



STARS  AND  STRIPES[®]

A Taste of Japan



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

8-page pullout





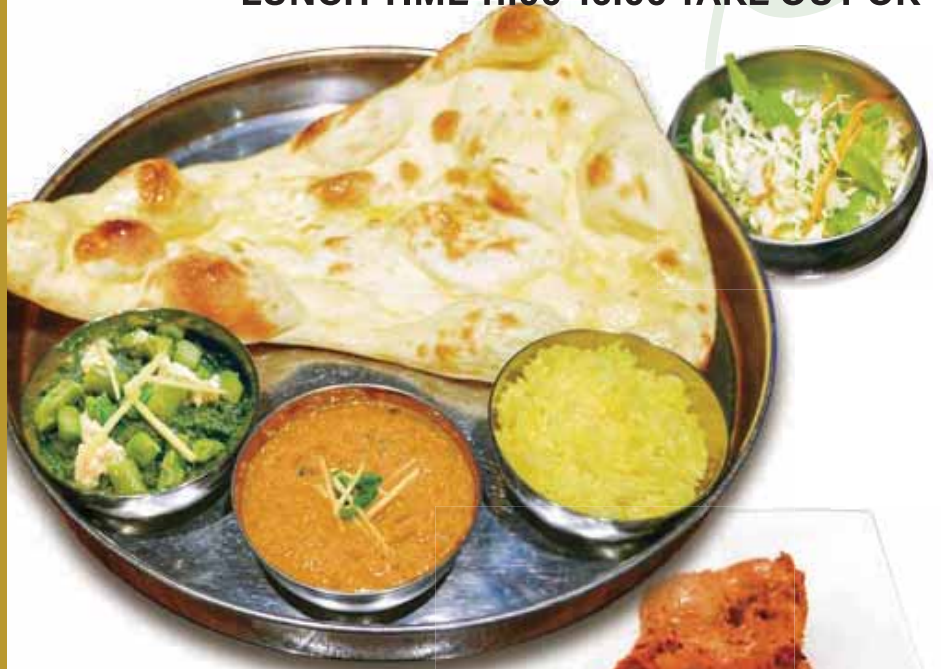
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RESTAURANT INFO

A Taste of Japan



TOKYO

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TOKYO

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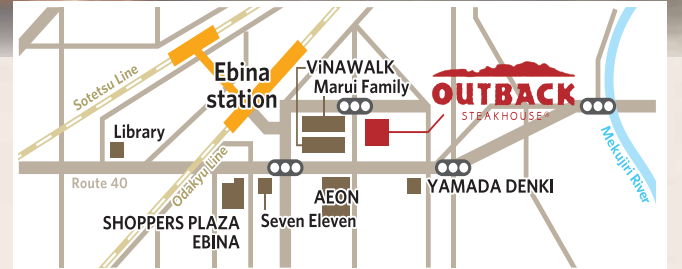


