

The background is a rich, textured collage of Japanese culinary elements. In the top left, there are two small dark bowls filled with a light-colored liquid, possibly soy sauce or miso, next to a small brown teapot and some green leaves. To the right, a cluster of bright orange citrus fruits, likely daidai (citrus), is visible. Below the citrus, a black plate holds a piece of salmon topped with a green garnish. In the middle right, a wooden bowl is filled with white rice, with a pair of wooden chopsticks resting on top. The bottom of the image is dominated by a variety of fresh ingredients: several pieces of nigiri sushi (salmon and tuna) are in the bottom left; a basket of fresh mushrooms, including shiitake and enoki, is in the bottom center; and a large portion of cooked crab legs is in the bottom right. A bundle of green onions and some dried, light-colored ingredients are on the left side.

STARS  AND STRIPES®

# A Taste of Japan

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

**8-page pullout**



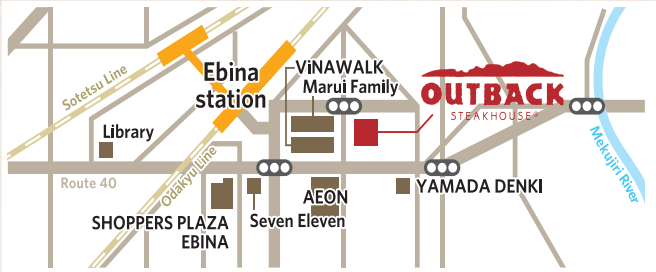
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# A Taste of Japan



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## RESTAURANT INFO

# Popping up Disney's Pooh Popcorn

View video!



STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES JAPAN

**T**hese days popcorn comes in a variety of flavors. When you have options such as “Gin and Tonic” popcorn or “Egg-nog” popcorn, “honey” popcorn may not sound that unique. However, the taste of this snack available around Pooh’s Honey Hunt, a popular attraction of Tokyo Disneyland, can be a big surprise.

I stumbled upon a recipe for this popcorn on a YouTube channel. Although not the theme park’s official recipe, the video’s hot popcorn mixing with the yummy-looking honey sauce made up my mind — I had to give it a try!

The cost of materials was very reasonable. All I needed was a pack of popcorn kernels from the Daiso 100-yen store and butter. Everything else this recipe called for I had at home.

The recipe seemed pretty simple and straightforward, too. The first step was to fry the kernels, then heat the honey, sugar and butter before

mixing with the popped corn kernels.

When I gave it a try, however, it turned out to be a lot more eventful than it was supposed to be. Kernels went flying in all directions when I foolishly, and out of curiosity, removed the lid during the first step. Later, when attempting to let the glazed popcorn cool, I made the mistake of placing them on a paper towel instead of parchment paper. Needless to say, it took a bit of effort to peel off the paper towel from the batch of popcorn.

Redemption came when I had my first taste of these delicious puffs. I could hardly stop eating the sweet popcorn, just like Winnie the Pooh can’t stop thinking of anything but honey.

My cooking was a bit too adventurous, but, just like the stories in the Hundred-Acre Wood, this, too, worked out OK in the end!

kudaka.shoji@stripes.com



## Honey Popcorn

- Based upon Kotori's Kitchen on YouTube -



### Materials

- Popcorn kernel --- 35g
- Oil ----- 15g
- Honey ----- 30g
- Butter ----- 30g
- Salt ----- A pinch.
- This is unnecessary if your butter includes salt.
- Sugar ----- 20g

### Recipe

- 1 Put popcorn kernels and oil in a pan (or a pot) and mix them.



- 2 Put the pan over medium heat. Make sure you put a lid on the pot while heating.



- 3 When the popcorn starts bouncing, shake the pan.



- 4 Once the kernels are done with popping, put the popcorn on a plate and let them cool down.



- 5 In the pan, mix butter (30g), sugar (20g), and honey (30g) together. (Add a pinch of salt if the butter is unsalted)



- 6 Place the pan over medium heat and keep stirring the ingredients to avoid burning the sauce.



- 7 The sauce gets thick and its color changes gradually.



- 8 When the sauce turns brownish, turn off the stove.



- 9 Add the popcorn back in the pan and mix them with the sauce quickly.



- 10 Spread the popcorn out on a cookie sheet lined with parchment paper and let it cool. (Make sure to spread the popcorn as the sauce is sticky and this will ensure the popcorn is coated separately.)



- 11 Once the sauce has hardened on the popcorn, it's time to enjoy! いただきます (Bon appetite)!



