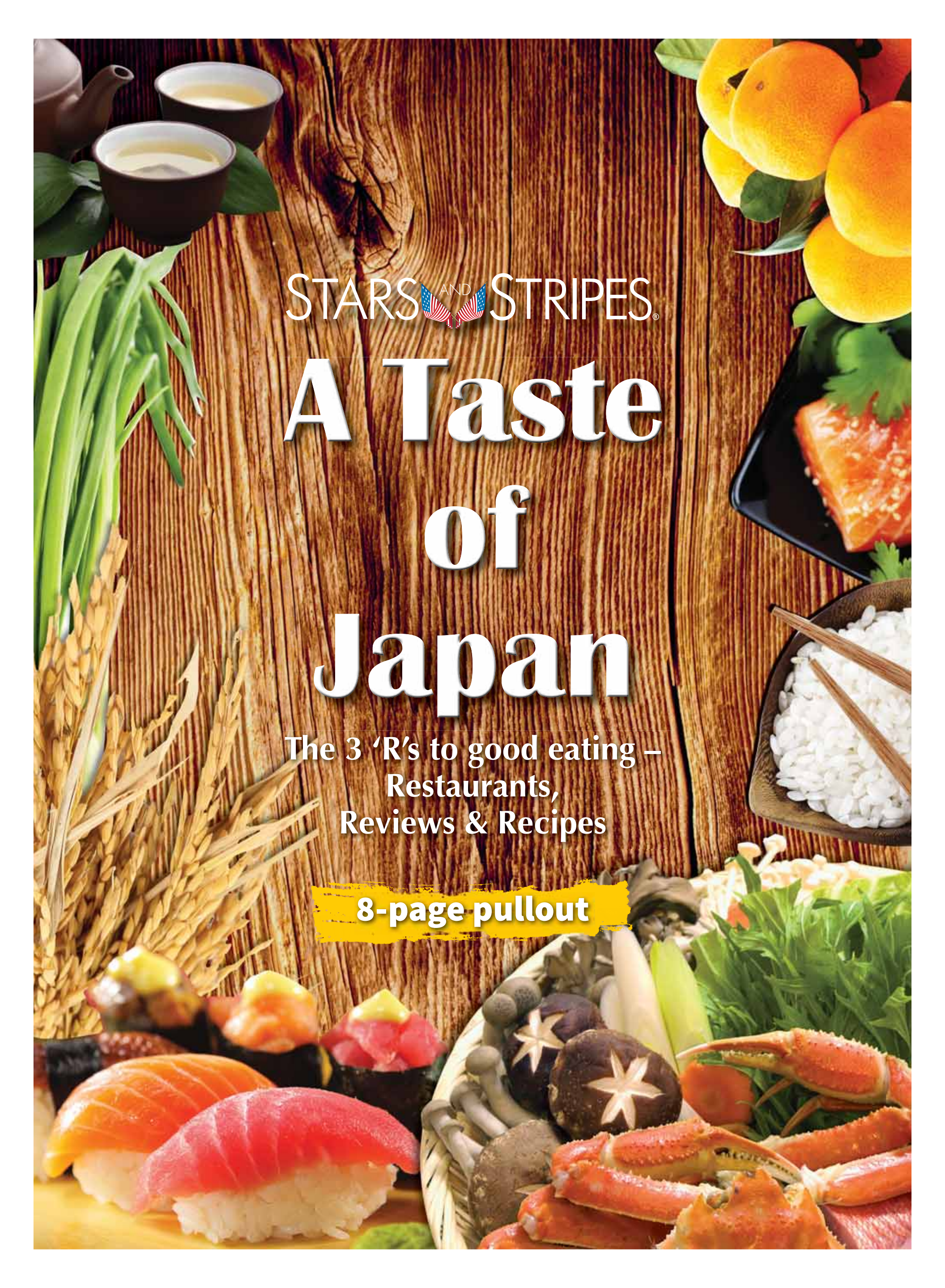


The background is a rich, textured collage of Japanese culinary elements. It features a wooden surface with various items: green onions, a small teapot, cups of tea, a bowl of white rice with chopsticks, a plate of salmon, a bowl of crab legs, a plate of sushi, and a basket of rice. The overall theme is Japanese cuisine.

STARS  AND STRIPES®

A Taste of Japan

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

8-page pullout



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.