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RESTAURANT INFO

A Taste of Japan

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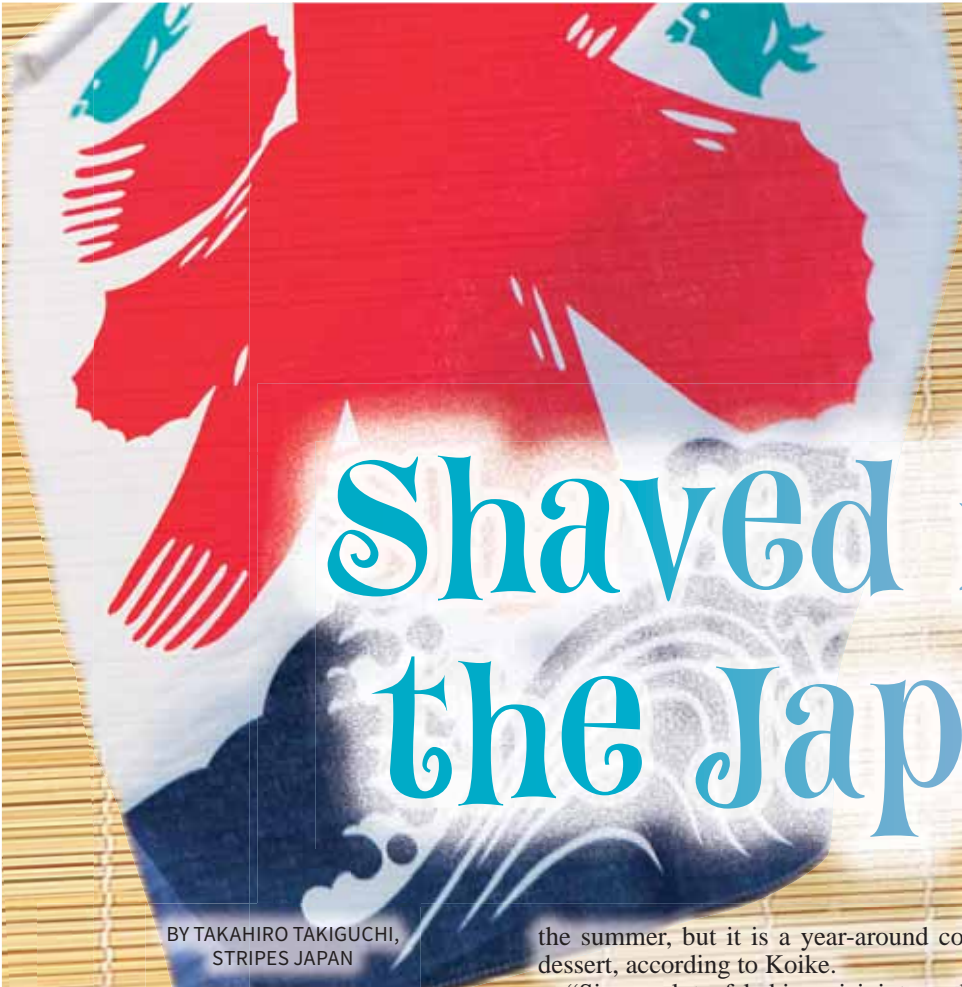
LOCATION



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RESTAURANT INFO



Shaved ice COOLS DOWN the Japanese summer

BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

Summer in Japan gets scorching and steamy. Mid-summer Temperatures often reach 95 F or higher depending on the region. Along with beer, watermelon and soomen (cold udon noodle), kakigoori (shaved ice) is a popular cold food that cools us down during summer.

For many Japanese, the memories of a banner with the red kanji letter of koori (ice) in white and a blue background are fond ones. These banners are seen outside shops offering kakigoori and often meant a sweet, snow-like treat to help us cool down as kids.

Besides at local sweets stores, kakigoori can be found at matsuri and bon odori festivals or fireworks events, along with other festive foods.

“Kakigoori is one of the most popular traditional cold sweets throughout history,” says Ryusuke Koike, managing director of Japan Kakigoori Association. “This cold food goes back to more than 1,000 years and has been enjoyed as festive food for special occasions.”

Kakigoori is not only available during

the summer, but it is a year-around cold dessert, according to Koike.

“Since a lot of kakigoori joints make their syrups and sauces using fruits in season, they offer different types of throughout the year,” Koike said.

In fact, there are countless types of syrups and sauces. While many places offer the standard strawberry, cherry, lemon, green tea, melon and colorless syrup, others offer unique syrups made from vegetables, sake, wine, or even vinegar, miso or soy sauce.

Japanese kakigoori may remind many of a snow cone, but there are few significant differences between the two iced sweets.”

“Japanese kakigoori has a really fine, smooth fluffy ice consistency, just like fresh fallen snow,” Koike said. “While Americans make snow cones with extreme hard ice, we would never do that to keep it soft and fluffy.”

Besides the difference of ice, snow cones usually come with artificial flavors, while kakigoori uses more natural syrups and ingredients, such as sweet beans, matcha and brown sugar.

But, despite a key difference in the flavoring, the main part of kakigoori is actually the ice, according to Koike.

“Most of kakigoori joints pay more attention on the quality of ice, rather than varieties of syrups, since quality and condition of ice determines the taste of kakigoori,” Koike said.

For Japanese kakigoori, extreme cold ice is not good. For a fluffy snow-like soft texture, the ice temperature needs to be kept around 14 F.

“Since ice in freezer is usually around -4 F, we need to take out the ice and warm it up before we shave it,” Koike said.

