A Taste of Japan

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

12-page pullout
No matter where you are in Japan, there is one thing worth splurging on at least once before your tour is up – the taste of Wagyu beef.

Literally one of the finest in the world, a sirloin cut of Kobe or Matsuzaka-type Wagyu beef may run you as much as 25,000 yen ($200) or more per pound. It has been numbered among the most expensive foods in the world, along with truffles (the edible fungus), caviar and foie gras.

For most Japanese, Wagyu literally means Japan’s Black cow breeds. Ishigaki-gyu is bred and fattened in the subtropical Okinawa area, free from the stress caused by cold weather; the meat is extremely sweet and tender.

Okinawa’s subtropical climate, along with the rise of Buddhism and its isolation during the 17th to the early 19th centuries that helped preserve wagyu and its purity. Once primarily used as working farm animals, the prevalence of tractors and a new national taste for meat after World War II lead to the rise of the domestic beef market.

Now that wagyu goes for as much as $200 a pound, the cost of this rare and exquisite beef alone is likely to preserve it for generations to come.

Simply speaking, we only call cattle with (two 100 percent) wagyu parents – and that have been raised in Japan – wagyu,” he says. (However, Japan Meat Information notes at least one exception; the Japanese Pulled breed of wagyu are decedents of Scottish cattle in 1920.)

Ironically, it may well have been vegetarian beliefs that came to Japan with the rise of Buddhism and its isolation during the 17th to the early 19th centuries that helped preserve wagyu and its purity. "Ishigaki-gyu," or Korean-style barbecue, is also a favorite.

"It is best to prepare and eat it in small or thin portions that; way you can work to enjoy the taste of wagyu the most," he say. "I do not recommend thick and large steaks because it may be too rich and fatty."

Various regions in Japan produce their own version of Wagyu beef that is typically named for its town, city or area of origin. Kobe beef from the capital of Hyogo Prefecture is perhaps best known to those outside of Japan; but there are many others such as Shinsu-gyu from Nagano Prefecture, Ikeda-gyu from Hokkaido, and Matsuzaka-ushi from Mie Prefecture.

Okinawa, Japan’s seventh largest prefectural Wagyu producer, has its own brands such as Ishigaki-gyu, Motobu-gyu and Okinawa Wagyu. Of these three brands of Japanese black cow breeds, Ishigaki-gyu is considered the best and was proud served at a reception for the G-8 Kyusu-Okinawa Summit in 2000.

It is said that since Ishigaki-gyu is bred and fattened in Okinawa’s subtropical climate, free from the stress caused by cold weather; the meat is extremely sweet and tender. In fact, Okinawa livestock farming techniques are on par with Kobe’s in at least one respect.

Usually, live stock farmers

By Takahiro Takiguchi,
Stripes Japan

Meat so rare you have to try it

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EWAGYU LITERALLY MEANS JAPAN’S BLACK COW BREEDS. ISHIGAKI-GYU IS BRED AND FATTENED IN THE SUBTROPICAL OKINAWA AREA, FREE FROM THE STRESS CAUSED BY COLD WEATHER; THE MEAT IS EXTREMELY SWEET AND TENDER.

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Usually, livestock farmers

East and west, Wagyu’s great quality is the marbling called “shimofuri” (marbling). It results in a tender texture that practically melts in your mouth with a rich luxurious taste and sweet mellow aroma.

For Japanese, quality meat contains a lot of fat,” says Tamio Nakamura, managing director of Japan Meat Information Service Center. (For from unique, this appreciation for fattened Wagyu calves purchased from breeders in other regions. For instance, farmers in Miyazaki purchase calves from breeders on Okinawa and raise them as Miyazaki-gyu,” Nakamura says. But that’s not so in Okinawa where cows are bred and fattened in the same place. “This is really very rare. Kobe beef farmers are one of the very few others that do this.”

Wagyu is also produced in Australia, United States, Canada and Scotland. However, these countries do not have the same strict certification for pure-bred wagyu as Japan, causing purists like Nakamura to insist that the real deal can only be found here.