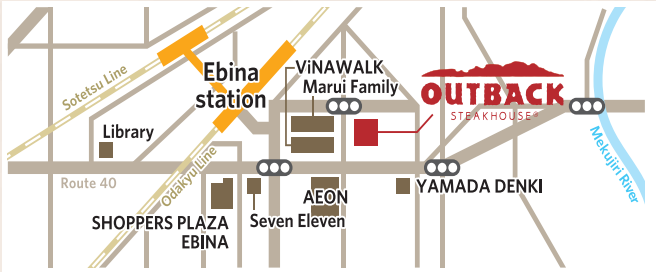


Angus Rump 300g

Ebina Tel. 046-292-4286

3 minutes walk from "Ebina" station of Odakyu Line and Sotetsu Line

VINAWALK 6-Bankan 1F, 1-18-1, Chuo, Ebina-shi, Kanagawa-ken



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www.outbacksteakhouse.co.jp/en

RESTAURANT INFO

A Taste of Japan



TASTE WHAT EVERYONE

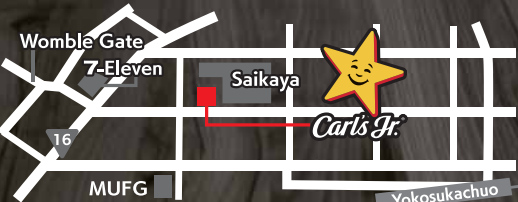
★ IS TALKING ABOUT ★



WE ARE AUTHENTIC, WE ARE JUICY, WE ARE HEARTY AND NOW... WE ARE IN YOKOSUKA

Near Womble Gate

OPEN **10:00~21:00** (L.O. 20:30) CLOSE



LOCATION





Authentic, juicy and hearty burgers served in **Yokosuka**

Born in CALIFORNIA OVER 75 YEARS ago, Carl Karcher had a hot dog cart and a dream. The hot dog cart became CARL'S JR.®, now one of the PREMIER BURGER BRANDS in the world, with over 3,800 RESTAURANTS in over 42 COUNTRIES. We focus on FRESH FOOD made with only PREMIUM QUALITY INGREDIENTS so that you can indulge in our BIG, JUICY BURGERS, HAND-SCOOPED REAL ICE CREAM SHAKES and HAND-BREAD-ED CHICKEN. All while you sit back and relax as WE BRING FOOD TO YOUR TABLE with a smile as warm as the CALIFORNIA SUNSHINE.

RESTAURANT INFO



McDonald's **new** Misawa branch!

Enjoy your McDonald's favorites, from classic Big Macs to crispy fries and creamy soft serve at their new Misawa location! Whether you're craving breakfast on the go, a family meal, or a quick lunch, the new branch features a convenient two-lane drive-thru and bilingual self-order kiosk system in-store. For even more convenience, place your order in advance on the McDonald's Mobile Order app! Just download the app and place dine-in or to-go orders ahead. Next time you're looking to grab a quick bite or even a pick-me-up with a fresh McCafé coffee, make McDonald's Misawa your next stop!

RESTAURANT INFO

Mobile Ordering at the Drive-Thru



It's Easy! How to Use Mobile Order

Start from "Order" in the official McDonald's app.

1
Choose your pickup location and select your items.



2
Select "Drive-Thru Pickup" and place your order.



3
At the drive-thru window, tell the staff your order number.



Simply show your order screen at the window and pick up your food.



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A Taste of Japan



Nepali / Indian Restaurant

OPEN 11:00-22:00

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NEW VEGAN CURRY now available with healthy herbs and greenery for the spice lover in you!



A taste of Yokosuka you'll never forget



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



Photos courtesy of Metropolis Magazine

Ultimate Japanese BBQ Guide

Grilling tips, recipes and must-try foods

BY JESSICA THOMPSON,
METROPOLIS MAGAZINE

There's nothing quite like the smoky aroma of grilled meat, the sizzle of seafood on hot coals, and the shared joy of cooking outdoors. Each country has its own spin on barbecue, and Japan's version is in a league of its own. Equal parts minimalist, flavorful, and deeply rooted in tradition. Whether you're firing up a shichirin grill in your backyard or planning a beachside cookout, this Japanese BBQ guide covers everything you need to know. From binchotan charcoal to miso-glazed onigiri and foil-wrapped seafood, discover the essential tools, ingredients, and dishes to turn your next gathering into an unforgettable feast.

