



STARS  AND  STRIPES<sup>®</sup>

# A Taste of Japan

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

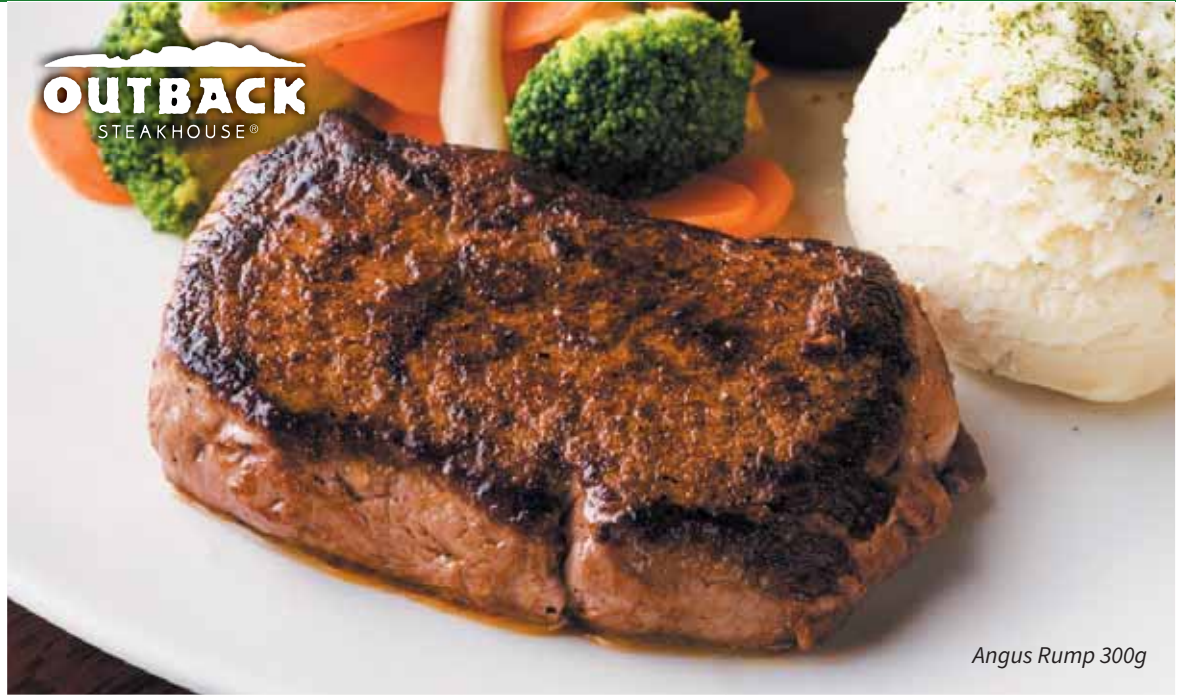
**8-page pullout**





**A Steak experience crafted just for you!**

Outback Steakhouse starts fresh every day to create the flavors that our mates crave most. Our signature steaks are seasoned, hand-carved to order and grilled to perfection. Our specialty is Thick Cut Roast Beef offered during weekend dinnertime. But there's so much more to enjoy, including our famous Bloomin' Onion. So, come and enjoy our authentic American food and let us make you feel at home. Or, get your food to go and enjoy it relaxing at home. UBER EATS orders are available at every location except Maihama.

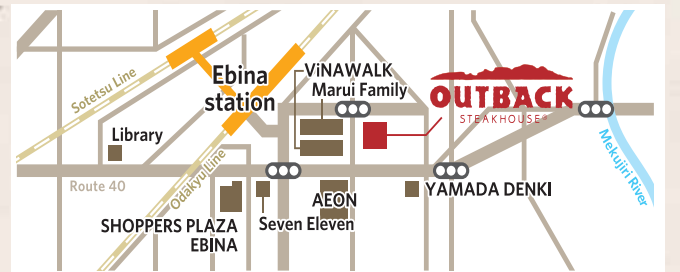


Angus Rump 300g

**Ebina** Tel. 046-292-4286

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

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



<b>Shibuya</b> Tel.03-5459-7751	<b>Shinagawa Takanawa</b> Tel.03-5798-3501	<b>Shinagawa Konan</b> Tel.03-6718-2761	<b>Ikebukuro</b> Tel.03-5928-1391	<b>Makuhari</b> Tel.043-213-3256	<b>Maihama</b> Tel.047-700-9031
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RESTAURANT INFO