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**A Taste of Japan**

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A Taste of Japan

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Why have lunch when you can have a Champagne brunch? The Yokota Enlisted Club welcomes all ranks to the ultimate Sunday brunch! Enjoy a wide variety of food at Yokota’s one and only brunch buffet from 10 a.m. until 2 p.m. each Sunday or our mini brunch the last Sunday of each month. Try our chocolate chip pancakes, Southern-style biscuits n’ gravy or one of our many tasty omelets. Come savor a delicious traditional feast with your family and friends and be sure to use your $2 Members First Discount. Check the club schedule for special holiday brunches.
Most wagyu is ranked A4 to A5, according to Japan Meat Information Service Center. Japan’s Kansai region produces the three or four “king” varieties, such as Matsuzaka-ushi, Kobe Beef and Omi-gyu or Sanda-gyu. These brands of beef are internationally known for being some of the most expensive beef.

STRIPES JAPAN safety and quality.
The 2009 ranking is the most recent, at took into account such traits as taste, flavor, level of marbling, firmness, color and overall quality (from 1 to 5). The overall grade of the beef is determined by combining these two criteria, with A5 being the highest possible mark.

The Japan Meat Grading Association gives each cow carcass a score based on its yield (from A to C) and level of marbling, firmness, color and overall quality (from 1 to 5). The overall grade of the beef is determined by combining these two criteria, with A5 being the highest possible mark.

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Beef were ranked the top five of 170 registered wagyu brands by Nikkei MJ. Based on its yield (from A to C) and level of marbling, firmness, color and overall quality (from 1 to 5). The overall grade of the beef is determined by combining these two criteria, with A5 being the highest possible mark.

Last year, wagyu accounted for about 45 percent of the beef produced in Japan, dairy cattle comprised about 30 percent of produced beef and mix breeds provided about 25 percent of domestic beef on the national market, according to the Japanese government.

In addition to its domestic beef, Japan imports more than 500,000 tons of beef annually, the government says. So, how can you distinguish wagyu from the others at a butcher or market? Read the label, says Tamio Nakamura, Meat Information Service Center.

“You can distinguish wagyu very easily by taking a close look at a price label,” says. “If there is a description such as ‘Japanese Black’ or ‘Japanese Brown/Red’ on a price label, it means Japanese cow, if “wagyu” simply means Japanese cow, does that mean that all beef in Japan is wagyu?”

No. Not all Japanese beef is created equal. Over the decades, a lot of dairy cattle – mainly Holsteins – have been imported in Japan. Many have also been crossbred with local wagyu cattle. The result: There are three types of beef available in Japan – high-grade pure wagyu, beef from low-grade dairy cattle and mid-grade mixed-breed beef.

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The 4 breeds of wagyu cows

Japanese Black

Raised primarily in the Kinki and Chugoku regions, today, it is fattened in all parts of Japan, and accounts for more than 95 percent all wagyu here. Fine strips of fat are marbled even in its lean cuts. It’s known for its creamy, tender texture that dissolves in the mouth. Most of brand wagyu, such as Kobe beef, Matsuzaka-ushi, Omi-gyu and, Sanda-gyu are of this breed.

Japanese Brown/Red

Raised primarily in Kumamoto and Kochi prefectures, this breed is known for being lean, tasty and pleasantly firm in texture. Because of its leanness, it has attracted a great deal of attention for being healthier and mild taste. This breed includes Kumamoto-Wagyu and Ikedo-gyu (Hokkaido).

Matsuzaka, Yonezawa-gyu, Miyazaki-gyu, Maezawa-gyu and Kobe Beef were ranked the top five of 170 registered wagyu brands by Nikkei MJ. The 2009 ranking is the most recent, at took into account such traits as taste, safety and quality.

Popular wagyu restaurants – Mainland Japan

Wagyu Yakiniku Kongoen (Hachinohe, near Misawa AB)

At Kongoen, you can enjoy Korean-style grilled wagyu beef at reasonable prices. Try the Wagyu Rib for 1,080 yen or the Wagyu Loin for 1,980 yen. During lunch time (11:30 a.m. – 3 p.m.), the restaurant offers popular Wagyu Rib Lunch set for 1,000 yen, which contains grilled wagyu rib, kimchi, salad, soup and drink.