The Japanese barbecue guide

The classic Japanese barbecue is a shichirin, a round, square or rectangular hollow earthen base fitted with a net top. These became popular during the Edo Period as an economical and practical alternative to traditional sunken irori hearths in houses. While shichirin were replaced with gas stoves in homes during the 1950s, they continue to have a place in grill restaurants and barbecue set-ups, as they're small, lightweight, and impart a prized charcoal-grilled flavor. These days, konro is an umbrella term often used for Japanese barbecues, and encompasses shichirin as well as other portable barbecue varieties like single gas burners and stainless steel tabletop or standing grills.

The fuel

While gas elements or briquettes are cheap and easy to manage, sumibiyaki (charcoal grilling) is the original method of Japanese barbecue, and still dominates the barbecue scene. The infrared heat emitted by binchotan charcoal cooks the meat on the surface at a high temperature, trapping the umami-rich juices inside. As the heat passes through, the outside becomes crispy while gently cooking the inside. As the juices drip onto the charcoal, the smoky, meaty plumes rise up

to infuse the food with a deep, smoky taste.

Barbecues and binchotan charcoal can generally be purchased at homeware stores like Don Quixote and Tokyo Hands, and online at Amazon or Rakuten.

We recommend the Coleman BBQ Cool Spider Pro!



A Japanese BBQ guide to food

A popularity ranking of Japanese barbecue foods (katadukekot-su.com) shows meat in first place, followed by grilled vegetables, seafood, processed meats like wieners and bacon, mushrooms, salad vegetables, fried noodles, onigiri, cheese fondue and fruit. Foil-wrapped foods and skewered foods are also common. Given all this, here are some menu ideas for a Japanese-style barbecue:

Meat with assorted condiments

In other countries, it's popular to marinate meat and seafood in different rich sauces or rubs before grilling. In Japan, it's more common to cook meat plain. Beef, pork and chicken are the most popular meats. Favorite cuts of beef are harami (skirt steak), cheeks, belly, boneless spare ribs, rosu (sirloin), tongue and offal. Popular pork cuts are spareribs and rosu, and popular chicken cuts include the thighs and wings. Serve grilled meat at a Japanese barbecue with condiments like lemon juice, ponzu, mayonnaise, yuzukosho, wasabi, butter and salt.

Yaki-onigiri

Grill an onigiri on the barbecue until it gets a crispy, chewy exterior. Basting plain or salted onigiri in a little soy sauce, or a mixture of miso paste, mirin, sugar and water or

mentsuyu as it cooks is popular. Alternatively, try a DIY rice burger by shaping onigiri into flatter patties, grilling them, then sandwiching in other barbecued ingredients.

Potato with mentaiko mayo

This dish is a yatai favorite, but can easily be recreated in a barbecue setting. Serve grilled or foil-roasted potatoes with a rich sauce of equal parts mayonnaise and mentaiko (cod roe), mixed with a little olive oil and lemon juice.

Soy, sake & butter scallops

Scallops in the shell are relatively easy to buy in Japan from supermarkets. Place them over a grill, add a little sake and butter and, when just about cooked, sprinkle a little soy sauce over them.

Seafood with shiso & myoga tartar

Also often grilled plain in Japan, seafood pairs nicely with the classic seafood dipping sauce, tartar. Popular seafood to grill includes prawns, crab, octopus, squid, aji (horse mackerel), torigai clams, scallops and sazae shells.

Grilled seasonal vegetables

In addition to commonly barbecued vegetables in Japan like pumpkin, potato, mushrooms, renkon, daikon and onion, try grilling summer seasonal vegetables like corn, myoga (native Japanese ginger), zucchini, asparagus, green peppers and edamame.

Shioyaki-zakana (salt-grilled fish)

Salt-grilling is a classic Japanese preparation technique for fish, where a whole fish is rubbed generously in salt and then grilled over coals. Shioyaki-ayu (sweetfish) are a common sight throughout summer, sold at yatai street food stands and festivals where skewered



grilling fish surround pits of coal, ready to be devoured whole straight off the skewer.

Mochi

Mochi (Japanese rice cakes) and barbecue are a match made in heaven. When grilled, they become crispy on the outside and chewy on the inside, and are also a substantial option for vegetarians.

Himono

Himono are Japanese salted and dried fish, a food-preservation custom which goes back to ancient times. These are perfect for barbecuing, as the oily skin becomes crispy and the flesh soft and juicy. Grill skin-side down first, then flip once the flesh changes color a little.

Togarashi & cheese corn

Similar to Mexican elotes, char-grill whole corn cobs, then, just before serving, brush with Kewpie mayonnaise and butter, sprinkle on a heavy-handed amount of powdered or grated parmesan cheese, a dusting of shichimi togarashi, salt and a squeeze of lemon or lime juice.

