A Taste of Japan

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

8-page pullout
Enjoy American Craft Beers at Home!

On Base Delivery Available!

American craft beer is our specialty!

Antenna America is just what you need to quench your thirst! Our Kannai, Yokohama and Shinagawa branches serve up American craft beer from top U.S. craft breweries. Please go to: http://www.antennaamerica.com for more details. Our tasting rooms have rotating taps and a huge selection of bottles, all fresh from breweries thanks to our cold-chain delivery system. Chicken wings, burgers and other American food items all made to order at our Kannai and Yokohama branches. We have private space available upon request at our Kannai branch. Antenna America is family friendly, so come check us out!

Order Online: antennaamerica.com

Three Convenient Locations!

KANNAI
JR Kannai station North Exit
★In/Outdoor Seating Available at Kannai.
★Food Court Seating Available at Yokohama & Shinagawa.

YOKOHAMA
Yokohama station Joinus B1 (Food & Time Isetan)
★Food Court Seating Available at Yokohama & Shinagawa.

SHINAGAWA
Shinagawa station 3F

Antenna America is our specialty!

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!!

A Taste of Japan

Family Dining
Continental Cuisine
Drinks And Bar
Online Reservation
Party And Catering
Free Wifi

Healthy, Tasty and Spicy

GORKHA PALACE
Nepali / Indian Restaurant

Jyunetsu Yokosuka Bldg. 1F, 1-21 Odaki-cho Yokosuka-shi, Kanagawa-ken

TEL: (046)874-8528  www.gorkhapalace.com

Located just outside Yokosuka NB Womble Gate on the corner of R1 16 (same bldg. as 7-11)
FOODS TO PICK UP AT THE KONBINI

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 comparison to other brands, or even little 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 shoyo (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 pay Glico to keep it in stock year round!

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 store sandwiches are hearty not only for their plethora of snacking, 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 include 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 impossible 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 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 weekly, or even daily, 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 and 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!

byFood
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 imitation. 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 Japan:
• Seasonal and limited time varieties
• Accurate flavors
• Quality of taste and texture
Whether it’s an old standby like Pocky 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!
Japanese Condiments

Starting off with classic Japanese condiments, here is a comprehensive list of the most essential Japanese pantry items that your kitchen can’t go without when it comes to making Japanese food at home!

1. Soy Sauce

Made from fermented soybeans and wheat, soy sauce or shoyu is the number one Japanese pantry staple ingredient you should always keep stock of in your kitchen. Whether it’s just a splash served alongside your sushi, or it’s the main component giving your sweet sukiyaki hotpot a spicy kick, you will find that soy sauce is used in almost every savory Japanese recipe. Japanese soy sauce is lighter than soy sauce products from other countries, with a distinctively delicate yet clean and complex flavor to it. As it is used in almost all savory Japanese recipes, it is a good idea to keep a high-quality Japanese soy sauce.

2. Miso Paste

Miso is thick, fermented soybean paste that comes in different varieties including shiro (white), aka (red or dark), and awase (mixed). Each type of miso gives different flavors and intensities. Not just for making traditional miso soup, miso paste is used for lots of different sauces, marinades, and even dressings. It can be used in a range of Japanese dishes, such as making a broth for miso ramen or as a glaze for miso eggplant.

3. Toasted Sesame Oil

Toasted sesame oil is a rich, golden oil that gives a lot of Japanese dishes an intense, nutty essence and flavor. While it can be used for stir-fry dishes, often it is used as a finishing oil, like for adding extra flavor into a hot bowl of ramen. However, toasted sesame oil is used in many salad dressings as well.

4. Rice Vinegar

In comparison to Western vinegar, rice vinegar or wine vinegar is sweeter and milder in flavor with a significantly less pungent essence. It is a vinegar that is made from fermented rice, and it is generally used to season rice used for sushi or onigiri rice balls. Other common uses in Japanese cuisine are pickling, salad dressings, and sauces.

5. Chili Oil

Japanese chili oil (also known as raujii) is a spicy oil condiment that has been infused with chili pepper flakes. You will find it commonly used in Japanese-style Chinese dishes. You can pour some into your ramen to give it a bit of a spicy kick, or dip crunchy gyoza dumplings into it for extra flavor.

Check out these gyoza cooking classes in Japan and learn how to make your own Japanese dumplings from scratch!

Essential Dry Goods

So once you have your Japanese condiments sorted, you should arm your Japanese pantry with these essential dry goods as a basic foundation for Japanese home cooking.

1. White Rice

Sometimes labeled as “sushi rice,” Japanese short-grain rice is what you need to stock your pantry with. This type of rice is short and plump, with a sticky yet fluffy texture that is iconic when it comes to Japanese cuisine. It is used in sushi (obviously), or it can accompany almost any Japanese dish.