Location: 6-3-13 Nojiri, Hachinohe City
Open: 11:30 a.m. – 10:30 p.m.
URL: r.gnavi.co.jp/H124007/
Tel: 0178-44-8929

Tachikawa Suehiro (Tachikawa, near Yokota AB)

Suehiro is a long-established restaurant for wagyu sukiyaki and shabu-shabu in Tachikawa. You can choose the quality of wagyu from its special selections. Try the A5 (fattest cut of wagyu loin sukiyaki) or the shabu-shabu course for 5,000 yen, which contains 5.3 ounces of premium wagyu loin. You can enjoy your meal at either a table seat or a Japanese floor (tatami mat) seat in this restaurant.

Location: 3-11-7 Shibasakicho, Tachikawa City
Open: 11 a.m. – 11 p.m.
URL: r.gnavi.co.jp/a636700/
Tel: 045-3490-7624

Making the grade

Not all cow cut from

The Japan Meat Grading Association gives each cow carcass a score based on its yield (from A to C) and level of marbling, firmness, color and overall quality (from 1 to 5). The overall grade of the beef is determined by combining these two criteria, with A5 being the highest possible mark.
**same carcass**

Japanese Black or “黒毛和種” in Japanese, you can rest assured that the meat is wagyu beef.” About 95 percent of wagyu beef sold in Japan stores is Japanese Black. According to Nakamura, since Japan has a sophisticated numbering system for tracing each piece of beef produced in order to verify cattle bloodlines, the description on the label, along with a 10-digit identification number, is always accurate. The National Livestock Breeding Center strictly identifies all cattle bred in Japan with this individual number. So you can always authenticate wagyu meat by asking a store staffer to verify the type of beef and its place of origin with the number on the label. You can also do it yourself with your smartphone by searching it online at the NLBC (www.id.nlbc.go.jp/english). Restaurants can usually provide this 10-digit tracking number, as well.

**Recipes**

**Sukiyaki**

One of the best known Japanese dishes in the world is sukiyaki. It originated from “gyu-nabe” (beef hot pot), which became extremely popular in the Meiji Era (1868-1912) immediately after the period of national isolation, when Western-style cuisine was imported from abroad. You can enjoy the fine texture and taste of wagyu with this recipe.

**INGREDIENTS**
- 18 oz of wagyu short loin sliced 1/25 in. thick
- 5 myoga (Japanese ginger blossom)
- 1 pack of kawara-daikon (Japanese radish sprouts)
- 1/2 onion
- 1/2 lettuce
- Ponzu (citrus-flavored vinegar) as needed
- Roasted sesame seeds as needed

**DIRECTION**
1. Prepare warishita by mixing sake, soy sauce and sugar.
2. Whittle burdock. Cut onion horizontally in approximately 1/3 in. thick slices. Cut leek into segments approximately 2 in. in length. Cut off the lower stem of the shiitake mushrooms and slice them diagonally.
4. Place beef and other ingredients in a sukiyaki pan and add the warishita to simmer. Dip the cooked ingredients in beaten egg before eating.

- Makes four servings

**Japanese-style roast beef**

Blanch sliced beef until it turns to a slightly rosy color, cool it, and make it into a salad with some crispy vegetables. This is rich in nutrients and has a refreshing taste, perfect for summertime when people tend to lose their appetites. Be careful not to boil it too much so as not to spoil the tenderness of the wagyu.

**INGREDIENTS**
- 18 oz of wagyu short loin sliced 1/25 in. thick
- 3 myoga (Japanese ginger blossom)
- 1 pack of kawara-daikon (Japanese radish sprouts)
- 1/2 onion
- 1/2 lettuce
- Ponzu (citrus-flavored vinegar) as needed
- Roasted sesame seeds as needed

**DIRECTION**
1. Cut myoga and lettuce in thin slices. Finely slice onion. Cut off the roots of the kaiware-daikon and maitake mushrooms into small portions. Cut off the lower stem of the shiitake mushrooms and slice them diagonally.
2. Blanch the sliced beef in 167-176-degree F water until it turns slightly rosy. Plunge the blanched beef into ice water.
3. Drain the vegetables prepared and spread them on a dish. Paper-dry the beef and spread it over the vegetables.
4. Pour pon-zu over (3) and sprinkle on plenty of roasted sesame.