Fish kama

Kama is the collarbone of a fish, and is generally a meaty, fatty part, so it becomes incredibly rich and juicy when barbecued. Hamachi (yellowtail) and tuna kama are easy to get and cheap at supermarkets and fishmongers, and can be grilled with just a little salt and pepper for seasoning.

Foil-wrapped fish and vegetables

Foil-wrapping is a popular

cooking technique in Japan, both in the oven and on a stovetop or barbecue grill. Salmon, as well as summer seasonal fish like kisu, karei, mebaru and Japanese mushrooms like shiitake, eringi, shimeji, and enoki, work well as a foil-wrapped parcel combined with butter or olive oil, lemon, pepper and herbs for a succulent parcel.

Tomato-bacon skewers

Known as "tomato beikon kushiyaki" in yakitori joints, these are an easy barbecue number. Take cherry tomatoes, wrap them in bacon, skewer them, sprinkle with a little salt and black pepper. Then, grill for around 5 minutes.

Yakisoba

This one will need a flat BBQ plate but is cheap and cheerful and feeds a crowd. Heat a little fat on the barbecue plate, then add the yakisoba noodles. Sauté them a little, then push them to the side. Fry strips of pork belly, then add slices of onions, carrots, peppers and cabbage. Add a meat of your choice, and a sprinkling of tenkasu (tempura crumbs) for a little crunch. Sauté until softened, then mix in with the noodles and yakisoba sauce. Serve as-is, or topped with a little pickled ginger and aonori (powdered seaweed).

Cheese fondue

Cut a round section out of the top of the rind of a wheel of camembert. Wrap it in foil, grill until it's oozy, then grind over some black pepper, add a drizzle of honey. Serve with crusty bread or vegetables and fruit for dipping.

Fruit

Pineapple, mango, peaches and kyoho (Japanese grapes) are all in season over the warmer months in Japan, and can all be thrown onto the barbecue grill. The natural sugars caramelize making them a perfect summertime dessert.



METROPOLIS
HOMEPAGE



METROPOLIS
EVENTS



Your guide to unagi & anago

Let's dive into the depths of Japanese eel

BY RYAN NOBLE,
JAPAN TRAVEL

Over in the West, eels are perhaps only seen at the local aquariums, peeping out from a cave or tunnel—scaring a few kids in the process. However, in Japan, eels are considered a delicacy, grilled, lathered in a sticky, sweet sauce, laid over rice and enjoyed all year round.

We're here to tell you all the slippery details, including the types of Japanese eels, how they taste, and why they're enjoyed even more during the summer (and Ox Day, in particular).

■ Are eels eaten in Japan?

Absolutely! Eels are eaten across Japan, regardless of the season. However, eels are enjoyed in higher quantities during the summer months as they're believed to give you stamina—something that's sorely needed to weather the humid Japanese summer.

■ What does Japanese eel taste like?

The taste of Japanese eel varies by the type of eel and how it's prepared—sometimes crispy, sometimes chewy—but it is often salty, slightly sweet and meaty. The most popular way of eating Japanese eel is to grill it with a sweet and savory sauce called “kabayaki sauce,” made of soy sauce, mirin, sugar and sometimes sake.

■ Types of eels eaten in Japan



UNAGI

Unagi: Freshwater eel

Unagi (うなぎ) is specifically freshwater eel (*Anguilla japonica*); they are recognizable for their plump body and dark hue. They live in rivers, streams and lakes, though they travel to the ocean to breed and spawn. Unagi is the most popular eel to consume in Japan, often grilled over charcoal and brushed with a sweet-savory kabayaki sauce.



ANAGO

Anago: Saltwater conger eel

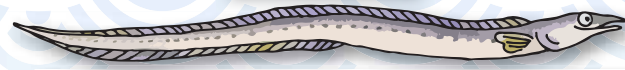
Anago (穴子) is a saltwater eel that spawns and lives in the sea. Compared to unagi, it has a slimmer body and a lighter color. It is also served differently, often being steamed or simmered before being grilled.

As the freshwater eel population has been declining in recent years, anago is seen as an alternative option to reduce unagi consumption.

UNAGI



ANAGO



■ Unagi vs Anago: What's the difference?