# JAPANESE MUSHROOMS

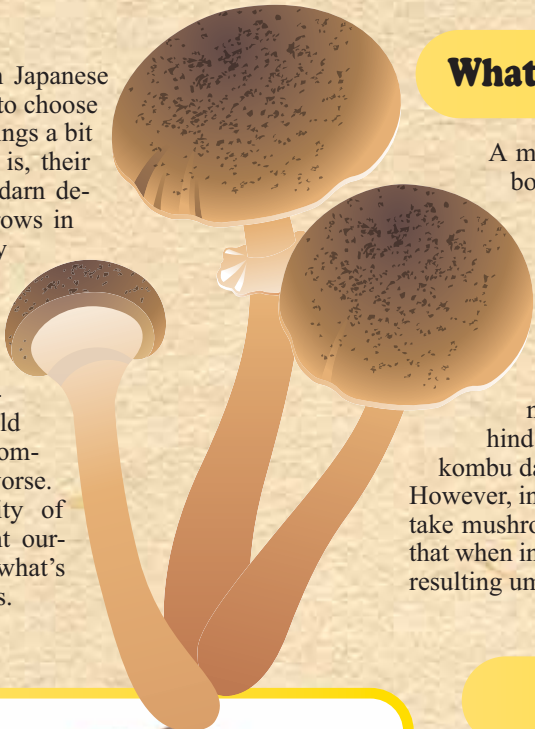
## An umamitastic world of endless flavor

TOFUGU.COM

Mushrooms are an essential ingredient in Japanese cuisine, and there are so many varieties to choose from. Hopefully this guide will make things a bit easier on you. It will tell you what a mushroom is, their types and uses, as well as what makes them so darn delicious. I couldn't cover every mushroom that grows in Japan, but I tried to cover the types you can usually find for sale. But before we start:

**Warning:** Do not go foraging for mushrooms unless you know what you're doing. That means you have lots of experience learning first-hand from another expert. There are lots of tasty mushrooms out there, but there are also many that could give you a stomach ache or worse. The vast majority of us should content ourselves with what's available in stores.

ToFUGU



### What are mushrooms and why are they so yummy?

A mushroom is, of course, a fungus. More specifically, it is the fleshy, fruiting body of a fungus. All mushroom are fungi, but not all fungi are mushrooms. Mushrooms sometimes usually have stems and caps, and typically have gills. Those are the little frills you see on the underside of a mushroom's cap. Those gills produce spores that, in turn, produce more fungi. The mushroom is connected to more fungal structure embedded in its food source, whether that be the soil, a tree, or something else.

A big factor in the flavor of many mushrooms is their umami. Umami basically means "deliciousness," but was applied by scientist, Ikeda Kikunae, to mean a sort of rich, savory flavor. Ikeda was studying the science behind the flavor, and discovered that glutamate was the cause. Ikeda mainly used kombu dashi for his studies, and subsequent studies also looked at dried bonito flakes. However, in 1957, Kuninaka Akira discovered that the ribonucleotide GMP found in shiitake mushrooms also gave an umami flavor. Based on that research he later discovered that when ingredients rich in glutamate are combined with those with ribonucleotides, the resulting umami is stronger than each individual part.

### Buna-shimeji (Hypsizygus tessellatus)

Buna-shimeji are fairly small mushrooms with white, long, often-curved stems and tan caps. They taste bitter when raw, but this is replaced with a nutty flavor when cooked. They have a firm, slightly crunchy texture. They are good for most recipes.



File photos

### Eringi (Pleurotus eryngii)

Eringi have many names in the West, perhaps most common being the King Oyster Mushroom. Unlike most of the fungi in this article, it is not native to Japan. It was mass cultivated there in the early 1990s and has become quite popular since. Eringi are rather large, with long, thick, meaty white stems, and relatively small tan caps. They don't have a lot of flavor raw, but when cooked the umami comes forward. I find them particularly good when grilled. Keep it simple and cook them over flame or in a pan with a bit of salt and pepper.



### Enokitake (Flammulina velutipes)

Enoki mushrooms are named after the tree on which they grow, which is known as the Chinese hackberry in English. However, they also grow on other trees, like mulberry and persimmon trees. In the supermarket, they are easily recognizable as dense clumps of small, white mushrooms with long, slender stems. Cultivated enoki are grown in a dark, carbon dioxide-rich environment to keep them white and encourage long stem growth, respectively. Wild enoki tend to be dark brown, with shorter, thicker stems.



### Nameko (Pholiota nameko)

Nameko are small and amber-brown. They have a nutty flavor and a thin layer of gelatin on their caps, which forms a sort of glaze when cooking with them. They are often used in miso soup, nabemono, and stir-fries.