- Makes four servings

**Toban-yaki**

“Toban-yaki” means to roast on a ceramic plate. Ceramic plates radiate heat significantly and continue to emit heat for a long time after being removed from a heat source. This makes them ideal for roasting ingredients evenly. Wagyu, with its characteristic fine marbled texture, can be roasted on such plates, producing a tender and juicy steak.

**INGREDIENTS**
- 7 oz wagyu sirloin (in loaf form)
- 1/16 pumpkin
- 1/8 onion
- 1 shitake mushroom
- 1/3 pack of maitake mushroom
- 1/2 potato

For seasoned sake
- 4 eggs
- 1 3/4 oz sugar
- 2/5 cup soy sauce
- 1 stick of burdock
- 1/2 lettuce
- 1/2 onion
- 4 shiitake mushrooms
- 1 block of broiled tofu
- 4 maitake mushrooms
- 1 bunch of green leek
- Warishita (sukiyaki soup)
- 18 oz thin slices of wagyu short loin
- Ponzu (citrus-flavored vinegar) as needed
- Roasted sesame seeds as needed

**DIRECTION**
1. Prepare warishita by mixing sake, soy sauce and sugar.
2. Whittle burdock. Cut onion horizontally in approximately 1/3 in. thick slices. Cut leek into segments approximately 2 in. in length. Cut off the lower stem of the shiitake mushrooms and slice them diagonally.
4. Place beef and other ingredients in a sukiyaki pan and add the warishita to simmer. Dip the cooked ingredients in beaten egg before eating.

- Makes four servings

Mukyuka

*(iwakuni City, near MCAS Iwakuni)*

At Mukyuka, you can enjoy Korean-style grilled prime wagyu in a quiet private room. Try A.S.A Wagyu Rib for 1,600 yen or Wagyu Loin for 2,000 yen. You can choose flavors from wasabi, soy sauce, sour orange-based sauce or salt and pepper. The restaurant can accommodate 150 people.

**Location:** 3-2-20 Asazatonuno-cho, Iwakuni City

**Open:** 5 – 11 p.m.

**URL:** list.tabiiro.jp/305065.html

Tel: 0827-22-8013

*Japan Meat Information Service Center*
**Spicy pumpkin seed brittle**

**Ingredients:**
- 2 cups shelled pumpkin seeds
- ½ teaspoons baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper (optional)
- 2 cups granulated sugar
- 1 cup light corn syrup
- ½ cup water
- 1 stick (½ cup) unsalted butter, cut up
- 1 tablespoon vanilla extract

**Directions:**
1. Heat oven to 350 degrees. Scatter pumpkin seeds in an even layer on a rimmed baking sheet; bake for 8 to 10 minutes, stirring once or twice, until lightly toasted and fragrant.
2. Line a large baking sheet with non-stick foil and set aside.

2. Preheat oven to 350 degrees. Spray a side of the pan with the tip in the sugar mixture (expect some foaming to occur); stir vigorously with a heat resistant spatula for 15 seconds.
3. Immediately pour mixture onto prepared baking sheet; spread as thinly as possible with a metal offset spatula.

3. In a small dish, stir together the baking soda, cinnamon, salt and cayenne; set aside.
4. In a large saucepan, mix sugar, syrup and water. Cover and bring to a boil over high heat. Add butter, and stir until melted.
5. Attach a candy thermometer to the side of the pan with the tip in the sugar mixture. Cook mixture over medium-high heat, without stirring, 20 minutes, or until thermometer registers 305 degrees.
6. Stir in the seeds and vanilla.
7. Remove from heat. Sprinkle the baking soda mixture over the surface of the sugar mixture (expect some foaming to occur); stir vigorously with a heat resistant spatula for 15 seconds.
8. Immediately pour mixture onto prepared baking sheet; spread as thinly as possible with a metal offset spatula.