2. Bonito Flakes

Bonito flakes, or katsuobushi in Japanese, are finely shaved dried fish flakes. These are the wiggling brown flakes you might see sprinkled on top of takoyaki or okonomiyaki. Bonito flakes are used in broths and are a key ingredient for making dashi (Japanese soup stock) which is used in soups, sauces, and as the base of many other Japanese dishes. Join the Dash Workshop and Katsuobushi Factory Tour in Kagoshima to see firsthand how this product is made!

3. Wakame

Wakame is a type of Japanese seaweed that is also an essential ingredient used to flavor various dashi soup stocks. Wakame can be bought as a dried product from a Japanese supermarket that is easily rehydrated to become wiggly and a bit slimy. Just soak it in water and after about 5 minutes you can squeeze the liquid out of it. It is then ready to be used in miso soup or traditional Japanese salads.

4. Cooking Sake

Almost as essential as soy sauce, is Japanese rice wine (Japanese sake). Cooking sake is a lower grade of cooking alcohol that is used to enhance and intensify the flavor of a range of Japanese dishes. It is incredibly versatile as it can be used in soups and simmered dishes, as well as marinades for meat, fish, and even more heartily-flavored Japanese foods.

5. Shiitake Mushrooms

There are a lot of other types of mushrooms like shimeji or enoki which are commonly used in Japanese cuisine, but shiitake mushrooms are great as they are available both fresh and dried. Dried shiitake mushrooms can be kept on your cupboard shelf and rehydrated for use in simmered dishes or Japanese soups. Shiitake mushrooms give Japanese dishes a rich texture and great fish substitutes in vegan or vegetarian dishes.

6. Panko Breadcrumbs

Literally translating to “bread powder,” Japanese breadcrumbs panko are mainly used for crumbling deep-fried foods in Japanese. There is a difference between more standardized Western breadcrumbs and panko that panko breadcrumbs are larger, lighter flakes, and they don’t absorb as much grease as standard bread crumbs as a binder or in bakes.

7. Mirin

More like syrup in viscosity, mirin is a sweet condiment that is commonly used in Japanese cooking. It is part of the rice wine family, like sake, but its alcohol content is lower and it is used more typically as a seasoning. It is used to help tenderize meat and seafood, and to add a distinct sweetness to some Japanese dishes. As its higher sugar content, mirin is often added to并未完成。
Japanese ingredients being readily available at your nearest Japanese grocery store, you just need to know what to look for. So to help you get familiar with what is needed for Japanese cooking, keep reading for our tips on how to stock a Japanese pantry.

To make your shopping list easy, you will find our Japanese pantry staples split up into two sections covering key Japanese ingredients and essential dry ingredients.

**4. Kombu**
Kombu is another type of Japanese seaweed, a type of edible algae that can be bought as a dry pantry good. It is typically used as a base for soup stock ingredient, and responsible for imparting a deep and indispensible umami flavor (derived from glutamic acids) in many dishes used in hotpots and Japanese cuisine. Used liberally and with great versatility, white sesame seeds are a classic garnish when it comes to Japanese cuisine. Used literally and with great versatility, white sesame seeds are frequently used as a dusting for donburi or stir-fries, and they are also used in sauces and even sweets!

**9. Potato Starch**
Also known as katakuriko, potato starch is used as a thickening agent to make Japanese sauces. This is often the case when cooking chuka-nori (Japanese style Chinese food). It is lighter than wheat flours, meaning that potato starch makes for a great coating when making fried food like karaage (Japanese fried chicken), and it can also prevent sticking when making Japanese sweets such as chewy mochi. Panko can also be used in a similar way but with varying textures.

**6. Nori**
What a surprise, another seaweed! That’s right, seaweed is very important in traditional Japanese culinary culture as it is nutritious and very plentiful. In this case, dried nori seaweed can be in the form of either a sheet, shredded into strips, or as seaweed flakes (called nori). Nori is used to wrap, or as a topping for sushi and okonomiyaki.

**8. Tonkatsu Sauce**
Tonkatsu sauce is a thick, savory-sauce with a distinctive and iconic Worcestershire-meets-barbecue sauce flavor. This flavorful condiment pairs perfectly with classic deep-fried dishes from Japan such as crispy tonkatsu (fried pork cutlets) or ebi furai (fried prawn cutlets). Just pour it on top or dip it, and voila!

**8. Sesame Seeds**
Available as black or white seeds, sesame seeds, or goma, are a classic garnish when it comes to Japanese cuisine. Used literally and with great versatility, white sesame seeds are frequently used as a dusting for donburi or stir-fries, and they are also used in sauces and even sweets!

**10. Furikake Rice Seasoning**
From the Japanese word meaning “sprinkle”, furikake rice seasoning is a rice topping made from a combination of dried chili pepper flakes, seaweed flakes, sesame seeds, and other Japanese spices. The ingredients are dried and mixed together and can easily be shaken over the top of your rice to give it some extra flavor.