[www.outbacksteakhouse.co.jp/en](http://www.outbacksteakhouse.co.jp/en)

**A Taste of Japan**



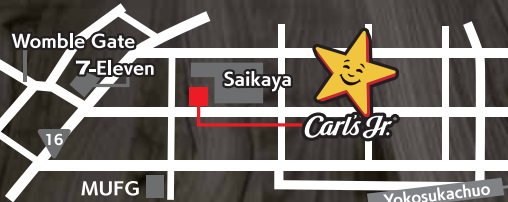
**TASTE WHAT EVERYONE**

★ IS TALKING ABOUT ★



**WE ARE AUTHENTIC, WE ARE JUICY, WE ARE HEARTY AND NOW... WE ARE IN YOKOSUKA**  
Near Womble Gate

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



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

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

RESTAURANT INFO



# Mobile Ordering at the Drive-Thru



It's Easy! How to Use Mobile Order

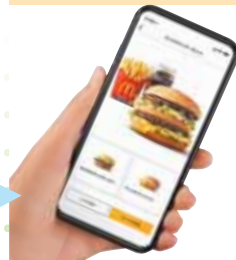
Start from "Order" in the official McDonald's app.

## McDonald's new Misawa branch!

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

- 1** Choose your pickup location and select your items. 
- 2** Select "Drive-Thru Pickup" and place your order. 
- 3** At the drive-thru window, tell the staff your order number. 

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



Use great coupons in the app too!



Order now with the official McDonald's app.



RESTAURANT INFO

# A Taste of Japan



Nepali / Indian Restaurant

OPEN 11:00-22:00

046-874-8528

(090) 9137-5244 Viber/Whatsap also OK



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



## A taste of Yokosuka you'll never forget



We ensure that in every dish we prepare, we add the best herbs and spices specially handpicked from Nepal and India. With our belief deeply rooted in the Eastern philosophy, we regard every customer as a god, and make sure in every way that we treat them as one. Our 5-star experienced cooks and chefs ensure the food looks as good as it is healthy. Once you come and visit us, we are confident that you will make plans to come again. We eagerly await the opportunity to serve you our delicacies!!

RESTAURANT INFO

# The expert guide to spicy Japanese food



File photo

BY SYDNEY SEEKFORD,  
BYFOOD

**Y**ou might know the rumor that you can't find spicy food in Japan. Duck into a Tokyo Indian joint and even the "Ultra Spicy" curry with five peppers next to it on the menu is only as stimulating as a chicken

nugget. Gyoza shop? Prepare yourself for "non-spicy" gyoza, prepared by using a garlic-less filling.

It's normal to be surprised (and a little amused) by the soft-tonguedness of Japanese tastes when it comes to spicy food. In fact, plenty of Japanese people even ask the same questions you might be thinking: Why are there no spicy Japanese foods? Is there any truly Japanese spicy food? Where can I get spicy food in Japan?

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## What is 'spicy' in Japanese?

The base kanji used to talk about "spicy" sensations is 「辛」kara. From there, words like geki-kara (super spicy), piri-kara (tingly spicy, or "a little" spicy, like chili peppers), shibi-kara (numbing spicy, like mala flavor or Schezuan peppers), help explain spiciness for the Japanese palate.

To get an accurate definition of the real meaning of "kara", you have to compare its many uses. In alcoholic beverages, karakuchi, "spicy mouth" refers to a dry wine or sake. Both red pepper tougarashi and sinus-tingling wasabi are considered karai (spicy), but the sensation is completely different. And then there's garlic and onions, which are also described with karai!

Sometimes, karai is even used to describe notably non-spicy flavors, like tare sweet-savory sauce described as amakara, and salty dishes as shiokarai. In this case, kara

distinguishes a flavor as not being mild or weak, more than expressing spiciness.