Unagi freshwater eels live in freshwater, while anago conger eels live in the ocean. In terms of cuisine, unagi has a higher fat content, which lends it a rich, buttery flavor. Anago, however, provides a more lean meat and is fluffier in texture and milder in taste. This difference in both texture and taste may be due to their different cooking methods, with anago often being steamed or simmered, while unagi is grilled and covered in a thick sweet-savory sauce.



classified within the squash and gourd family of Cucurbitaceae, which translates to uri (ウリ) in Japanese.

Another classic summer dish is udon—chewy wheat-based noodles—which can be served cold.

■ Are Japanese eels sustainable?

According to Seafood Watch, “the production of Japanese eels is considered 100% reliant on endangered and critically endangered wild populations for farm stock.”

Unfortunately, Japanese eels—and many eels on a global scale—are currently endangered and overfished, with unagi freshwater eels being one of those most affected.

However, there was a breakthrough in sustainable eel fishing in 2023. Researchers at Kindai University were able to achieve “full-cycle aquaculture of Japanese eels after raising larvae from eggs spawned by artificially incubated adults,” meaning that they were not captured from the wild (Source: The Asahi Shimbun).

Though this process is still in its early stages and not yet ready for commercial use, the idea is that this will reduce the need to capture wild eels in the future.

■ Are Japanese eels healthy?

Japanese eel is a great source of vitamins A, D and B12. Vitamin A and vitamin B12 are important for eye health, energy production, optimal immune function, and more. Vitamin D acts as a hormone, and all cells in the body require it; as a result, it supports our immune health and the skeletal system (Source: Nutrition Advance).

■ Ox Day: Why do Japanese people eat eels on this day?

What is Ox Day (丑の日)?

In Japanese tradition, Ox Day—also known as Doyo no Ushi no Hi (土用の丑の日)—refers to the day between seasons. This is known as the day of the ox according to the Chinese zodiac, and is set in the Doyo period, an “18-day period before the start of each season in the traditional Japanese lunisolar calendar” (Source).

Ox Day takes places in Natsu Doyo (夏土用) the 18-day period that transitions from summer into fall.

■ Why does Japan eat unagi on Ox Day?

Ox Day occurs in one of the hottest periods of Japanese summer. Unagi is said to be a good source of stamina during this time, helping people to endure the stifling Japanese heat.

This custom began in the middle of the 18th century, believed to have been started by Hiraga Gennai (1726-1779), a playwright, scientist and inventor who said that eating eel on the day of the ox had restored his energy. Whether there's truth to this claim, we can't confirm, but it's true that the custom continues to this day.

■ Did you know?

Unagi isn't the only thing eaten on Ox Day. It's said that any food starting with “u” (う) will support your immune system and stop you from getting ill.

This includes kyuri (cucumber), suika (watermelon), kabocha (pumpkin), and nigauri (bitter melon). “None of these start with u,” you screamed? True, but they're all



File photos

■ Where to try eel in Japan?

Take a look through our related articles below and discover a selection of unagi and anago eel restaurants in Japan:

• Motoyoshiya Eel Restaurant

Yanagawa's specialty in a 300-year-old establishment

• Grilled Eel at Kawatoyo

Enjoy kabayaki-style unagi along Narita's Omotesando street

• Unagi Restaurant Obana

Top-notch eel at a popular long-standing unagi-ya

• Kamakura Asaba-ya Unagi Restaurant

Try Japanese food after visiting Hase Kannon Temple



Motoyoshiya Eel Restaurant



Grilled Eel at Kawatoyo



Unagi Restaurant Obana



Kamakura Asaba-ya Unagi Restaurant

A TASTE OF JAPAN
6

Replica Food



STORY AND PHOTOS BY REY WATERS,
JAPAN TRAVEL

While on your visit to Japan you will come across many restaurants that present food samples of their offerings. The plastic food looks so real and the details make your mouth water. Go to the top floor of any department store and almost all the restaurants will showcase realistic looking dishes. Many times when dining alone I show the waitress my choice by pointing to the display in the window.

Back in the Showa period a man named Takizo Iwasaki decided to form a company to make replica food. In 1932 he opened a factory in Osaka and it became the largest food display company in Japan.

Originally the sample food was made of wax, but after sitting in the display case for a long period of time during the hot weather their shape changed, so in the 1970's they switched to a durable plastic.

Miwa and I recently booked a class at Iwasaki's "Ganso Shokuhin Sample-ya" company in Tokyo, which holds workshops for making replica food. Today it was Lettuce and Tempura. I chose shrimp and potato for the tempura.

