In brief, tonkatsu is a fried pork cutlet dish. Tonkotsu is the name for the rich pork-bone broth used in ramen. Sound similar, very different. Should one order tonkatsu ramen outside of Japan, however, you will probably get tonkotsu soup and not noodles topped with pork cutlet, though that would probably be great.

Tonkotsu!



Variations of 'ton'katsu

Aside from the original tonkatsu combination of pork cutlet, cabbage, and sauce on a plate, other delicious takes on tonkatsu have been born of novelty and necessity.

Katsudon

Katsudon is a tonkatsu recipe that swaps out the crunch of cabbage and zing of vinegary katsu sauce for an easy-to-eat meal even young children feel at home with. Fried pork cutlet gets simmered with sweetened egg, onion, and sauce, then served over rice. It's a one-bowl meal popular across the world and brings together some of Japan's best cooking techniques.



Photo by Katie Thompson, byFood

Katsu Curry

Apparently, the product of a customer's whims, katsu curry is now a staple in katsu and curry restaurants alike. Slightly spicy, thick Japanese curry meets the crunchy savoriness of tonkatsu in a perfect harmony of texture and flavors.

Katsu Sando

Some genius came up with the perfect way to enjoy the classic katsu combination of katsu sauce, shredded cabbage and pork cutlet on the go. Pillowy shokupan style Japanese white bread soaks up the sauce to prevent drips and softens the prickly crunch of katsu panko. Served hot or cold, katsu sando are a delicious, discrete riff on tonkatsu.





File photo

u,
cutlet

Types of ‘but it’s not really ton’ katsu

Now that tonkatsu has become an international catchall word for katsu-style fried foods, let’s look at a few other members of the katsu-family you may come across in Japan or abroad.

Other Meats: Chicken, steak and tuna “rare” katsu

For the many reasons one might abstain from pork, there is torikatsu. It’s what you’ll be getting if you order chicken tonkatsu or chicken katsu overseas. I like to think of it as a katsu that was adapted for western tastes back again...

On the other hand, recently popularized rare katsu takes inspiration from searing to flash fry high-quality tuna or steak in a katsu-style panko breading. The mouthfeel retains the juicy quality and envelopes the rare morsels in crunchy katsu-style goodness. It’s the opposite of the humble katsudon and elevates katsu to the luxury dining sphere with wagyu and maguro. Are you drooling yet?



Photo by Eliska Sikulova, byFood



Kushikatsu

Katsu on a stick! Shove a yakitori stick through just about any bite-sized piece of food, fry it katsu-style, and you get kushikatsu. This style of katsu frying has become popular enough to have its own restaurant chains and is a great way to enjoy many different types of ingredients. Some especially fun takes on kushikatsu are mochi, cheese (mozzarella stick...on a stick. Excellent.), and quail eggs, plus tons of veggies! Kushikatsu is a popular food in Osaka, the city known as the nation’s kitchen.

Bento-box katsu: Menchikatsu and friends

Menchikatsu, a combination of mince-meat menchi and katsuretsu katsu, is essentially a hamburger or meatball that has been katsu deep fried. It is often billed as a “healthy” form of katsu because cabbage and onions are included in the patty. Other bento-box staples like ham cutlet get the katsu treatment too, and korokke use the same panko-frying technique to get their unique soft inside crunchy outside texture.



Photo by Toyakisphoto, Shutterstock



Seafood katsu: Ebi-fry and Aji-fry, etc.

Although the name is different, the prep method for making these seafood “fries” is the same as making katsu. Since dishes like ebi fry are made from whole shrimp, aji fry from fish filets, and ika fry from sections of squid, they don’t receive the cutlet-shaped delineation of katsu. If you want a lighter taste with the same katsu crunch, try a fry! As a side note, ebikatsu does actually exist - in the form of a katsu-fried shrimp paste patty. Yum!



Photo by Katie Thompson, byFood

Hirekatsu: Actually, this one is tonkatsu?

Hire(hee-ray)katsu uses leaner cuts and has a reputation for being popular with women since it’s a little more tender, less fatty, and higher quality compared to classic tonkatsu. The characteristic shape of tonkatsu is called “ros” or “roast” katsu, as opposed to hirekatsu. These are still made of pork but tend to come in a nugget or round shape instead of a slab and at a higher price point. The precise cuts for each classification vary depending on where you look, but fat-on pork katsu is usually ros, and lean is typically hire.