So, what more accurately describes the mouth-sensation of karai? Words like astringent and maybe acetic are much closer than "spicy." These words describe mouth sensations that have somewhat of a prickling effect. From radish and wasabi that sting your nose, to the mouth burn of chili peppers, these flavors come from a variety of chemicals that stimulate the palate.



Interested in learning more about how Japan adds flavor to its cuisine? Hop over to our guide to Japanese spices and condiments for the full rundown.

## 5 ways to get sp...

1. Dry karakuchi drinks
2. Refreshing wasabi & ginger
3. Numbing ma-la in Chinese-Japanese
4. Sweat-inducing togarashi peppers and
5. Pop into a super-spicy ramen restaura



**On YouTube**

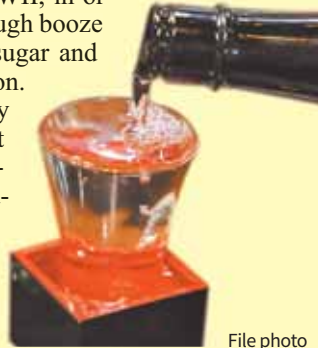
**Kikanbo's demon-level spicy ramen!**

## How to experience the spectrum of karai

### 1. Karakuchi beverages

Japan's karakuchi beers and sake are gradually gaining popularity worldwide. In fact, Asahi Super Dry is the most popular Japanese beer, and it's easy to see why. The refreshing spritz of this rice lager makes it perfect even for non-beer drinkers. For beer connoisseurs, the barely-there flavor of Super Dry offers the kind of clean finish that washes away heavy karaage (fried chicken).

On the more traditional end, the new generation of nihonshu Japanese sake drinkers have spurred a karakuchi sake trend. After WWII, in order to make sure there was enough booze to go around, brewers added sugar and diluted sake before distribution. The result was a sweet, sticky mouthfeel that has fallen out of favor as local breweries return to classical methods. Modern breweries have gone back to just using rice and water, resulting in more refreshing, cleaner sake.



File photo



You can taste and compare some of the best karakuchi and choukarakuchi (super dry) sake in your own home too—explore the byFood marketplace.

### 2. Karai for your nose

#### ■ Wasabi

Wasabi is regarded as the most widely used spice in Japan. Mountain-dwelling wasabi (sawa-wasabi) grows in cool streams, and domestically both the roots and leaves are enjoyed for a sinus-tingling flavor.

A cousin of the horseradish, wasabi blends and green-dyed horseradish are common replacements at lower-end sushi shops. Natural, fresh wasabi root is described as floral and herbaceous, and less prickly than budget varieties. However, its quality doesn't last long after harvesting, so the real thing is highly prized.

#### Where to find fresh wasabi:

- Wasabi farms
- High-end sushi restaurants
- Shizuoka and Nagano, the nation's major production hubs.

#### What to serve wasabi with:

- Cold-soba, mixed into the tsuyu dipping-sauce
- Sashimi • Sushi • Roast Beef
- Gyutan (beef tongue)



File photo

**On YouTube**

**How to grow wasabi**



#### ■ Daikon radish

Daikon is one of the most common vegetables in Japan. While radishes don't always have a spicy kick, the white tip of a daikon has a greener end near the root.

#### ■ Shoga (Ginger)

The spice shoga is dedicated to a ginger's importance in Japanese cuisine. It's served pickled, and is a popular Chinese-style sauteed with ginger in soy sauce. During the winter, the vegetable called shoga is pink and yellow like zesty ginger. Japanese ginger flowers and sprouts are used instead the roots.

#### ■ Karashi (Japanese mustard)

A go-to partner for western yellow mustard thickeners. A region in the prefecture, where the ground into a mo

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though it's true that  
rners and Japanese  
e might have differ-  
efinitions of "spicy",  
are still plenty of  
to experience tongue-  
g cuisine in Japan.  
take a look at the dif-  
meanings of spice in Japanese, some pop-  
oods, and ways to enjoy Japanese cooking  
kick.