4. Let cool, break into pieces, and enjoy. Store at room temperature in an airtight container for up to 4 weeks.

- [www.commissaries.com](http://www.commissaries.com)

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**Pumpkin-carrot bars with cream cheese frosting**

**Ingredients:**
- 2 cups whole wheat pastry flour
- 2 teaspoons pumpkin pie spice
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 cup sugar
- ½ cup brown sugar
- 1/3 cup butter substitute (to keep the fat as low as possible)
- 2 eggs
- 2 large egg whites
- 1 (15-ounce) can pumpkin pie filling
- 2/3 cup finely shredded carrot

**Cream Cheese Frosting**
- 4 ounces light cream cheese, softened
- 1/4 cup sugar
- 1 tablespoon skim milk

**Directions:**
1. Preheat oven to 350 degrees. Spray a 15 × 10-inch jelly roll pan with cooking spray; set aside.
2. In a small bowl, whisk flour, pumpkin pie spice, baking powder, and baking soda.
3. In a large bowl, use electric mixer to beat sugar, butter substitute and brown sugar until crumbly. Add eggs, egg whites, pumpkin pie filling and carrots. Beat until well blended.
4. Add flour mixture and mix until well blended. Spread into prepared jelly roll pan.
5. To prepare cream cheese topping: Mix together cream cheese, sugar and milk until thoroughly blended.
6. Drop by teaspoonfuls over pumpkin batter; swirl and lightly cut cream cheese topping into pumpkin batter with a butter knife.
7. Bake for 20 to 30 minutes or until a toothpick inserted in the center comes out clean.
8. Cool completely in pan on wire rack before cutting squares.

- [www.commissaries.com](http://www.commissaries.com)

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**A Taste of Japan**

**McDonald’s**

**Spicy Chicken Burger**

\[¥200\]

**Night time deals**

*Every day from 5 p.m.*

**Fries & Nuggets**

**Large fries & 10-piece McNuggets**

**2-Large fries & 15-piece McNuggets**

**Tel:** 0176-50-1415  **www.mcdonalds.co.jp/**

**Address:** 2-31-144 Sakae-cho misawa-shi, Aomori

**Go for the spice and the price at McDs**

The weather is cooling down and McDonald’s is heating things up with their new arrival: The Spicy Chicken Burger. Bite into this mouth-watering burger featuring a spicy crispy chicken patty dressed in a chili garlic spicy sauce. And, visit your nearest McDonald’s restaurant after 5 p.m. every day for some great deals on your favorite fries and McNuggets. Grab a 10-piece McNuggets and large fries set for only 500 yen or go big with the 15-piece and two large fries for only 800 yen. That’s a 31% discount! Stop in your Misawa McDonald’s for some spice and a great dinner deal today!
A little story about Jack & Betty hotdogs

Located in Sky Plaza Misawa, Jack & Betty Food Corner offers a variety of tasty hotdogs. Our eight original homemade hotdogs are popular with the military community and all lovers of hotdogs. Our large juicy “dogs” are served on local freshly baked buns, a combo that will leave your mouth watering and your stomach grumbling for more. And if you do have some room left, we recommend our homemade, naturally-flavored and additive-free gelato, the perfect dessert to any of our tasty hotdogs! So, stop by Jack & Betty. We’ll make you feel at home while you chomp on our tasty dogs.
Yellow's signature diner open 7 days a week!

Head over to Yellow's 1950s-style diner, next door to the Yellow Officers' Club, for juicy burgers, tasty milkshakes and your other all-American favorites. Route 16 is open seven days a week and on the weekends feature breakfast from 7 am to 12 pm. Stop by Route 16 during the week for our weekly lunch specials like the jerk chicken plate on Mondays and the 8oz Rib-eye on Thursdays. Don’t want to cook for Thanksgiving? Route 16 will be selling whole rotisserie chicken dinners available for pickup on Thanksgiving day. Reservations for the rotisserie pickup will begin Nov. 1st and end Nov. 25th.

A Taste of Japan

Freshness is always better!