Toyama-san, our instructor, explained to me in English the process we would experience during our class. She also noted that many foreigners join her workshops.

The first and most important step is to heat the water to 42 degrees Celsius (107.6 F). Today we used three colors to make our samples of green, white, and light yellow.

There were a total of 7 students, so the class moved along pretty quickly.

To make the Tempura pieces you need to hold a cup with the liquid 60 cm high and pour slowly into the vat. For

shrimp, pour in a rectangular shape and for the potato pour in a circle. Place the shrimp onto the rectangle and slowly submerge in the water while wrapping the ends. When complete, place in cold water and there you have Shrimp Tempura. It does look real, even the one I made.

The lettuce process was a little more complicated using two colors, however the results were the same. We chose to have ours cut in half showing the realistic inner texture.

Ganso offers several other choices of sample food making at their two Kappabashi locations.

The class was very inexpensive when you consider what the cost would be to purchase the three items we made. Our workshop cost 2160 yen (\$19). The prices vary according to the food you want to make.

I am by no means an artist, but this process will give you a feeling of accomplishment, and even children are welcome to take the class.

Downstairs from the workshop is a retail store where you can purchase items for your home or restaurant. They have two stores in Tokyo and one at the Red Brick Warehouse in Yokohama.

During your visit to Japan this workshop is a nice way to spend a couple of hours while taking home a neat souvenir that you personally made.

For additional information go to their website, or call 0120-81-1839.

The workshops must be done in groups with a limit of 16 per class. Both workshop locations are just minutes walking distance from Tawaramachi Station or Asakusa Station in the Kappabashi-dori area of Tokyo.



Our colors for the workshop

A Taste of Japan

Yokosuka Style Homemade Cookies



Our cookies & parfait bring smile to everyone's face!

If you are cuckoo about cookies, head over to the Yokosuka Cookies Company for a sweet experience. Located in the Yokosuka Port Market outside the U.S. naval base, our recently opened store is the talk of the town because of our scrumptious cookie choices and parfait, including our popular Cookie & Banana Split. We pride ourselves in using local ingredients, including eggs from Yokosuka's Yasuda Poultry Farm. Our store, which features original characters Tasty and Coco, has a lineup of products fun to look at and delicious to eat, based on the concept that our "cookies make everyone smile."



Yokosuka Cookies Co.

RESTAURANT INFO

The market features a variety of popular foods produced by local businesses from Yokosuka and the Miura Peninsula that can be enjoyed by tourists and local residents alike!



Yokosuka Morning Market

Supported by Yokosuka City

2026 **Jul.25** **Sat** **26** **Sun** 9:00-12:00



Farmers' Market

Venue: Ichigo Yokosuka Port Market (Outdoor Special Venue)

Event may be canceled due to severe weather.



Fresh Yokosuka vegetables and seafood!



Fun activities for kids, including all-you-can-pack experiences & shooting gallery games!



Fresh vegetables and seafood delivered directly from producers. Wake up early to enjoy a special morning!



Please check the official website (Japanese only) & Instagram for event details & updates.



In conjunction with the Yokosuka Morning Market, select stores inside the facility will open at 9AM!

**YOKOSUKA
PORT
MARKET**

Ichigo Yokosuka Port Market

Shinko-Cho 6, Yokosuka City, Kanagawa/60 min. from Shinagawa Station

Hours:
10AM – 7 PM



PIZZA HUT

Atsugi

☎ DSN: 264-4040/Commercial: (046)763-4040
Offering: Pizza, Personal Pan Pizza, Wings, Pasta, Breadsticks, Dessert and multiple drinks



WingStreet

Yokosuka

Main Street Food Court

1000-2100 (Delivery 1130-2030)

Bayside

1000-2100 (Delivery 1130-2030)

☎ DSN: 243-FOOD/Commercial: (046)816-3663

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



Yokosuka's Online Food Ordering Program

- ❖ Pier 7 Bayside Pizza Hut @ #A920
- ❖ Main Street Food Court @ #G59

Delivery or Order Pick up \$15 Minimum Order

DELIVERY IS ONLY AVAILABLE FOR THE YOKOSUKA BASE LOCATIONS.
No deliveries are authorized off base. Deliveries will not be left in front of your door, you must personally receive your order. Receive a automatic 10% discount off your first order.



<https://nexcomanchoreats.com>



LIVE MÁS

TACO BELL

Yokosuka

1000-2100 (Drive thru and Dine in)

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



Atsugi

1000-1900

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

Sasebo

1000-1900

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