## Spicy in Japan

cuisine  
Korean cuisine  
restaurant in Tokyo



File photo

h  
of the most traditional, widely enjoyed veg-  
Dishes like boiled daikon, oden, and pickled  
ays remind us that they are indeed crunchy,  
ust like the ones available in the West. The  
kon root is said to be the spiciest, while the  
the leaves is sweeter.

ger)  
ne in Kanazawa (the only one in Japan) is  
nger-kami if that gives any hint of shouga's  
apanese cuisine. Like wasabi, ginger is often  
alongside sushi or sashimi. Shouga-yaki is  
se-Japanese dish of pork  
nger, spices, and  
g spring, a wild  
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uts are eaten in-



Myoga File photo

apanese mustard)  
er for oden, tonkatsu and natto, Japanese  
n as "spicy child" for good reason. Unlike  
mustard, karashi isn't diluted with vinegar or  
ional variation, jigarashi is famous in Fukui  
e the whole mustard seed (hulls and all) is  
re nuanced version.



Photo by mxmstryo, Wikimedia Commons

### 3. Piripiri karai (mouth hot)

For the same burn-your-mouth flavor we know and love, look no further than Japan's togarashi. Although the word applies to many different varieties of pepper, in general, it refers to the chili.

They may have been introduced by Japanese soldiers returning from Taiwan or the Korean Peninsula at some point during the 16th and 17th centuries. Around the same time, many of Japan's best-loved "spicy foods" were imported and popularized.

Japanese togarashi peppers, like other peppers, are eaten at different stages of maturity for different flavors. Red togarashi is the ripest, traditionally dried and ground into ichimi (one-flavor) powder or blended into shichimi mixed-spice with ingredients like ginger, sansho pepper, sesame, and more, for a more robust flavor with less spice. Green togarashi is the most spicy, and the youngest, still full of herbal bitterness that suits pickling and sauces.

#### How to eat togarashi

Sprinkle red ichimi or shichimi powder over your favorite Japanese comfort foods, especially rice, noodles, or agemono (fried food). The slow, robust burn of roasted chilis adds depth and excitement even spice-sensitive Japanese love! Ra-yu chili oil, its liquid companion, is added to everything from gyoza dipping sauce to ramen. Ra-yu is one of the staples of Chinese-Japanese cuisine.

Enjoy green togarashi (aotogarashi) as yuzukoshou, a paste made using yuzu peel, salt, and raw chilis. It's often added to clear broths like udon or served with certain kinds of sashimi that have a strong flavor (think katsuo). Many Western chefs have repurposed it as a marinade ingredient for chicken, shrimp, and fish.



File photo



Photo by Badagnani, Wikimedia Commons

### 4. Shibi karai (numbing hot)

Sansho is a shibi-karai herb found in many traditional wa-ryouri dishes. If there were to be a "spicy" Japanese food, we might say that it was sansho. However, rarely is a significant amount of sansho added to a dish. Since the whole plant can be used, one or two leaves are used as fragrant garnish in kai-seki dishes.

Since sansho is more fragrant than spicy, its powdered form is served with rich dishes like unagi eel. Shibi-karai food offers a numbing effect, like the ma-la spice of Szechuan cuisine or the milder sansho, both forms of prickly pear.

We mentioned above that amakara and shiokara are words used to refer to sweet and savory flavors or salty food, but since most Westerners wouldn't call that spicy, we'll leave it out of the seasonings list.

We also mentioned that ingredients like onion and garlic were considered karai, but since that just refers to the mouth-drying effect, we'll leave them out too. Just be warned that you might go into a restaurant serving abura-soba (as a major example) and be challenged by the spice level, only to discover that it's just how much garlic they add.



File photo

## 9 most popular spicy foods (Go on, try them!)

About two thirds of the population report liking karai foods in general. Since Japan doesn't really have any native spicy foods, what might be the most popular spicy menu items in Japan? All the major competitors are Chinese and Korean, with Thai-inspired cuisine and curry rounding out the list.