Clean and transparent ice is ideal, as it can make smooth, fluffy kakigoori. Water that takes a long time to freeze can make clean ice.

“Natural ice is considered the best,” Koike said.

Why not make kakigoori yourself?

You can make a transparent ice yourself. Wrap an ice tray with a towel before putting it into a freezer. This will make the ice take longer to freeze which should ensure the ice is transparent, according to Koike.

Then, you can shave it by using a hand-spinning ice shaver, which can be found at various stores for around \$20-30.

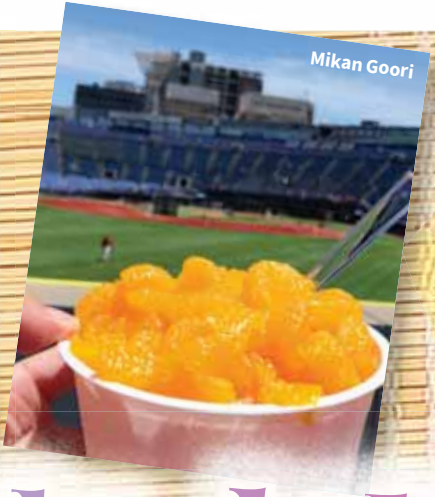
The hand-cranked ice shaver is a popular kitchen item in Japan. It is fun making kakigoori by spinning a block of ice over a blade by

turning the lever by hands. Syrups for kakigoori are available at most of supermarkets or grocery stores.

According to Japan Kakigoori Association, there are some tips to making tasty kakigoori at home: Use mineral water instead of tap water when you make ice. Serve it in a glass bowl to make the colors stand out, and be sure not to put on too many toppings as it can spoil the fluffy texture.

Now that you know, get out and enjoy the hot Japan summer with some cool kakigoori!

takiguchi.takahiro@stripes.com



Did you know?

Kakigoori is a popular cold treat in ball parks. Yokohama Stadium offers Mikan Goori (ice orange) while Jingu Stadium (Tokyo) offers Pine Goori (pineapple Ice) during ball games. Koshien Stadium (near Osaka) offers simple “Kachiwari” (literally shaved ice).

Make your own

BY SHOJI KUDAKA,
STRIPES JAPAN

It doesn't get much better than eating shaved ice during the summer. But making the cold shaved ice at home offers a different sense of joy.

Kakigoori-ki (shave ice machine) is a common item for families with children in this country. Like many flavors are introduced at shops even though shaved iced machines are also evolving to show variety. But there is a trend commonly seen of them: nostalgia.

“Kyro-chan” is a shaved ice machine that looks like a cubby bear doll.

Originally released in 1976, this cute looking machine became a hit back then. When the hand-



Did you know?

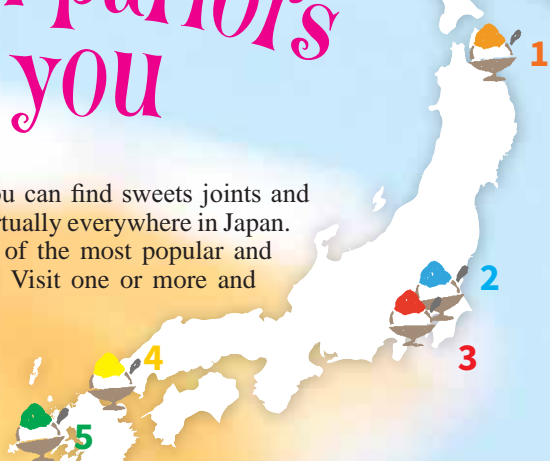
In Japan, kakigoori has been enjoyed for more than 1000 years. Makuranososhi, an essay by Seisho Nagon, has a description of people enjoying kakigoori in the 11th century.

Kakigoori parlors near you

During summer months, you can find sweets joints and cafes serving kakigoori virtually everywhere in Japan. The followings are some of the most popular and highly rated joints in the region. Visit one or more and enjoy the traditional treats.



Check it out on video!



