


STARS  AND STRIPES®

A Taste of Japan

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

8-page pullout



American **craft** beer is our specialty!

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

RESTAURANT INFO



Antenna America
American Craft Beer Bottle Shop & Tasting Room



Home Delivery Service Available

For presents, parties, and so on!
We deliver chilled always!

Online Store



Store Locations

Kannai

5min walk from
JR Kannai station North Exit

★Shipping OK

Yokohama

Yokohama station
Joinus B1 (Food & Time Isetan)

Shinagawa

JR Shinagawa station
Atré 3F (Food & Time Isetan)

★Shipping OK

A Taste of Japan

Family Dining

Continental Cuisine

Drinks And Bar

Online Reservation

Party And Catering

Free Wifi



Healthy, Tasty and Spicy

GORKHA PALACE

Nepali / Indian Restaurant

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

TEL: (046)874-8528 www.gorkha-palace.com



Located just outside Yokosuka NB Womble Gate on the corner of Rt 16(same bldg. as 7-11)



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



Delicious French cuisine in Misawa

Join us for a wonderful French meal at North40-40 in Misawa. Your friends and family will enjoy the finest dishes made with the best local ingredients. North40-40 is within walking distance from Misawa Air Base, offers parking and take-out service. The restaurant has a new bar where you can enjoy a wide variety of beverages sure to please all of those in your party. Celebrating a special occasion? Don't forget to pick up that scrumptious dessert from our take-out patisserie to make that celebration all the sweeter! Visit us at North 40-40, we can't wait to serve you.

RESTAURANT INFO



Casual French Restaurant
Bar & Patisserie

North 40-40

Open Hours (Thursday - Monday)
Lunch: 11:30am to 2:00pm LO1:30pm
Dinner: 17:30pm to 9:00pm LO8:30pm
Closed: Tuesday & Wednesday
2-7-14 Sakura Misawa Aomori 033-0031

phone: 0176-58-7091
Fax: 0176-58-7092



Take-out available
for both lunch and dinner.

Our Patisserie is open!!!

Come try our homemade cakes
& other baked goods.

Hours: noon to 8 p.m.



A Taste of Japan



TAKEOUT & DELIVERY
Available



It tastes as good as it sounds

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



JAPAN

All is One

Show your Military ID
to get 10% discount

*Alcoholic Beverages Excluded.



TAKEOUT ORDER



RESTAURANT INFO

All you need to know about

Kimchi

KOREA TOURISM ORGANIZATION

Kimchi is predicted to be one of the worldwide trends of 2020, according to Facebook's 2020 Topics and Trends Report. The report mentions the current health-conscious attitude of Australia, and the digestive benefits of fermented foods such as kimchi on the gut. While kimchi is a staple of all Korean meals and is already well known among people with plans to visit Korea, there is always room for more knowledge! In South Korea, Museum Kimchikan is the first museum dedicated to this iconic dish. If you'd like to learn more about how it has changed over the years from one simple dish to having over 200 varieties, plan a trip here!





Museum Kimchikan

Museum Kimchikan, located in the center of the popular Insa-dong area in Seoul, features many exhibitions and experiences to learn about kimchi, from the dish's early beginnings to the UNESCO recognized culture of Kimjang. It is also the only museum in Korea to be included in CNN Travel's article about 11 of the world's top food museums. The exhibits here also include the option for an audio guide device in English, Japanese, and Chinese. Guests should be aware that the Kimchi experience programs are only offered in English.



The origin of kimchi

Kimchi is loved by people around the world, but few know the origins of this dish. Records show that kimchi started out like many simple fermented vegetable dishes in the 4th century. At that time, there was no way to store foods for a long period of time so vegetables were fermented as a way to enjoy the health benefits throughout the year.