Located inside the Yujo Community Center, Yellow’s Pacific Pub is a convenient meal spot featuring pasta, fresh salads and a large variety of sandwiches with a side order. Some of Yellow's specialty sandwiches include turkey, bacon and provolone served on a panini or the popular chicken & bacon avocado wrap. Vegetarian and Vegan selections are also available on the menu. And don’t miss our “Kids’ Corner” featuring – Lil’ Pasta, grilled cheese sandwich & side orders. For a scrumptious quick lunch or dinner, stop by the Yujo from 10:30 a.m. - 7 p.m. weekdays on Monday through Friday.
October 18 – October 24, 2019

‘Tis the Season

For Pumpkin Everything

With the changing of the season in full effect, people are busting out the warmer clothes, heading out to see the explosion of colors, and, of course, proclaiming their love of all things pumpkin. Whether it’s coffee, bread, pie or ice cream, the love of this fall specialty sweeps Americans every year. Here are a few pumpkin recipes to help get you into autumn mood:

Pumpkin Bread

When the leaves burn orange and gold, and there’s a crisp chill in the morning air, I know it’s time for one thing: baking!

This amazing pumpkin bread recipe comes courtesy of Brittany Criderr, and is a beloved family favorite that she and her sister used to make with her grandmother.

This is no ordinary pumpkin bread – it has a cream cheese layer and streusel topping, but couldn’t be easier to whip up. Enjoy!

Ingredients

For bread:
• 3 cups sugar
• 1 cup oil
• 4 eggs (beaten)
• 1 cup canned pumpkin
• 2/3 cup water
• 1 teaspoon baking soda
• 1 teaspoon baking powder
• 1/2 teaspoon salt
• 1/2 cup brown sugar
• 1/2 cup chocolate chips
• 1/4 tsp ground cloves
• 1/4 tsp nutmeg
• 1/2 tsp pumpkin spice
• 1/2 tsp salt
• 1 tsp baking soda
• 1 egg
• 3/4 cup sugar
• 1 tsp vanilla extract
• 3 tbsp butter
• 1/2 cup chocolate chips

Directions

1. Preheat oven to 176C (350F).
2. Whisk together the pumpkin purée, egg, sugar, and vanilla.
3. Add the almond flour, baking soda, salt, pumpkin spice, chocolate chips, and nutmeg.
4. Whisk everything together then fold in the chocolate chips.
5. Refrigerate for 30 minutes.
6. Scoop the dough onto a baking sheet lined with parchment paper.
7. Bake for 15 minutes.
8. If desired, add a couple extra chocolate chips to the top before baking.

Recipe modified and adapted from thetoastedpinenut.com

Pumpkin Spice Chocolate Chip Cookies

As my sister and I were Face-timing talking about how much we’re looking forward to Fall, she showed me her batch of pumpkin spice chocolate chip cookies that she had just baked.

In that moment, I wish I could have reached through the screen and grab a cookie for myself. Immediately, I decided to run to the commissary, buy the ingredients, and get to work: I was not disappointed with the outcome! These cookies are the perfect fall treat and will compliment your #PSL or hot chocolate. In the mood to “fall” for these cookies? Try this recipe.

Ingredients

• 1 1/2 cup cup pumpkin purée
• 3 tbsp butter
• 1 tsp vanilla extract
• 1/2 cup sugar
• 1 egg
• 1 1/2 cups almond flour
• 1 tsp baking soda
• 1/2 tsp salt
• 1/2 tsp pumpkin spice
• 1/4 tsp nutmeg
• 1/4 tsp ground cloves
• 1/2 cup chocolate chips

Directions

1. Mix together bread ingredients and put into two greased loaf pans.
2. Mix ingredients for cream cheese layer, divide between pans and swirl into bread batter.
3. Use fingers to crumble together ingredients for streusel.
4. Add to top and bake for one hour at 176C (350F).