Tamura Koori Hanbaiten (near Misawa)
Tamura Koori Hanbaiten is a long-established ice dealer. It offers popular fluffy shaved-ice made from local Mishima spring water with various syrups for 300 yen during summertime.
Location: 8-5-16 Konakano, Hachinohe City, Aomori Pref.
Hours: Mon.–Fri. Noon–10 p.m.
Sat. & Sun. 11 a.m.–7 p.m.
Tel: 0178-22-1549



Jindinro Lalaport Ebina (near Zama and Atsugi)
Sample Mango Kakigoori for 540 yen. The unique fluffy milk-flavored shaved-ice, topped with rich mango sauce lets you enjoy the authentic taste of Taiwanese shaved ice.
Location: Lalaport Ebina 3F, 13-1 Ougicho, Ebina City, Kanagawa Pref.
Hours: 11 a.m.–10 p.m.



URL



Hinode-en (near Yokosuka and Zama)
The popular tea shop in Hayama Town offers kakigoori in various tea flavors. Among more than 10 options, matcha or toasted tea kakigoori with sweet beans and milk for 825 yen are popular.
Location: 1413-212 Nagae, Hayama-cho, Kanagawa Pref. (30-min. drive from Yokosuka Naval Base)
Hours: Thu.–Tue. 10 a.m.–6 p.m.



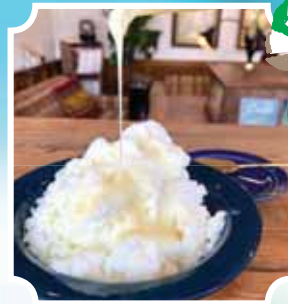
FACEBOOK



MELANGE De SHUHARI Creperie (near Iwakuni)
They make quality ice for kakigoori using pure water. Tiramisu, made from coffee syrup and mascarpone cheese sauce, is one of the most popular kakigoori.
Location: 9-19 [3F] Hondoori, Naka-ku, Hiroshima City, Hiroshima Pref. (5-min. walk from Hondoori Station of Hiroden Line)
Hours: 11:30 a.m.–9 p.m.



URL



Aizengama No. 1210 (Sasebo)
Hasami-yaki pottery shop Aizengama No. 1210 has a café offering strawberry milk and espresso kakigoori ices for 650 yen in the summer. The espresso kakigoori features a fresh shot over fluffy milk-flavored shaved ice. The bitter yet rich, sweet flavor is sure to refresh and reenergize you!
Location: 1210 Yumutago, Hasami Town, Higashi Sonogi-gun, Nagasaki Pref.
Hours: 10 a.m. – 6 p.m.



INSTAGRAM



Popular versions of shaved ice

- **SHIROKUMA:** originated in Kagoshima Pref.: Shaved ice with condensed milk, small colorful mochi, fruits, and sweet bean paste, along with orange, cherry, pineapple, and raisins on top.
- **YUKIUSAGI:** originated in Komazawa, Tokyo: Shaved ice with sake and sugar syrup, served on New Year's Day.
- **UJIKINTOKI:** originated in Okayama Pref.: Shaved ice made up of matcha syrup and sugar, along with sweet beans.
- **SUDAMARI KOORI:** originated in Yamagata Pref.: Shaved ice with vinegar, soy-sauce and strawberry syrup.

Courtesy photos

- **AKAFUKU GOORI:** originated in Mie Pref.: Shaved ice with sweet bean paste, rice cake, and matcha syrup on top.
- **ZENZAI:** originated on Okinawa: Popular kakigoori dessert on the island. Sprinkle shaved ice on sweet beans.
- **COBALT ICE:** originated in Kumamoto Pref.: Shaved ice with bright blue syrup made from honey and condensed milk.



1926 ~

1976

2000 ~

top is turned, the cubby's eyes move left and right. The name Kyo-ro-chan refers to this gimmick, which was very appealing to kids.

Although it was discontinued for a while, Kyo-ro-chan was brought back in 2016 with the same design. "Ice Robo III Hatsuyuki" is another popular shaved ice machine with a retro look. At first glance,

the yellow, red and green machine almost looks like a character out of an old Nintendo game. But, on the inside, this machine has an advanced system that can automatically make shaved ice, even allowing to adjust sizes.

"Dendo Honkaku Fuwafuwa Kakigori-Ki" (electric-powered machine for totally fluffy shaved ice)

goes further back in time to dig up people's memory of shaved ice.