How to enjoy tonkatsu

The short answer is: However you like!
Even within Japan, people’s preferences for tonkatsu vary greatly. The classic tonkatsu recipe is simple. Serve a panko breaded and fried sliced pork cutlet with a pile of shredded cabbage and drizzle it with tonkatsu-sauce. In Hokuriku, sauce tonkatsu features a pork cutlet dredged in sauce and served over rice donburi style, sometimes omitting the cabbage altogether. Nagoya is known for its miso-katsu using sweet miso sauce, and of course, you can class the dish up or down as you please. The best thing about katsu, ton or otherwise, is that it is a super versatile and always delicious way to enjoy Japanese food. So go out and explore the wonderful world of katsu!

Fun facts about katsu

The official unofficial companion to tonkatsu is bulldog brand sauce, but plenty of restaurants make their own. On Bulldog’s English website they assert that it is indeed a form of washoku and not yoshoku. Rengatei, the inventor, calls it yoshoku, though! And so the debate continues...

Katsu sauce is based on British Worcestershire sauce, adapted to Japanese tastes. How’s that for cultural exchange?

Originally, julienned carrots and other root vegetables formed the sides of cotolette, but shredded cabbage was quicker to prepare and its antioxidant properties helped break down the oiliness of tonkatsu, so it won out.

Katsudon is similar to oyakodon made with tonkatsu instead of chicken! You can easily adapt an oyakodon recipe into katsudon at home.



Photo by Katie Thompson, byFood

A ton of information

The word tonkatsu, born of a combination of languages and lifestyles, has taken on a life of its own. In the modern day, Katsu has globe trotted its way to become one of the most recognizable Japanese dishes on the planet, no matter what form it takes. If you’ve ever wondered, “what is whatever-katsu? Is it the same as tonkatsu? Why did they bring me soup?!” hopefully, this article helped.

byFood is a platform for food events in Tokyo, with over 80 experiences to choose from and a fantastic resource for learning about Japan’s thriving food culture! What’s more, byFood runs a charitable outreach program, the Food for Happiness Project, which donates 10 meals to children in Cambodia for each person who books a food event through our platform!

File photo



The ultimate vegetarian guide to Japan

STORY AND PHOTOS BY ASHLEY OWEN,
BYFOOD

As a country famous for Kobe beef, takoyaki octopus balls and fresh sashimi, you’d be forgiven for thinking that in Japan vegetarian food is hard to come by. Thankfully, this is a misconception! Nowadays there are a wealth of veggie-friendly restaurants and dishes out there to discover – so you can indulge in lots of delicious Japanese vegetarian food without it feeling like a compromise.

Having said that, vegetarianism is not as common or well understood in Japan as in some western countries. That’s where this guide comes in! We’ll share several top tips for being vegetarian in Japan, as well as links to our veggie restaurant guides for different cities. Plus, we’ll go over 15 mouth-watering meat-free dishes to look out for during your stay!



Is vegetarian food available in Japan?

The simple answer to this is yes! In Japan vegetarian food is definitely available. However, it might not always be easy to find. This is especially true if you’re traveling outside of big cities such as Tokyo, Kyoto and Osaka. The good news is that many common Japanese ingredients, such as tofu and seaweed, are vegetarian. Plus almost all desserts are veggie-friendly. So with a little forward planning, it’s perfectly possible to avoid eating meat and fish while you’re in Japan.

More and more Japanese restaurants are catering to people with dietary requirements these days. Here at byFood, we’ve got a directory of vegetarian and vegetarian-friendly restaurants in Japan for you to browse. If you want to get a bit more hands-on, check out our vegetarian food experiences. From cooking classes to food tours and authentic tea ceremonies, there’s an option to suit everyone!

Are you vegan? Be sure to check out our Japan vegan guide to help you stick to a plant-based diet on your trip! We also have a guide to being keto in Japan for those on a low-carb diet.



Vegetarian guides by area

Know where you’re heading on your trip? We’ve put together a series of vegetarian guides to different Japanese cities to help you find the best places to dine out while you’re there.

If you’re looking for vegetarian food in Tokyo, you’re in luck. We’ve got a comprehensive list of amazing vegetarian restaurants in Tokyo, plus a handy vegan guide to Japan’s capital. We’ll be updating this section frequently with more vegetarian guides as they’re ready, so keep checking back if your destination isn’t here yet!



Photo by PRPicturesProduction, Shutterstock

clear understanding of what vegetarian means. If that’s the case, you can say:

■ I don’t eat meat or fish. 私は肉と魚が食べられません。(Watashi wa niku to sakana ga taberaremasen.)

■ To ask whether a particular dish contains a non-vegetarian ingredient, you can ask:

■ Does this contain meat? これは肉が入っていますか? (Kore wa niku ga haitteimasu ka?)

■ Does this contain fish? これは魚が入っていますか? (Kore wa sakana ga haitteimasu ka?)

For more Japanese phrases, check out the Must Know Japanese Restaurant Phrases.