By the 5th and 6th centuries, fermenting vegetables such as cabbage and radish was most commonly done using salt or soy sauce, and was referred to as jan-gajji. This type of salted vegetable with no seasoning was the standard up until the 12th century, when additional ingredients such as ginger, garlic, and onion were added, and kimchi began to separate into the two types of seasoned kimchi and water kimchi.


In the 15-16th centuries, jeotgal, or salted seafood, was added to the mix, creating what is known as seokkbakji kimchi. It may come as a surprise that the addition of gochu (Korean chili pepper) did not take place until the mid-Joseon era in the 17th and 18th centuries, when chili peppers were first brought to Korea. At that point, the seasoning began to be placed between each individual leaf of a whole cabbage, creating tongbaechu kimchi (whole cabbage kimchi) and bossam kimchi (wrapped kimchi), two of the most commonly eaten kimchi varieties in modern times.



Museum Kimchikan has a unique exhibition space set within a temperature-controlled room similar to a walk-in refrigerator. The long white shelves are lined with glass jars, each filled with a different type of kimchi or fermented food from around the world. The space, known as the kimchium, references the space where kimchi was stored in the past.




Kimchium display at Museum Kimchikan



The creation of kimchi

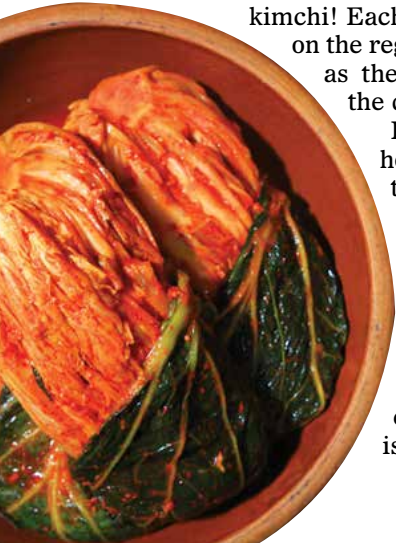
You can't discuss the creation of kimchi without also mentioning the tools that were used to make this national dish. One such tool is the buddumak, a traditional cooking fireplace that helps separate Korea's food culture from that of countries in Southeast Asia.

Buddumak was used for both cooking and heating the house through the use of ondol (traditional floor heating). However, because the stoves were made of clay or stones and had an open mouth, it was nearly impossible to maintain a very high temperature. Because of this, most Korean dishes require low heat or very short periods of high heat, leading to the necessity of fermented foods and dishes that could last for a long time without cooking.



Kitchen exhibition showing tools of an old kitchen for making kimchi. Photo courtesy of Museum Kimchikan

→
The evolution of kimchi



Kimjang kimchi

As mentioned before when discussing the origin of kimchi, there are many different ways to make this dish. It's impossible to know the exact number, but there are records for over 300 unique types of kimchi! Each of these types is classified based on the region or season it is created, as well as the ingredients and presentation of the dish. Each region has its own take on how to prepare the best kimchi. In the Seoul and Gyeonggi-do area, the kimchi is neither too salty nor too bland, and uses a lot of jeotgal in the seasoning. Most baechu kimchi (cabbage kimchi) served at restaurants is prepared in this style. In comparison, the Jeolla region, famous in Korea for their cuisine, prepares a kimchi that is both spicy and salty. Signature

Jeolla region kimchi varieties include godeulp-
paegi kimchi (Korean daisy kimchi), gat kimchi (leaf mustard kimchi) of Haenam, and dongchimi (radish water kimchi) from Naju. Some regions with easy access to the ocean also include seafood in their kimchi. Some Gangwon-do kimchi types add gajami sikhae (spicy fermented flounder) or squid. The Chungcheon region adds jogi jeot (salted yellow corvina), hwangseogeo jeot (salted yellow croaker), or saeu jeot (salted shrimp) to their kimchi. While kimchi is enjoyed year-round, the type of kimchi prepared also varies based on the seasonal availability of the ingredients. In spring, people prepare minari kimchi (water dropwort kimchi) and eolgali baechu kimchi (winter-grown cabbage kimchi); summer sees lots of water kimchi types such as yeolmu kimchi (young summer radish kimchi) and kimchi using cucumber. The commonly known kimchi with Korean chili pepper, kkaennip (perilla leaf), and jjokpa (Chinese onion) is prepared in fall, and winter features the strongly seasoned kimjang kimchi.