Long popular in Japanese cuisine, nameko have recently gained notoriety in another field. A trilogy of smart phone games called "Nameko Saibai Kit," has become quite popular. The goal of the game is to raise various types of anthropomorphic cartoon nameko. Of course, with popularity comes merchandise, and you can find plenty of stuff featuring these cute little mushrooms.

### Maitake (Grifola frondosa)

Maitake translates to "dancing mushroom." They don't look like your stereotypical mushrooms. They grow in a dense cluster and the stems flow into the frond-like caps, giving the whole cluster an appearance something like a head of cabbage. The clusters can get quite large: over 40 kilograms (100 pounds)! They have a woody, smoky flavor, but it isn't as meaty as some other mushrooms. They can be used in stir frying, simmering, roasting and other applications.



**Matsutake  
(Tricholoma mastutake)**

Matsutake form a symbiotic relationship with the roots of certain tree species, most notably the Japanese Red Pine, hence the name matsutake (“pine mushroom”). Matsutake have long, thick stems and knob-like brown caps. Due to the difficulty in finding them, they are quite expensive. The average price is about \$90 per kilogram, but matsutake found in Japan at the beginning of the season can go for up to \$2,000 per kilogram! Matsutake grown in the U.S. can be had for a much lower price sometimes. If you get the chance to try them, one of the best ways to show off their flavor is in a simple rice bowl dish (matsutake gohan).



**Mushroom medicine**

Some mushrooms have been used in traditional medicine for centuries. For example, the fungus from maitake has long been used in China and Japan for enhancing the immune system. Modern research has indicated that the entire maitake may be useful in this regard. In addition, a 2009 study by Sloan-Kettering showed it to have anti-tumor effects. It may also have hypoglycemic effects. Shiitake mushrooms have also shown some promise in the fighting both cancer and viruses, but studies have not been conclusive. Still, as long as you’re enjoying some mushroom cooking, it’s nice to think they might be helping you too.

**Shiitake  
(Lentinula edodes)**

Shiitake are named after the tree on whose dead logs they commonly grow, the *Castanopsis cuspidate*. Shiitake is probably the most popular Japanese mushroom, both at home and abroad. Who knows how long people have been collecting them in Japan, but somewhere along the line they discovered a method for cultivating



them. A shiitake bearing log would be placed next to freshly cut logs, allowing the fungus to spread to all of them. They even found that damaging the bark of the new logs would improve the efficiency of mushroom multiplication.

It’s easy to see why shiitake are so popular, as they are both flavorful and versatile. When cooked, they are aromatic and have a nice rich, woody flavor. Due to this and their chewy, dense texture they make a great meat substitute. Shiitake can also be bought dried, which actually intensifies their flavor and adds a bit of smokiness. The applications of shiitake are many and varied, from stir fries to grilling, from simmering to soups and nabemono (and that’s just in Japanese cuisine). I love making a shiitake nimono: simmering the mushrooms in dashi and soy sauce until the liquid reduces to almost nothing. You’ll have a bowl full of concentrated umami.

**Kinoko no yama**

Okay, so obviously these aren’t real mushrooms. However, they have been a popular snack ever since Meiji launched them in 1975. Their part milk, part dark chocolate caps sit atop crunchy biscuit stems, and make for an excellent combo. No list of Japanese mushrooms is complete without them.



**How to choose and store your mushrooms**

When selecting mushrooms at the store they should be dry, but not withered. If they come plastic-wrapped, look out for condensation. When storing them, sealing them in a paper bag is a good way to keep them from getting too wet or dry.

If you keep them in a plastic-wrapped tub, poking a few holes in the plastic is a good idea. At any rate, you should use them within a few days.

You shouldn’t wash them until you’re about to use them. Some say they shouldn’t be washed at all for fear of waterlogging them. Brush them instead. A brush is fine, but time consuming, so a light wash should be fine. If you don’t see any dirt on them, there shouldn’t be a need for either.



**Magic mushrooms**

Some mushrooms can have psychedelic effects on those who consume them. There are a number of such mushrooms, but the most popular by far are from the genus *Psilocybe*. They cause hallucinations due to two different chemicals: psilocybin and psilocin. Japan is a country that tends to take drugs quite seriously (apart from alcohol and tobacco), so it’s surprising that before 2002 magic mushrooms were legal. You could buy them in head shops, and apparently even in vending machines. In 2002 they were made illegal, perhaps because of the World Cup that was played in Japan that year. It’s thought that Japanese leaders changed the law in anticipation of an influx of foreign fans getting high and causing trouble.