It is said that Kakigori-ki became commonly available in the Showa era (1926 – 1989). This machine has wheels and a logo that can remind Japanese of when they ate shaved ice at stores in their neighborhood back in the day.

Thanks to an updated system, this retro-looking machine can shave ice to fluffy flakes, something only stores could provide back then.

These shaved ice machines are closely associated with people's happy memories of having the cold sweets as a child. The sense of fun and nostalgia is so strong that you could feel it even if you didn't live in Japan in those days.

Taiyaki

Japan's fish-shaped sweet treat



File photo



BY ASHLEY OWEN,
BYFOOD



What is taiyaki?

Taiyaki (鯛焼き) is a popular type of Japanese street food, instantly recognizable thanks to its striking fish shape complete with intricate fins and scales. The snack takes its name from the words tai, meaning sea bream (鯛), and yaki, meaning to bake or grill (焼き).

Despite sounding like a savory Japanese fish cake, taiyaki is actually usually sweet. The exterior is a cross between a cake and a waffle, with a deliciously chewy batter that's crisp on the outside. Traditionally, the dessert is filled with sweet red bean paste (anko), however these days you can find varieties stuffed with all sorts of tasty fillings like chocolate, matcha, sweet potato and taiyaki custard. You can even get taiyaki ice cream cones!

Taiyaki stands are a common sight at festivals, however you can also find shops that specialize in taiyaki all across the country. To make them, the batter is poured into a special pan with little molds that give them their characteristic shape and imprint the cute features of a fish on the outside. Wherever you get them, they should be enjoyed straight away to ensure they taste their best and the texture is the perfect balance of crisp and fluffy!



Imagawayaki Photo courtesy of byFood



The history of taiyaki

Although taiyaki is thought to have first been sold as a street food in 1909 in Tokyo, its origins actually date back to the Edo period. The snack is essentially a reimagining of imagawayaki, a thick round pancake filled with red bean paste that was popularized in the late 1700s. As time went on, vendors needed to come up with ways to refresh their product and attract more customers – one of which was to bake them in different shapes.

The fish-shaped version was a hit, and taiyaki quickly spread across Japan and later the world. Of course, the innovation didn't stop there, and new variations of batter flavor and taiyaki fillings continue to be developed to this day. You can even get frozen taiyaki to heat up and enjoy in the comfort of your own home!



Why is taiyaki fish shaped?

So, of all the different possible shapes this delicious dessert could be molded into, why was a seabream such a popular choice? Although we can't say for certain, there are several possible explanations.

During the Meiji era, seabream was an expensive dish that was only eaten on special occasions such as weddings. In addition, the fish has long been considered a symbol of good fortune in Japan. In fact, even the name tai is considered auspicious because it rhymes with the word medetai, which means joyous or prosperous. Thus taiyaki could be seen as an inexpensive way for ordinary people to enjoy this lucky fish.

Taiyaki has now become such a key part of Japanese pop culture that some people believe the way you eat yours can give an insight into your personality. For instance, if you bite into the head first you're an optimist whereas if you dig in from the tail end you're calm and romantic!



Types of taiyaki fillings



One of the great things about taiyaki is how many different types there are, each with a unique and mouthwatering filling to enjoy. Here are some of the most common:

■ Anko

Anko, or red bean paste, is the classic taiyaki filling. It's found in all sorts of Japanese wagashi sweets, and made by cooking, sweetening and mashing adzuki beans. You can adjust the texture to be completely smooth or slightly courser depending on your preference.



Photo courtesy of byFood

■ Custard

Taiyaki custard is a slightly more modern filling than anko, and can give the snack an enticing vanilla flavor and floral scent.

■ Matcha

Matcha green tea is another quintessentially Japanese flavor, and works really well as a taiyaki filling. You can add the powder to a custard mix for a vibrant green color and taste that's not overly sweet.



File photo

■ Chocolate

Chocolate and chocolate hazelnut spread are both popular and modern filling choices for taiyaki, and perfect for people who have a sweet tooth!

■ Sweet potato

A more unusual but equally delicious filling is sweet potato, which is mashed up and mixed with sugar to make a paste a little like anko.