Recipe from Stripes Japan

Kale Ingredients:
• 5 cups roughly chopped kale
• 2 large cloves garlic, minced
• 2 teaspoons extra virgin olive oil
• 1/4 teaspoon each salt and pepper

Tahini Dressing Ingredients:
• 1/4 cup tahini (this is sesame seed paste that can be found in the specialty food sections)
• 2 tablespoons lemon juice
• water as needed
• 1 tablespoon extra virgin olive oil

Directions

1. Bring quinoa and vegetable broth to boil in small heavy-bottomed saucepan over medium heat. Reduce heat to low and simmer, covered, until broth is absorbed, 15-20 minutes. Remove from heat and let rest for 5 minutes. Fluff with fork.
2. Meanwhile, preheat the oven to 450F (232C). Toss sweet potato in olive oil, salt, and pepper and spread in even layer on a parchment-lined baking sheet.
3. Toss chickpeas in olive oil and spices, and spread in even layer on a second parchment-lined baking sheet.
4. Place baking sheets in oven side-by-side, if possible (if not, rotate pans top to bottom, front to back halfway through). Roast chickpeas for 15 minutes. Continue roasting sweet potato for 15 minutes longer, until soft and starting to turn golden brown on edges. Remove from heat and set aside.
5. While sweet potatoes and chickpeas bake, heat 2 teaspoons olive oil over medium heat in large skillet. Add kale, garlic, salt, and pepper to cook, stirring, until kale begins to wilt, about 5-8 minutes.
6. Mix all the tahini dressing ingredients together in food processor or with whisk. If dressing is too thick, add water until it can be drizzled.
7. Assemble the bowls. Divide quinoa evenly. Top with kale, chickpeas, sweet potato, kale, and slice Kalamata olives. Drizzle with tahini dressing and serve. Try making your own combinations with whole grain rice or wheat berries, spinach or any dark greens and winter squash. For a finishing kick of bold flavor, add your favorite olives, such as Pearls Garlic or Jalapeno Stuffed Queen Olives or Mixed Greek Medley.

Get unstuck from your lunch rut with single bowl meals, which are versatile, healthful and convenient.

For more recipes, go to stripesjapan.com

One Bowl Wonders

Strapped for time? By stockiling the pantry well and setting aside some weekend prep time, you can create a whole week of great lunches in just an hour. One bowl wonders are perfect for toting to work or school or enjoying at home. Simply choose a grain, or school or enjoying at home. Simply choose a grain, a hearty root vegetable, some good-for-you greens, a simple sauce and flavorful toppings, like olives.

This Sweet Potato Tahini Bowl recipe convenient-ly yields 4-5 servings, perfect for an entire week.

Ingredients

For Tahini:
• 1 1/2 cups quinoa, rinsed
• 2 1/2 cups vegetable broth
• 1/2 cup Pearls Garlic Kalamata Olives or Whole Kalamata Olives, sliced

Sweet Potato Ingredients:
• 1 large sweet potato, peeled and chopped into 1/2 inch cubes
• 1 tablespoon extra virgin olive oil
• 1/2 teaspoon salt
• 1/4 teaspoon pepper

Chickpea Ingredients:
• 1 15-ounce can chickpeas, drained and rinsed
• 2 teaspoons extra virgin olive oil
• 1/2 teaspoon smoked paprika
• 1/2 teaspoon chili powder
• 1/2 teaspoon garlic salt
• 1/4 teaspoon each salt and pepper

Directions

1. Preheat the oven to 475F (232C). Toss sweet potato in olive oil, salt, and pepper and spread in even layer on a parchment-lined baking sheet.
2. Meanwhile, preheat the oven to 450F (232C). Toss sweet potato in olive oil, salt, and pepper and spread in even layer on a parchment-lined baking sheet.
3. Toss chickpeas in olive oil and spices, and spread in even layer on a second parchment-lined baking sheet.
4. Place baking sheets in oven side-by-side, if possible (if not, rotate pans top to bottom, front to back halfway through).
5. Roast chickpeas for 15 minutes. Continue roasting sweet potato for 15 minutes longer, until soft and starting to turn golden brown on edges. Remove from heat and set aside.

Recipe from Stripes Japan

OCTOBER 18 – OCTOBER 24, 2019

A TASTE OF JAPAN

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Stripes Japan
PIZZA HUT LOCATIONS:

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

Atugi 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.

Atugi 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.