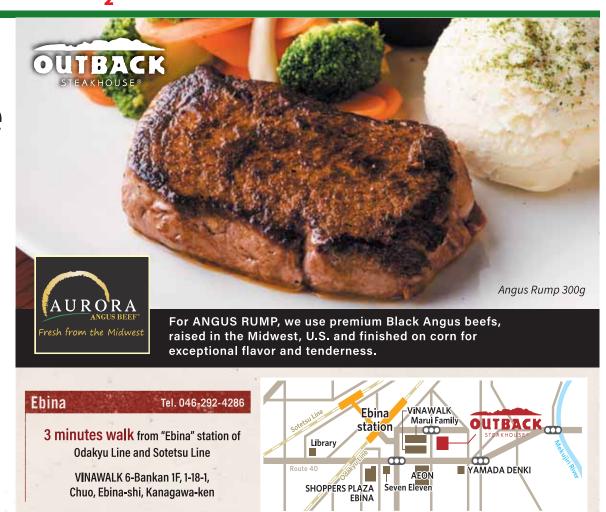




A Steak experience crafted just for you!

Outback Steakhouse starts fresh every day to create the flavors that our mates crave most. Our signature steaks are seasoned, hand-carved to order and grilled to perfection. Our specialty is Thick Cut Roast Beef offered during weekend dinnertime. But there's so much more to enjoy, including our famous Bloomin' Onion. So, come and enjoy our authentic American food and let us make you feel at home. Or, get your food to go and enjoy it relaxing at home. UBER EATS orders are available at every location except Maihama.



Ikebukuro

Tel.03-5928-1391

RESTAURANT INFO

www.outbacksteakhouse.co.jp/en

Shibuya Shinagawa Takanawa Shinagawa Konan Tel,03-5459-7751 Tel,03-5798-3501 Tel,03-6718-2761



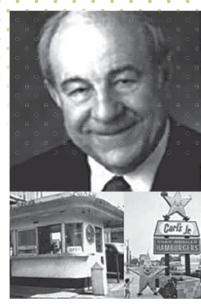
A Taste of Japan



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Authentic, juicy and hearty burgers served in Yokosuka

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RESTAURANT INFO



STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

f you ask me, taco rice is the kind of food that is hard not to like. Since it was invented in 1984 by Matsuo Gibo, who owned fast-food joint Parlor Senri near Camp Hansen, taco rice has grown to be one of the most beloved tastes of Okinawa.

The genius of making tacos heartier by replacing taco shells with rice has become a hit not only among locals, but also tourists.

While I would like taco rice for a quick and light lunch, I did not think of it as a treat. Fried ground meat, onion, tomato, lettuce, and cheese served on rice didn't seem quite special to me. However, a recipe changed my opinion.

Recently, I tried making a taco rice recipe I found on Orion Beer's website. The local beer company described the recipe as a "spicy taco rice for adults," and the photo on the website showed a delicious plate served with a glass of beer on the side.

Luckily, this recipe was straightforward and easy to follow. But there was one key lesson for me: Chili powder can make a huge difference. No sooner had I begun mixing fried meat with the red condiment than my mouth watered. As the fried meat was served on rice along with tomato, cheese, lettuce, and lemon, I knew already that I was going to love it.

The taco rice tasted as spicy as advertised. So, I washed it down with a glass of non-alcoholic beer since I still had work to do. However, with this "adult" taco rice, alcohol was not needed to compliment an already delicious, satisfying meal.

SPICY TACO RICE

(Based on a recipe by Orion Beer)

INGREDIENTS

- Ingredients (for two persons)
- Ground beef and pork (150g)
- Onion (half a ball)
- Garlic (half a clove)
- Chili powder (15 cc or less)
- Black pepper (as much as you wish)
- Olive oil (7.5 cc)
- Ketchup (30 cc)
- Medium thick sauce or Tonkatsu sauce (7.5 cc)Salt (two fingertip pinches)
- Cherry tomatoes (6 to 7, to be sliced in half or in four pieces)
- Any cheese you prefer (50 g) ■ Lettuce (2 to 3 leaves, to be cut into
- fine strips)
 Rice (for 2 persons)
- *For the topping, add sliced lemon, avocado, and spicy sauce depending upon your liking.
- **Make sure to dry off your lettuce with a paper towel first. Fry onions, ground beef and pork until they are cooked down and low on moisture, as this will give you a concentrated and crisp flavor.