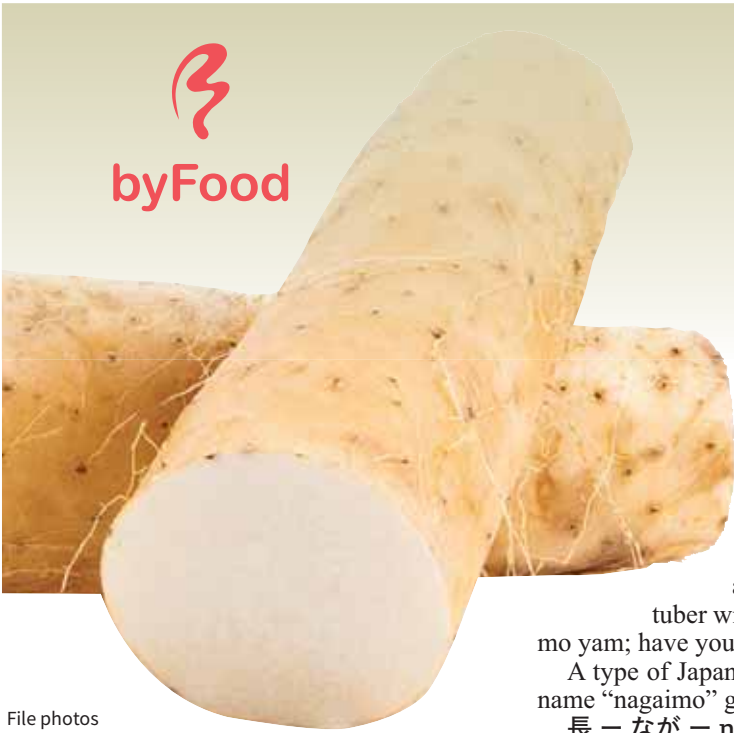


*Psilocybe mexicana* - Jalisco, Mexico  
Photo by Cactu, Wikipedia

**Let’s put a cap on this**

What more is there to say? Mushrooms are some tasty and versatile fungi. Go forth and try as many kinds, in as many ways as possible!





File photos

BY ELEONORA BADELLINO,  
BYFOOD

Japan is famous all over the world for its cuisine, and what makes this country special (gastronomically talking) is the biodiversity of ingredients that every season brings with it.

During spring months, farmer’s markets and supermarket shelves start selling a special tuber with a strange shape and texture called the nagaimo yam; have you ever heard of it?

A type of Japanese mountain yam, the kanji translation of the name “nagaimo” gives this perfect description:

長 – なが – naga – long

# Nagaimo recipes showcase Japanese mountain yam

芋 – いも – imo – potato

Nagaimo is an elongated, cylindrical tuber with a rough, light brown skin and whitish pulp, popular in Japanese cuisine for its sticky texture.

Nagaimo gets sticky when grated, crunchy when fried, and if you grate and heat it, it becomes soft.

Cultivated mainly in the north of the country, particularly in Aomori prefecture, this Japanese mountain yam is a tuber that is in season twice a year. Planted in May, nagaimo is harvested partially in early autumn before the snow arrives, and then again in early spring after the snow has melted.

The result is two harvests of the same tuber with very different qualities. While the potatoes harvested in fall are fresh and mild in flavor, the spring ones are sweeter and riper.

## What is nagaimo good for?

What makes this Japanese ingredient unique is its incredible versatility and special properties. Generally speaking, potatoes must be cooked before being eaten because the starch contained in them is not easily digestible. For this reason, it needs to be heated to prevent stomach pains.

However, potatoes of the yam family (together with another variety called yamaimo) can be eaten raw, and the reason is that they contain a lot of amylases, a digestive enzyme capable of breaking down starch to make it digestible.

It is therefore an ingredient that can be cooked in different ways, capable of taking on various flavors and textures. Nagaimo gets sticky when grated, crunchy when fried, and if you grate and heat it, it becomes soft.

## Nagaimo recipes: How to cook Japanese mountain yam 3 different ways

If you’re wondering how do you use nagaimo, here are three recipes that will introduce you to the different textures of this Japanese mountain potato.

### Neba Neba (Sticky) Tororo Soba



A perfect way to experience the neba neba (ネバネバ – “sticky”) texture of nagaimo is through the tororo (grated) version, served over a steaming bowl of soba noodles.

Simple to prepare and rich in nutritional properties, tororo soba is often enriched with egg yolk in the center and some thinly

sliced negi.

It can be eaten hot or cold, and is considered a refreshing meal to defend against the heat of the Japanese summer.