File photo

■ Ice cream

One of the more recent creations is the taiyaki ice cream cone. It looks a little different to regular taiyaki, with the mouth of the fish left open to hold scoops of smooth ice cream that contrast beautifully with the crisp and chewy cone.



Photo by Elodie Agodor,
Unsplash

You'll often find that the taiyaki fillings on offer will vary with the time of year, as people make use of seasonal ingredients. For instance, in spring you may see pink sakura taiyaki while in autumn you might come across taiyaki filled with chestnut paste. Some specialist stores also experiment with more unusual savory taiyaki recipes, so keep an eye out for interesting options such as:

- Cheese
- Pizza
- Gyoza
- Sausage
- Curry
- Okonomiyaki

Another way that shops create innovative new types of taiyaki is by altering the batter that they use to make them. For example, you might come across variations where the outside of the taiyaki is flavored with matcha, chocolate or sakura (cherry blossoms). There are even modern styles of taiyaki cooked with croissant pastry to give the snack a unique French twist!



How to make taiyaki

While originally intended to be enjoyed fresh off the grill at a festival, these days it's perfectly possible to find a taiyaki recipe online and make your own at home. The batter is relatively simple to whip up by combining cake flour, baking powder, egg, milk and sugar, and you can use absolutely anything you like as a filling. The only caveat is that you'll need a special pan to cook them in if you want to get the authentic seabream shape, which you can purchase online.

Alternatively, you could learn directly from the experts by joining one of our taiyaki-making experiences in Tokyo's historic Asakusa district. It's a great opportunity to practice making this iconic street food from scratch, plus experiment with some creative filling ideas!



Photo courtesy of byFood

Taiyaki is one of Japan's most recognizable and Instagrammable sweet treats, so be sure to tuck into one during your next trip! Which flavor do you want to try first?

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!



Wasabi Tofu Milk Gelato

The summer treat gets green and spicy

BY RIEKO SUZUKI,
METROPOLIS MAGAZINE

When it comes to Japanese ice cream flavors, green tea reigns supreme. But why not try the sweet stuff with another wafu green ingredient? This sweet milk gelato with a refreshing wasabi aftertaste will make you fall in love with this “unusual” treat. Note that tube wasabi is all right — but freshly grated will lend itself to the best result.



Photo courtesy of Metropolis magazine

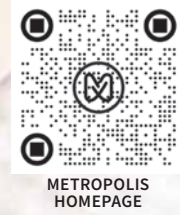
Servings: 6 scoops
Cooking time: 2 hours total; cooking 20 minutes

INGREDIENTS

- 150cc milk
- 80cc heavy cream
- 100g silken (kinu) tofu
- 60cc sweetened condensed milk
- 1 teaspoon wasabi

DIRECTIONS

- 1 Whip heavy cream to form soft peaks.
- 2 Blend milk, silken tofu, sweetened condensed milk, and wasabi to smoothen purée.
- 3 Add half of the whipped heavy cream and mix well. After, add the rest of the cream and mix to smooth. Shift to the container and freeze for one hour.
- 4 Take ice cream container out of the freezer. Whip well to make it fluffy. Freeze again for another hour.
- 5 Repeat Step 4 a few times, until the ice cream freezes completely but remains fluffy.



A Taste of Japan

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to you the



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New Sanno **fires** up grill for summertime BBQ delights

Fire... Wood... Smoke... It paints the picture in your mind of juicy meats, sweet sauces and succulent sides. How can someone resist the flavors and feelings of summer barbecues in your best friend’s backyard. Sharing a beer, bourbon or maybe some sweet tea is wonderful, but enjoying an afternoon with the ones you love while feasting on perfectly cooked brisket is priceless. Join us at BZQ for regional barbecue and sides from Texas, Memphis, Kansas City and The Carolinas. Located in the heart of Tokyo, New Sanno can also provide a taste of home for its guests.

RESTAURANT INFO



PIZZA HUT LOCATIONS:

Yokosuka 1000-2100

(Delivery 1130-2030)

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

Atsugi 1000-1900

(Delivery 1600-1830)

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



LIVE MÁS

TACO BELL LOCATIONS:

Yokosuka 1000-2100

(Drive thru and Dine In)

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts,
Tostadas, and Many other TB Promotional items.



Atsugi 1000-1900

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