Yeolmu kimchi

Dongchimi

The benefits of kimchi



Seasoning ingredients of kimchi

While there are hundreds of ways to make kimchi, most types will have the same basic ingredients. The standard seasonings for cabbage kimchi include salt, garlic, ginger, anchovy stock, saeu jeot, gochu garu (Korean chili pepper flakes), and chapssal pul (glutinous rice paste). Each of the ingredients has a special role in creating not only the flavor of the kimchi, but also in the fermentation, preservation, food hygiene and nutritional value of the dish. Kimchi was listed as one of the 5 healthiest foods in the world according to Health Magazine, a US health publication. Kimchi has many beneficial bacteria that aid in digestion, including Leuconostoc, Lactobacillus, and Weissella. In addition, the gochu garu makes kimchi a great source of vitamin C.

COPYRIGHTS
©KOREATOURISM ORGANIZATION.
ALL RIGHTS RESERVED
www.visitkorea.or.kr



The sharing of kimchi



Kimjang refers to the time every year in late fall or early winter, when Korean families gather to make large amounts of kimchi, which they then share among relatives or people within their community. This traditional aspect of Korean culture has continued for generations, regardless of region and time. Kimjang allows the Korean people to feel a sense of belonging, as well as to put jeong, a Korean feeling of attachment and social collectiveness, into practice. These reasons and the creative use of natural ingredients helped kimjang become recognized as an Intangible Cultural Heritage of Humanity by UNESCO in 2013.



Kimjang culture



Kimchi making experience at Museum Kimchikan

TIP Make your own kimchi!

Museum Kimchikan operates kimchi making programs for international visitors, perfect for people wanting to get more hands-on knowledge. The program is operated in English, and participants can choose between making spicy baechu kimchi or the non-spicy baekkimchi (white kimchi). If you want the experience but don't want to bring home a ton of kimchi, we recommend the DIY One-day Kimchi program. This program is not lead by a teacher, but instead includes an instruction guide,

available in English, Japanese, or Chinese. Additional places offering kimchi making programs throughout the nation include Seoul Kimchi Culture Experience Hall and Korea House in Seoul; Yeoncheon Choseong Kimchi Village, Gwangju Kimchi Town, and Taeseong Kimchi Culture Hall in Gyeonggi; Jeonju Kimchi Cultural Center, and Haenam Donghae Kimchi Village in the Jeolla region; Kim Soon Ja Kimchi Master's Kimchi Theme Park in Gangwon-do; Mimi Kimchi Experience Hall in Busan, and more. The program details vary by each location, so inquire in advance for details.

**More about Seoul's
Museum Kimchikan**

ADDRESS: 4-6F, 35-4, Insadong-gil, Jongno-gu, Seoul (35-4 叡臨樵梯纂除 4~6類)
WEBSITE: www.kimchikan.com (Korean, English, Japanese, Chinese)
The museum offers many programs including kimchi-making and Hanbok experiences.

STORY AND PHOTOS BY SARAH HODGE,
STRIPES JAPAN

In these strange times, many of us are going back to our kitchens to rediscover long-lost domestic arts like bread baking (if you are lucky enough to find yeast and flour!), experimenting with fermentation, and making our own everyday staples – in my case, I’ve gone back to baking my own yeast bread, making tofu and fermenting my own yogurt and pickles at home.

One of the items that is in weekly rotation in my house is fresh Japanese tofu, but

if you don’t have access to Japanese grocery stores, you can make your own fresh soymilk and tofu at home with only two or three ingredients and some basic equipment. In fact, once you’ve tasted homemade tofu and soymilk, you may never go back!