#### INGREDIENTS

- 300g buckwheat noodles (dried)
- 1/2 Japanese mountain yam (240g)

#### Dipping Sauce

- 25g of dried bonito shavings
- 1/2 cup soy sauce
- 1/2 cup mirin
- 1/2 teaspoon salt
- 6 cups water
- 4-5 scallions

#### Toppings

- Wasabi paste
- Salt
- Raw egg yolk

#### HOW TO COOK

Let’s start with the dipping sauce. Put 6 cups of water in a pot and bring to boil over high heat. Add the dry bonito and bring the flame to medium intensity. Add 1/2 cup each of soy sauce and mirin, simmer for 2 to 3 minutes, and strain the soup through a strainer to catch the bonito flakes. Return the soup to the pot and heat over medium heat.

Bring a separate large pot of water to a boil and add the soba noodles, cooking until firm (check the cooking time on the packaging). When ready, drain the soba noodles through a colander and rinse the noodles under running water to remove any sliminess.

Grate the nagaimo and set it aside.

With the soup simmering over medium heat, add the soba noodles and cook for about a minute, adding a pinch of salt to taste.

Serve the soba noodle soup in a bowl, topped with grated nagaimo, red yolk in the center, and garnished with negi.

(Instead of soba, you can also enjoy the neba neba texture of mountain yam over rice!)



### Saku Saku (Crunchy) Teriyaki Nagaimo

Last but not least, the saku saku (さくさく – “crunchy”) nagaimo recipe. And what better version than one based on the popular teriyaki sauce?

A staple flavor of Japanese gastronomy, this thick sauce is based on a ratio of four simple ingredients: 2 parts soy sauce: 2 parts sake: 2 parts mirin: 1 part sugar.

Teriyaki gives a sweet and sour flavor that delicately embraces the various ingredients over which it’s glazed.

#### INGREDIENTS

- 180g Japanese nagaimo
- 1 tablespoon salad oil

#### Seasoning

- 2 tbsp sake
- 1 tbsp sugar
- 2 tbsp soy sauce
- 2 tbsp mirin

#### Topping

- Green onion (chopped)

#### HOW TO COOK

Peel the nagaimo yam and cut it into 1 cm thick slices. Mix the ingredients for the seasoning in a separate bowl.

Heat salad oil in a frying pan over medium and add the nagaimo slices. Cook them slowly, flipping them to brown the other side. Once ready and light brown on both sides, add the bowl of seasoning and simmer. Turn the slices to coat both sides.

Serve and eat warm with sliced negi as a garnish.

These are just a few of the most popular recipes for cooking nagaimo. Whether you love soft, crispy, or slimy textures, this ingredient will satisfy your tastes.



### Fuwa Fuwa (Soft) Nagaimo Pancake

Here is the fuwa fuwa (ふわふわ – “soft” or “fluffy”) version of our nagaimo. These savory pancakes are a true treat for the palate, thanks to their mild flavor and fluffy texture.

Nagaimo pancake is a popular dish in Japanese pubs (izakaya) that’s also pretty easy to make! You just need to stir together grated nagaimo, egg, flour, mentsuyu (or just soy sauce is also ok!), and dashi stock; then cook it in a frying pan.

I recommend eating them freshly made and still warm, so you can taste all the flavors at their best.

#### INGREDIENTS

- 300g Japanese mountain yam
- 1 egg
- 2 tbsp Flour
- 1 tbsp Mentsuyu
- 2 tbsp Sesame oil
- 1/2 tsp Salt

#### HOW TO COOK

Peel and grate the yam, and combine with 1 egg, 2 tablespoons flour, 1 tablespoon mentsuyu, and 1/2 tsp of salt.

Heat sesame oil in a frying pan over medium-high heat, pour in the mixture of grated mountain yam, and cook for 3-4 minutes. Turn over when browned, cover, and steam over low heat for another 3-4 minutes.

Once ready, you can top it with your favorite ingredients (negi, bonito flakes, etc.).

## Did you know...

Nagaimo is a nutritional food high in potassium, that regulates the water balance in the body, together with a slimy substance that protects the mucous membrane of the stomach.

Once peeled, the bright color of the nagaimo will change. If you want to preserve the color, you can peel it thickly with a knife or peeler so that no trace of the root’s skin remains. After peeling, soak the yam in vinegar water for about 10 minutes to remove the acrid smell and prevent it from oxidizing and becoming discolored.

The skin of the nagaimo yam contains a lot of polyphenols and beta-carotene and can be eaten. However, the exterior of the root is slightly hairy, which might be bothersome. To prep it for recipes, you can burn off these hairs using the fire from your gas stove.

You can keep nagaimo in the vegetable crisper drawer for up to a month, but it is best used within 2 weeks.

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!



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