### 1. Mapo tofu

Even served in schools, the numbing Szechuan-spiced ground meat and tofu dish tops national surveys of popular spicy food in Japan. Mapo tofu, or mapodofu, features a thick gravy with a rich spice fragrance and numbing hotness. Minced vegetables, ground pork, and cubed tofu are simmered together in sauce and served over rice.

### 2. Kimchi

Kimchi as Japan would call it, is described as rich and spicy. Kimchi hails from the Korean Peninsula and was likely introduced after Japan's involvement in the area in the 1500s. Kimchi nabe is a thin soup that gets its flavor from the ingredients boiled in it, namely kimchi, of course. Other common ingredients include seafood, pork, and noodles. Kimchi itame is any form of stir-fry with kimchi as a base.

### 3. Dan-danmen (tan-tan men)

Dan-dan men, sometimes called brothless tan-tan men, is a Szechuan noodle topped with ground spicy ground meat (pork) sauce. While dan-dan noodles are traditional Chinese cuisine, tantan men, the soup version, was invented in Japan by a Chinese chef looking to adapt the dish to Japanese tastes. Dan-dan men are eaten by tossing the noodles with warm or cold dan-dan topping, a thick, spicy meat-sauce like a Chinese bolognese.

### 4. Jiggae

Back to Korean cuisine, kimchi jiggae, budae jiggae, and soondubu jiggae (or chige) are popular spicy stews found in Korean restaurants across Japan. Unlike kimchi nabe, the base of the jiggae stew is spicy thanks to Korean chili. In it, all kinds of ingredients can be boiled and enjoyed together. It is often served with a side of rice and various namul or small dishes, just like in Korea.

### 5. Spicy chicken

From RED karaage kun to spicy famichiki, karai fried chicken is popular in Japan just like overseas. Yanyeom chicken is soaked in a sweet and spicy Korean sauce, but the convenience store variety relies on togarashi in the batter.



File photo

### 6. Ma-la tan

Hot and numbing soup as we might call it in English, this Chinese soup is spicy from both chili oil and numbing Szechuan pepper. Ma-la tan is less rich and savory than mapo tofu or dan-dan men, which are thicker and fattier. Ma-la tan is a staple in Chinatowns and is often served with wide, flat or clear noodles. There are similar Korean versions of the dish as well.

**SEE SPICY ON PAGE 6**

## SPICY: Some like it hot!

CONTINUED FROM PAGE 5

### 7. Super spicy ramen

Geki-kara ramen is more of a novelty food than anything, and the way it's made varies by store. In general, togarashi is added to the broth or ra-yu is floated on top. Topped with char-siu, red aji-tama, threads of dried pepper, or even spicy karaage, there are myriad ways to enjoy spicy ramen. Some of the most popular ramen spots in Tokyo even offer super-spicy versions of their best bowls.



Best ramen in Tokyo

### 8. Karashi renkon

An original Japanese invention, karashi renkon are slices of lotus root with karashi-miso sandwiched between them and then fried or sauteed.



The original dish comes from Kumamoto Prefecture and is great at an izakaya, paired with similarly karakuchi sake or beer.

File photo

### 9. Curry

From Japanese curry to Thai green curry and Indian vindaloo, keema, "spice-curry", et cetera, et cetera, the world of curry in Japan is characterized by its spice level. Box curries are available in ama-kuchi mild flavor, chuu-kara (middle-spicy), and oo-kara (big spicy?) to suit different tastes. With the relatively recent rise in spice-lovers, South Asian flavors are growing in popularity. Thanks to this, dishes like green curry are more widely available.



File photo



On YouTube

We tried 3 curry restaurants in Shimokitazawa

Finally, why are there no spicy Japanese foods, though? Historically, Japan has ample access to clean water, refrigerator capabilities, and fresh ingredients, thanks to its climate. The cultures where spicy food is most common tend to be hot, humid, or arid climates, where capsaicin was what kept preserved food safe by killing off fungus and microbes. They say necessity is the mother of invention, so there's only relative abundance and safety to blame for Japan's lack of spicy food!

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!