DIRECTIONS

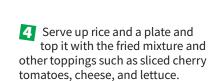
Fry chopped onion with olive oil in a pan. Once the onion becomes soft, add garlic, ground beef, and pork before further frying the mixture.



When the ground beef and pork are cooked enough, add chili powder to add aroma.







5 Meshiagare (Bon appetit)!

All about Japanese crispy pork cut 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 "cut-

What is tonkatsu?



let," 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 extracrispy, 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 katsustyle 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!



File photo

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 côtelette 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 deepfrying 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.

STORY AND PHOTOS BY SYDNEY SEEKFORD, BYFOOD

ost 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.

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 delineation. 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.



File photo

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, by Food

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 shoku-pan 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.

MAY 16 – MAY 22, 2025 — STRIPES JAPAN — STRIPES JAPAN



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



File photo

■ 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.



File photo



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!

File photo

■ **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.



Photo by Katie Thompson, byFood



File photo

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 misokatsu 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 bull-dog 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!

FOODS TO PICK UP ATTHE KONBINI

STORY AND PHOTOS BY EMILY SUVANNASANKHA, BYFOOD

f you're familiar with Japanese popular culture, you've probably heard the hype about Japanese snacks from the konbini, or Japanese convenience store food. They're excellently curated, they come in surprising flavors, and they're the carrot (or rather, Pocky) on a stick fueling me to write my graduate thesis! Whenever I'm feeling stressed about life in a foreign country, the konbini is there on every street corner to remind me of the real reason I packed it up and moved 7000 miles away from everyone I know: for the glorious splendor of Japanese snack food. So let's roam the colorful aisles of Lawson, 7-Eleven, and FamilyMart and pick up these 11 popular Japanese konbini snacks.



What I look for in Japanese convenience store snacks

As an American, what strikes me as special about Japanese snacks is the unexpectedly accurate flavors. If a Japanese gummy says it tastes like peach, that likely means it tastes like an actual peach fruit, not an artificial approximation. Also, seasonal varieties of konbini food come and go notoriously quickly, so look out for tags that say "New" (新) or "Limited Time" (期間限定) so you don't miss them!

Here are my criteria when looking for the best snacks in Janan.

- Seasonal and limited time varieties
- Accurate flavors
- Quality of taste and texture

Whether it's an old standby like Famichiki or a new twist on a favorite like cherry blossom Pocky, you can't go wrong with any of the following tasty treats.

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!

1. Calbee Jagabee Calbee Japan makes many of the most

popular Japanese crackers and chips, but Calbee Jagabee potato sticks stand out proudly among them. In contrast to Jagariko, a more brittle Calbee snack, Jagabee provides a heartier crunch and rich flavor reminiscent of its glory days as a real potato. I especially recommend my all-time favorite savory Japanese snack, the shoyu (soy sauce) butter flavor of Jagabee!

2. Seasonal Pocky

When you think of popular snacks in Japan, for many foreigners, Pocky naturally springs to mind! Pocky Japan loves to innovate on the already winning premise of chocolate on a biscuit stick, so keep your eyes peeled for special seasonal varieties like heart-shaped cherry blossom in the spring, lemon in the summer, and even Japanese sweet potato in the fall. My top-tier flavor is Winter Butter Caramel Pocky (冬のきらめき), which is so addictive I'd pay Glico to keep it in stock year

3. Black Thunder

One of the lesser known snacks to buy in Japan is Black Thunder, a sleeper hit that's bound to have you renewing your visa! Black Thunder is a chocolate-covered candy bar with a cocoa cookie base and Japanese rice puffs, forming a crispy chocolatey delight. Look out for the many twists on this old favorite available in the konbini! In my experience, the custard apple pie flavor and Shittori Premium made with fresh cream are the ones to beat.