3 Know which ingredients to avoid

As well as meat and fish, there are a couple of hidden non-vegetarian ingredients to be wary of when dining out in Japan. For instance, dashi soup stock is used in almost all kinds of broth, and usually contains katsuobushi fish flakes (pictured above) or other fish-based ingredients. It is possible to find versions made with just kombu seaweed, but this is rare.

Katsuobushi is used to season lots of other dishes

Tips for eating vegetarian in Japan

Here are some top tips to make your life easier as a vegetarian in Japan:

1 Seek out vegetarian restaurants

One of the best tips for finding vegetarian food in Japan is to plan in advance. Restaurants often won’t make substitutions without prior notice, so it’s preferable to search for vegetarian restaurants in your destination. That way you won’t have to worry about meat or fish turning up in your meal without warning! If you’re hoping to stay at a traditional ryokan inn, contact them in advance of your stay and they may be able to provide vegetarian meals for you.



Browse our collection of vegetarian and vegetarian-friendly restaurants on byFood.

2 Learn some key Japanese phrases

If you’re heading to an omnivorous restaurant, the language barrier can make it difficult to explain to the servers what you can and can’t eat. As such, memorizing a few phrases in Japanese can be a huge help.

For example:

■ Is this vegetarian? これはベジタリアンですか? (Kore wa bejitairan desu ka?)

However, you might find that the staff doesn’t have a

besides soup – including ones that look vegetarian – so it’s best to ask if you’re unsure. Alternatively, stick to vegetarian restaurants where you know you’re safe!

4 Don’t overlook convenience store food

In many countries, convenience store food leaves a lot to be desired! However, in Japan you can find some real treats in the konbini. That includes plenty of veggie-friendly items, such as onigiri rice balls filled with seaweed and mochi rice cakes. That’s in addition to the usual crisps, cookies, nuts and other snacks. Natural Lawson in particular has a wealth of good options for hungry veggies and vegans!

5 Have a go at cooking vegetarian Japanese food

Staying in self-catering accommodation can take away much of the stress about finding places to eat, as you won’t need to dine out for every meal. Supermarkets have all kinds of delicious local vegetables to try, plus rice, noodles, seasoning, and everything else you need to make authentic Japanese dishes. Not sure where to begin?

Sign up for a vegetarian cooking class to get all the insider knowledge!



Popular Japanese vegetarian dishes

Here are 15 of the best traditional Japanese dishes that are either always vegetarian or have vegetarian versions available. How many will you try on your trip?



Vegetable tempura

One of Japan's most popular foods, tempura always has plenty of vegetable options to choose from. Depending on the season, you could enjoy crispy sweet potato, eggplant, green beans, kabocha (pumpkin) and others deep-fried to perfection.

Shojin ryori

Shojin ryori is traditional Japanese Buddhist cuisine that's strictly vegetarian, and a must for plant-based travelers. Often found in temple restaurants, it features a series of beautifully presented dishes highlighting local vegetables and tofu.



Nasu dengaku

This classic Japanese side dish consists of grilled eggplant cut into slices and coated with a delicious, rich miso glaze.

Eggplants are a great meat substitute!

For more ways to cook with nasu, check out our Japanese Eggplant Recipes.



Zaru soba

Soba noodles are made from buckwheat, giving them a characteristic nutty flavor and dark brown color. They are frequently served in a hot broth, but this may contain dashi if you're not in a vegetarian restaurant.

Zaru soba, on the other hand, is served cold with a dipping sauce on the side – which you can avoid in favor of soy sauce.

Try making this classic Japanese noodle yourself in our Handmade Soba Cooking Class!



Vegetarian sushi

Just like in the west, lots of sushi in Japan is vegetarian. Look out for treats such as kappa maki (cucumber rolls), takuan maki (pickled daikon rolls) and inarizushi (rice stuffed inside deep-fried tofu pockets).

Make vegetarian sushi at home following our Easy Vegan Sushi Recipes.



Vegetarian onigiri

Triangular onigiri rice balls are a quintessential Japanese snack, and several of them are vegetarian. Keep an eye out for ones filled with kombu seaweed, umeboshi (pickled plum), and natto (fermented soybeans).



Tofu

Tofu is an integral part of the Japanese diet, and you'll be amazed at the variety of ways you can enjoy it. From deep-fried aburaage tofu to dengaku tofu coated with a sweet miso sauce, you'll never look at this ingredient the same way again!



Vegetarian ramen

As long as you avoid broth made with fish stock, ramen noodles can be a cheap, flavorful and filling vegetarian meal when in Japan. Look out for options marked as veggie on the menu, loaded with tofu and fresh vegetables.

Vegetarian ramen can easily be made into vegan ramen too. Try our vegan ramen recipe to make a tasty and healthy bowl of ramen at home, or join our Vegan/Vegetarian Ramen Tour!