**11. Shichimi Togarashi**
Also known as “Japanese seven spice”, shichimi togarashi is another key Japanese pantry item to give a little spice to your homemade Japanese dishes. As its name, it is made up of a blend of seven dried aromatic spices that make it both hot in flavor and citrusy. This includes chili flakes, ginger, nori, sesame seeds, shiso, dried orange peel, and Sichuan pepper (with room for some other spice mix variants, depending on the brand).

**12. Wasabi**
As real wasabi is incredibly expensive and difficult to come by even in Japan, bright green wasabi powder or wasabi paste is the answer to getting a hit of Japanese horseradish in your hometown. Both wasabi powder and wasabi paste are imitations of fresh wasabi with only a small concentration of the real thing, however, you can still use it for adding to sushi or udon dishes.

Join a wasabi farm tour in Okutama, Tokyo to learn firsthand about the cultivation of one of Japan’s most expensive crops!

**13. White Pepper**
As opposed to black pepper which is more commonly used in Western countries, when it comes to Japanese cuisine, white pepper is used as an alternative. It’s a bit hotter on the tongue than black pepper, yet also milder in flavor to better suit the delicate nature of Japanese dishes. It can be used in dishes like Japanese ramen, fried rice and stirs-fries, as well as for seasoning meat and vegetables.

So, were you wondering what is needed for Japanese cooking? For anyone who loves cooking Japanese food, these are the 23 most important condiments and dry ingredients that are essential for stocking a Japanese pantry. Plan on purchasing your Japanese ingredients like soy sauce, seaweed, sauces, and Japanese rice so you can create an authentic Japanese dish anytime!
It tastes as good as it sounds

Beginning with an Eric Clapton guitar, Hard Rock Cafe owns the world’s greatest collection of music memorabilia, which is displayed at its locations around the globe. For fans of music, great food and good times, Hard Rock is the go-to restaurant to get that authentic American diner-inspired cuisine wrapped in a unique musical experience. So, it’s time to strike up the band! Events, like great music, are born to inspire others. At Hard Rock Cafe, we pride ourselves on delivering an exceptional experience with a rock 'n' roll twist for each and every one of our guests.

**Special tasty deal for Military community**

Looking for a charcoal-grilled steak cooked just the way you like it, and at a reasonable price? Well, head over to Ikinari Steak! Our premium steaks will melt in your mouth. Choose between Ribeye, Sirloin, and Filet. Each slice of meat is freshly cut in front of you based on your weight request. You can have your steak as thick as you want. Just tell us how much you’d like to have. We’ve got your back! Show us your military ID and you and your family members can get two items for free from our array of side dishes and toppings and a drink for free.
A Very Hungry Caterpillar Sandwich

Let’s cook something easy, healthy, and fun with your kids! This tuna okara sandwich contains a good amount of soy protein and fiber from okara (soy pulp that you can get from local supermarket at quite a reasonable price). Slicing the tomato just a little bit makes it easier to keep it on the bread. I kept the stem of the tomato to make antennae, but it will do without them.

**Ingredients**
- 2 pieces of french baguette (15cm long each) or any bread you like
- 40g of canned tuna (drained)
- 2 tbs of finely chopped onion
- 1 tbs of mayonnaise
- A pinch of salt
- A pinch of pepper
- 1 tbs of butter
- 1 cucumber
- 2 mini tomatoes
- Small amount of hard cheese (for caterpillar’s eyes)
- 4 pieces of black sesame seeds (for caterpillar’s eyes)

**Directions**
1. Combine tuna, okara, onion, yogurt, mayonnaise, salt, and pepper, and mix well.
2. Slice bread if needed, and toast lightly. Spread butter, then the tuna okara mixture.
3. Place cucumber slices and mini tomatoes on tuna okara spread.
4. Put small pieces of hard cheese on tomatoes, then black sesame seeds to make eyes.

**Servings:** 2 sandwiches  
**Cooking time:** 30 min (with kids)
PIZZA HUT LOCATIONS:

**Yokosuka** 1000-2100
DELIVERY IS AVAILABLE
Offering: Pizza, Personal Pan Pizza, Wings Pasta, Breadsticks, Dessert, and multiple drinks.

**Atsugi** 1030-2000
DELIVERY IS AVAILABLE
Offering: Pizza, Personal Pan Pizza, Wings Pasta, Breadsticks, Dessert, and multiple drinks.

*We extended Pizza Hut Delivery hours on Friday and Saturday until 2200.

TACO BELL LOCATIONS:

**Yokosuka** 1000-2100
DRIVE-UP WINDOW AVAILABLE
Offering: Tacos, Burritos, Quesadillas, Salads, Desserts Tostadas, and Many other TB Promotional items.

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

**Atsugi** 1000-2000
Offering: Tacos, Burritos, Quesadillas, Salads, Desserts Tostadas, and Many other TB Promotional items.

**Sasebo** 1030-2000
Offering: Tacos, Burritos, Quesadillas, Salads, Desserts Tostadas, and Many other TB Promotional items.