4. Sandwiches

Japanese convenience stores are handy not only for their plethora of snacks, but also their quick and easy meal options when traveling. All konbini have a refrigerated section with perfectly triangular sandwiches, filled with quality goodies such as teriyaki chicken katsu, tuna and lettuce, egg, and even special offerings like blueberry jam and whipped cream from time to time!

5. Fresh hot food

The must-try Japanese convenience store foods includes a variety of hot, fresh food kept in glass containers at the register. Here you'll find treats such as the all-powerful Famichiki, FamilyMart's beloved take on

impossibly juicy fried chicken, piping hot nikuman meat

buns, and occasionally special
Hello Kitty-shaped cream buns. A pivotal part of
appreciating Japanese junk food is having your
world rocked by Famichiki, so I recommend
ordering it at least once!

6. Baumkuchen

When it comes to Japanese sweet snacks, baumkuchen takes the cake for me!

Technically a German dessert that became disproportionately popular in Japan, baumkuchen is many razor-thin layers of cake baked into a ring of soft deliciousness I didn't know I needed. I constantly spot new spins on the classic cake in the konbini, so check both the regular dessert section and the refrigerated section to join my mission to try them all!

7. Limited time ice cream

No listing of konbini snacks would be complete without a ringing endorsement of Japanese ice cream! The goodies in the konbini freezers rotate within weeks or even days, so check often for seasonal treats like white peach Coolish or custard ice cream melon pan. Whether it's a hazelnut praline ice cream bar with black currant jam from FamilyMart (pictured above) or some other fleeting beauty gone too soon, you'll want to stock up with haste if you find a favorite!

8. Limited time breads

Out of all Japanese convenience store food, the special breads are my oldest and fondest standby. While classics like melon pan and Japanese curry bread may be the saviors of any foreigner looking for a safe but yummy lunch, the bread aisle is often rife with innovations! Keep an eye out for zany new varieties like kinako whipped cream bread or strawberry steamed cakes.

9. Wagashi

If you're hungry for some traditional Japanese wagashi sweets, I especially recommend 7-Eleven Japan snacks! 7-Eleven's original line of wagashi-inspired desserts ranges from matcha cookies to yomogi daifuku to red bean rice cakes, so you can sample a wide variety of unique Japanese confections for cheap.

10. Kirin strong chuuhai

Thirsty for some crisp alcohol to wash down all those Japanese snacks? For me, no trip to a konbini is complete without picking up a tall can of chuuhai, a popular Japanese alcoholic drink that comes in tons of fruity flavors. The seasonal flavors of Kirin Strong, like mixed berry and double ume (Japanese plum), score especially well in my book!



11.Wine/sake in a juice box

An honorable mention goes to these charming little juice boxes filled with one single serving of sake or wine, found in the alcohol section of some konbini. For the novelty factor, I recommend trying an Oni Killer box of sake, just to say you've washed out your inner demons!







Japanese konbini represent many of the wonderful aspects of Japan, filled with colorful novelties, unexpected flavors, and a special appreciation for the changing of the seasons. Whether you're hunting for the perfect Japanese snack food to satisfy your cravings or in need of a quick but quality meal on the go, I hope the konbini brings as much joy to your life as it does to mine!



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We ensure that in every dish we prepare, we add the best herbs and spices specially handpicked from Nepal and India. With our belief deeply rooted in the Eastern philosophy, we regard every customer as a god, and make sure in every way that we treat them as one. Our 5-star experienced cooks and chefs ensure the food looks as good as it is healthy. Once you come and visit us, we are confident that you will make plans to come again. We eagerly await the opportunity to serve you our delicacies!!

RESTAURANT INFO



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Yokosuka

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SN: 243-FOOD/Commercial: (046)816-3663

1000-2100 (Delivery 1130-2030)

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









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Offering: Tacos, Burritos, Quesadillas, Salads, Desserts, Tostadas and many other TB promotional items



1000-1900

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts, Tostadas and many other TB promotional items