# A Taste of Japan

**Sky Plaza Misawa**  
Since 2011

2-8-34 Chuo-cho, Misawa, Aomori  
Open 10:00-  
☎ 0176-51-1712

Air Base Main Gate  
Misawa Station Police Station Misawa AirPort  
City Office Civic Center

**★ DEMZU CAFE ★**

(Open Hour)  
Open weekdays 11:00 - 19:00  
(Closed) Every Wednesday

**Pizzeria Massimo**

(Open Hour)  
Open weekdays & Sundays 11:00 - 19:30  
Fridays & Saturdays 11:00 - 20:00  
(Closed) Every Tuesday

**Jack & Betty II**

(Open Hour)  
Weekday 11:00 - 16:00  
Sat, Sun & Holiday 11:00-16:30  
158 Kitayama, Misawa-shi, Aomori-ken, 033-0022

**Festival Food Truck at Sky Plaza**



## Lots of tasty options at Sky Plaza Misawa

Pizzeria Massimo, a restaurant specializing in Neapolitan pizza and located on the 1st floor of Sky Plaza Misawa, offers a wide variety of delicious pizzas, as well as Hawaiian Huli Huli Chicken and Lani Chicken. At Dem's Café, also located at the Sky Plaza, you can enjoy snacks and desserts, including churros, pretzels and tapioca drinks. Inside the Aomori Prefectural Misawa Aviation Science Museum, stop by Jack & Betty II for tasty hot dogs and hamburgers. And during special events, there is a food truck outside that serves up some tasty treats.

RESTAURANT INFO



## Try your hand at art of Japanese **noodle** making

Experience the art of traditional Japanese noodle making at Asakusa Kappabashi Kitchen Studio. In just 30 minutes, transform flour into delicious noodles using authentic techniques preserved since the Edo Period. Our studio offers a unique cultural immersion where military families can master the precise craft of hand-cutting either Ramen or Soba. This “Entertainment Noodle Park” provides a fun, educational and flavorful activity for all ages, from children to seniors. Located just 20 minutes from Senso-ji, it is the perfect addition to your Tokyo visit. Join us today for a memorable, hands-on journey into the culinary heart of Japan!

RESTAURANT INFO

# A Taste of Japan



## Your **tasty** burger spot

In Nov. 2008, as a token of friendship from the U.S. Navy, the hamburger recipe was presented to Yokosuka City, leading to its introduction. Inspired by the recipe, the “YOKOSUKA NAVY BURGER” was born. Inspired by the recipe, the “YOKOSUKA NAVY BURGER” was born. Sixteen years later and this popular hamburger still brings the classic, backyard barbecue flavor you’re missing from home to Yokosuka city. Don’t forget about our other burgers like the incredible 7th Fleet Burger and the Meat Tech Burger. Don’t miss other great signature dishes like Yokosuka Navy curry and our delectable Yokosuka Cherry Cheesecake. Visit Tsunami Burger for an incredible meal that will keep you coming back for more!



Open 7 a.m. for Breakfast



@NAVYBURGERTSUNAMI



Open 11 a.m. for Lunch

RESTAURANT INFO



# PIZZA HUT

## Atsugi

1000-1900 (Delivery 1600-1830)

☎ DSN: 264-4040/Commercial: (046)763-4040

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



## WingStreet



**NEW**



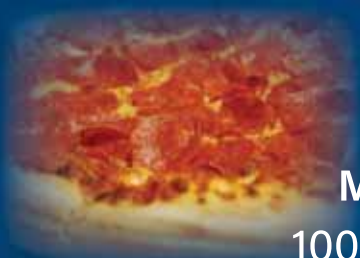
### Yokosuka's New Online Food Ordering Program

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

Delivery or Order Pick up \$15 Minimum Order



<https://nexcomanchoreats.com>



## Yokosuka

### Main Street Food Court

1000-2100 (Delivery 1130-2030)

### Bayside

1000-2100 (Delivery 1130-2030)

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

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



# TACO BELL

## Yokosuka

1000-2100 (Drive thru and Dine in)

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



**LIVE MÁS**

## Atsugi

1000-1900

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

## Sasebo

1000-1900

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