Vegan ramen recipe



Vegan/
Vegetarian
Ramen Tour

Vegetarian udon

Udon noodles are thicker and chewier than ramen, and like soba can be served in a hot broth or cold with a dipping sauce. Steer clear of fish stock and you can tuck into a hearty and soul-warming meat-free dish.



For a hands-on udon-making experience, sign up for this Homemade Udon Class!



Vegetable gyoza

These bite-sized gyoza dumplings are a cheap and cheerful snack often found in restaurants and izakaya pubs. Vegetable options generally contain a mix of cabbage, onions, mushroom and carrots, and are perfect for dipping into soy sauce.



Vegetarian okonomiyaki

Okonomiyaki is a kind of savory pancake made with a batter of flour, eggs and cabbage, and grilled on a hot plate. You can find vegetarian versions featuring a range of different vegetables, and topped with extras such as

cheese, mayonnaise and seaweed flakes.

Enjoy making your own vegetarian version of this classic dish in an Okonomiyaki Cooking Class!



Vegetarian donburi

Although most donburi rice bowls contain some form of meat or seafood, vegetarian versions exist too. For instance, tamago-don is topped with fluffy steamed eggs, tofudon comes with cubes of marinated tofu, and aburafudon features deep-fried wheat gluten.



Taiyaki

Moving on to traditional Japanese sweets, although taiyaki cakes are shaped like fish they're 100% vegetarian! Crisp and chewy, these treats are a cross between a cake and a waffle. Typically filled with sweet red bean paste, they

taste best when hot off the grill!

Try making your own taiyaki during our Taiyaki Making Experience.



Mochi

Wonderfully chewy and stretchy, mochi rice cakes are made from pounded steamed rice and often stuffed with sweet bean paste. You can find all kinds of delicious varieties, from sticky sakura mochi to strawberry daifuku mochi, each made with entirely plant-based ingredients.



Wagashi

More like works of art than food, wagashi sweets are an unmissable Japanese treat. Traditionally made with only plant-based ingredients such as bean paste, they're beautifully crafted in the shape of flowers and other stunning designs. For a truly authentic experience, enjoy them with a cup of matcha tea!

Wagashi are beautiful works of edible art, and a great way to experience a part of Japanese culture that's vegetarian-friendly!

Join a Wagashi Making Class during your trip to Japan to learn all about this sweet tradition.



Hopefully, this guide has shown you that in Japan vegetarian food is neither a rarity nor a compromise. All it takes is a bit of planning! There are a wealth of veggie dishes and restaurants to discover, and the industry is only continuing to grow. Trust us when we say you'll definitely be able to enjoy some mouth-wateringly delicious and authentic Japanese vegetarian food during your trip! Anyone else getting hungry?

byFood is a platform for food events in Tokyo, with over 80 experiences to choose from and a fantastic resource for learning about Japan's thriving food culture! What's more, byFood runs a charitable outreach program, the Food for Happiness Project, which donates 10 meals to children in Cambodia for each person who books a food event through our platform!



Great food, fun always in **play** at Sidelines

Established in 2012, Sidelines is a family owned, family friendly upscale sports-themed restaurant. Offering a quality menu with something for everyone, including classic American choices, plant-based menu, kid's options and diverse Specials. Our Homemade Cheesecake and Fish & Chips are undoubtedly best on Island and most of our menu is completely homemade! Theme-nights including Trivia Tuesday, Wing Wednesday and Game-Night Thursday offer welcome midweek distractions, while weekends are busy and vibrant. We pride ourselves in providing unrivalled service in an attractive space with a full bar, large outdoor seating area and unobstructed ocean views. We're looking forward to meeting you!



RESTAURANT INFO

A Taste of Okinawa



Ramen
•
Gyoza
•
Fried rice
•
Fried chicken

CHATAN LINYA

Authentic Kyoto Ramen on Okinawa

Mon-Fri Lunch / 11:00 am - 2:30 pm (Last order 2:00 pm)
Dinner / 5:00 pm - 10:00 pm (Last order 9:30 pm)
Sat, Sun and Japanese Holiday
11:00 am - 10:00 pm (Last order 9:30 pm)



Phone: 098-926-0220



New to Okinawa? Come try Linya!

At Linya, you can taste a wide variety of Japanese foods. Can't decide what to order? Try something from our set menu! We have a number of options to choose from, including our popular Ramen and Gyoza Set. Our Jumbo Gyoza is to die for! If a quick lunch is what you seek, stop by for some ramen and fried rice – the prices are very reasonable. Spicy food lovers, we've got your back! If our spicy ramen isn't spicy enough, tell our staff and they'll add more spice! Bring your friends and family to Linya and introduce them to the staple dishes of Japan!

RESTAURANT INFO