My friends from Raw Rutes (www.rawrutes.com) were kind enough to send a review unit of their Sumo tofu press, which also doubles as a tofu maker. Raw Rutes manufactures a range of tools for harvesting, dehydrating and fermenting foods, including its line of Ninja tofu presses, which are both functional and attractive.

Quarantine Kitchen

Homemade soymilk and tofu

Tool



Made in the USA from polished stainless steel, the eye-catching press (weighing in at a hefty 6 pounds) removes up to 35% of the tofu’s total weight in water in as little as 15 minutes! The press also doubles as a mold for homemade tofu when lined with cheesecloth.

Ingredients



Homemade tofu requires only three ingredients: dried soybeans, water, and nigari, a seawater extract that causes the soymilk to form curds. Nigari can be purchased in dried form or liquid form and is usually sold concentrated, so you’ll need to mix it with water first before adding to your soymilk. If you don’t have access to nigari, don’t worry – lemon juice will also work!

Here is Raw Rutes’ recipe for homemade organic tofu:

- 1 ½ cups raw organic soybeans (a 300-gram bag is just the right size)
- 4 ½ cups filtered water
- 1 – 2 teaspoons nigari or lemon juice



See more featured recipe:
Black Pepper Tofu by Mob Kitchen
on next page

Directions

1. Soak soybeans in 4 ½ cups filtered water overnight.



2. Add soybeans and soaking water to a blender or food processor and blend until you have a foamy “milkshake” (I used the puree setting on my Vitamix).

3. Boil 5 cups of filtered water in a large pot and add the contents of the blender.

4. Bring to a boil and simmer on medium-low for 8 minutes, stirring occasionally.

5. Line a strainer with cheesecloth and strain this mixture through into a bowl. Push or squeeze out as much liquid out as you can. The resulting liquid is fresh, unsweetened soymilk. The solids are called “okara” in Japanese and can be stir-fried or mixed into baked goods to add moisture and fiber. Okara is low in fat and high in calcium, protein and dietary fiber, and is most commonly used in unohana, a popular and traditional savory side dish made by combining okara and chopped vegetables like carrots, burdock, negi (leek or green onion), shiitake mushrooms, shoyu (soy sauce), and mirin (Japanese rice wine).

Stop at this step if you only want fresh soymilk.



6. Now mix 1-2 tsp of calcium sulfate (gypsum), 1-2 tsp nigari flakes (magnesium chloride), or 1 ½ tablespoons lemon juice in one cup of filtered water and stir to dissolve.

7. Rinse the cooking pot, pour the soymilk in, and bring the temperature up to right around 150 degrees. Don’t boil it!

8. Turn off the heat, and add half of the coagulant mixture you made to the pot. Stir it around eight times in a figure eight motion. Stop stirring and let it settle. Then add the rest of the coagulant, and start gently stirring again eight times. Cover the pot and let it sit for half an hour.

9. After 30 minutes, the whey and curds should have separated. Now the fun part! Line your Tofu Ninja or Sumo Press with two layers of cheesecloth and spoon the curds in!



10. There’s going to be a lot of liquid (the “whey”) draining out. (It’s best to load your press up in a container with sides or in the sink for easier cleanup). Once the press is loaded up and the drainage slows to a trickle, press it for right around half an hour.

11. Then flip the press over, pop the tofu out and throw it in the fridge for a few hours to firm it up even more. Use it fresh or store it submerged in water in the fridge for up to 5 days.

12. Enjoy!





Black pepper tofu

Cooking Time (includes preparation time): 50 mins.
Feeds: 4 People

Ingredients

- 2 x 280g firm tofu (I used one block of homemade tofu)
- 2 Tablespoons Black Peppercorns (crushed)
- 2 Tablespoons White Sugar
- Large Knob Chopped Ginger
- 2 Garlic Cloves
- 4 Spring Onions
- 1 White Onion
- 5 Tablespoons of Butter
- 1 Red Chilli
- 400g of basmati rice or short-grained Japanese rice
- Cornstarch
- 5 Tablespoons of Dark Soy Sauce
- 5 Tablespoons of Light Soy Sauce

Method

This tongue-tingling black pepper tofu is the perfect vehicle for your homemade tofu!



1. Chop tofu into cubes. Pat with paper towels to dry, then coat in cornstarch.
2. Add some vegetable oil to a wok. Fry the tofu until browned and set aside.
3. Get your rice on (I used my Zojirushi rice cooker).
4. Clean wok. Place on heat and add a splash of oil. Add 4 tablespoons of butter followed by the onion, garlic and ginger. Fry until soft.
5. Add your peppercorns and sugar. Mix together. Once the sugar has dissolved, add your soy sauce. Stir again.

About the author

A contributing writer to the Japan Times Food page, Sarah Hodge has been a cookbook reviewer and recipe tester for over a decade. Sarah's blog BundtLust (www.bundtlust.com) features hundreds of reviews for a wide range of international cookbooks.

In addition to taking cooking classes around the world, she is admin of the cooking groups "Let's Explore Japanese Cooking in Yokosuka" and "Yokosuka Vegetarians and Vegans," active in a number of other cooking groups on Facebook, and specializes in Japanese vegetarian temple cuisine, shojin ryori, on which she has published a number of articles for BentoYa Cooking and Thanks for the Meal.

You can follow her food and travel adventures on Instagram at [@japantravelbug](https://www.instagram.com/japantravelbug).

6. Add 1 chopped red chilli and 3 chopped spring onions. Stir and then re-add your tofu. Mix it in, add 1 more tablespoon of butter, allowing it to melt. Remove from the heat.

7. Serve the tofu on top of a mound of steaming rice, garnish with chopped spring onion and enjoy!



– Recipe by Mob Kitchen / Ben Lebus, from "Mob Kitchen Veggie" cookbook

(available from Amazon Japan at <https://amzn.to/2xpR1CY>)

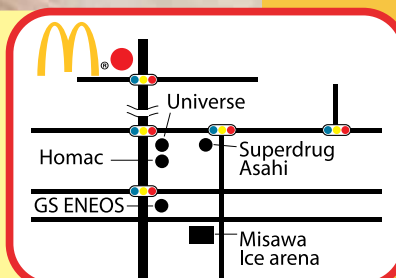
A Taste of Japan



Order McD's in advance!

New mobile app keeps you from waiting in line!

- 1 Choose the location.
- 2 Make your order.
- 3 Pick 'for here' or 'to go' (Drive thru is not an option).
- 4 Choose how to pay.



Tel: 0176-50-1415 www.mcdonalds.co.jp/
Address: 2-31-144 Sakae-cho misawa-shi, Aomori



Get your McD's favorites on the app for here or to go!

If you're craving a taste of home, head over to your nearest McDonald's for your favorites. From the classic Big Mac and our famous fries to Japan exclusives like this season's teriyaki-egg burger line, there's plenty to like. Download the app to order ahead so your fresh meal will be ready for here or to go whenever you are. McDonald's knows you have places to go and people to see, so every minute counts. The Golden Arches in Misawa is ready to serve you, too! The Misawa branch has an indoor playground and is only 5 minutes from base, so head in today!

RESTAURANT INFO



WingStreet



PIZZA HUT LOCATIONS:

Yokosuka 1000-2100

DELIVERY IS AVAILABLE

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

Atsugi 1030-2000

DELIVERY IS AVAILABLE

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

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



LIVE MÁS



TACO BELL LOCATIONS:

Yokosuka 1000-2100

DRIVE-UP WINDOW AVAILABLE

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

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

Atsugi 1000-2000

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

Sasebo 1030-2000

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