



STARS  AND STRIPES<sup>®</sup>

# A Taste of Okinawa

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

**4-page pullout**



# Makin' Mochi Donuts

STORY AND PHOTOS BY ELEONORA BADELLINO,  
BYFOOD

Mochi donuts are sweets made from glutinous rice flour, famous in Japan (and elsewhere) for their soft and pleasantly chewy texture, described by the Japanese onomatopoeia mochi-mochi.

You can easily purchase them in Japanese bakeries and supermarkets, where they can be found in the classic donut form (ring-shaped, with a hole cut out from the center), as a large puff filled with cream or anko, or made up of several little balls forming a circle.

This latter version is very reminiscent of the pon de ring, donuts sold by the large company Mister Donut all over the world. But unlike Mister Donut's pon de ring recipe, which creates their mochi-mochi texture by using tapioca flour, mochi donuts often use shiratamako (glutinous rice flour) instead.

Previously, we've brought you a versatile mochi ice cream recipe as well as a mochi cake recipe, and today we're bringing you another modern variation of the Japanese chewy rice cake! In this recipe, I decided to make mochi donuts in their most famous form, inspired by Mr. Donut's pon de ring, and glaze them at the end with sweet icings inspired by Japanese confectionery: matcha, kinako (toasted soybean powder), and yuzu.

To make the best mochi donuts, texture plays an important role. Part of their softness is due to the cooking process, which involves deep-frying them in oil at around 170 degrees Celsius (approximately 240 degrees Fahrenheit). The temperature of the oil plays an important role as it will ensure that the outer surface does not burn, and that the inside of the donut is cooked to perfection.

In addition, the cooking time is also crucial for the formation of the donut. To allow the balls to bind together during baking, place them on baking paper and then in the hot oil. After a few minutes, the paper will peel away from the dough, which will keep cooking and bind together. All you have to do is remove the paper from the oil and continue cooking your donuts.

## Mochi Donut Ingredients

Makes about 5 donuts

- 100g shiratamako (3.5oz)
- 200g velvety tofu (7oz)
- 100g cake flour (3.5oz)
- 50g caster sugar (1.8oz)
- 5g baking powder (1 tsp)



### Preparation

In a bowl, put the velvety tofu (without draining it; I recommend smashing it through a colander to make it creamier and easier to mix) and the shiratamako and mix well. Add the flour, sugar, and baking powder, and mix further.



### Shaping Pon de Ring style Mochi Donuts

Once the dough is ready, it's time to shape the little balls. I divided the dough into 8 equal parts, and further divided each slice in half to obtain several balls of similar size.



To be more precise, I weighed them (each ball was about 8 g).



Now, make a circle with 8 balls close together (make sure they are well attached or they will split during baking). Do this by placing the balls on squares of baking paper.



### Frying the Mochi Donuts

Take a small saucepan and heat the oil over medium heat until it reaches 170°C.

Fry the donuts for about

6 minutes (3 minutes per side) and take them out once they are golden brown.

Place on a wire rack and drain off the excess oil.



## White chocolate matcha glaze

Matcha is now an ingredient that is readily available all over the world. It is a distinctive element of Japanese cuisine, and as such, its use in desserts is a must!

Did you know that there are two different versions of matcha depending on its use?

**Ceremonial Matcha:** Higher quality matcha, as it is the result of only one harvest per year from the "virgin" leaves of the highest part of the tea plant. The result is matcha with a delicate taste and fine nuances in flavor.

**Culinary Matcha:** The result of several harvests throughout the year from the lower leaves on the plant. The result is matcha with strong flavors, slightly more bitter, and able to stand out when mixed with other ingredients.

Before buying matcha, think about how you will use it, and always take a look at the packaging!

### Ingredients

- For 5 donuts
- 120g white chocolate (4.2oz)
  - 1 tbsp matcha powder

### Directions

While the donuts are cooling, break up the white chocolate in a bowl and cook it in the microwave for 2-3 intervals of 30 seconds each. At each interval, remove and stir with a teaspoon.

Once melted, sprinkle in the spoonful of matcha and mix everything together.

Dip the donut in the chocolate, and shake off the excess chocolate. Then, place it on a cooling rack.

Leave to dry and serve.

*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!*



## Yuzu juice glaze

Yuzu is a symbol of the arrival of the cold season here in Japan, and between the months of November and January, it is celebrated in many forms. Yuzu is a citrus fruit that tastes very much like a mix between an orange and a grapefruit.

The largest producer of yuzu in Japan has for years been Kochi prefecture, particularly Kitagawa Village. But given its popularity, cultivation now extends throughout the country.

With the coming of winter, supermarket shelves and sweet shop windows in Japan are lined with yuzu-themed products; from alcoholic beverages to savory snacks, seasonings for meat and vegetables, and even desserts!

### Ingredients

- For 5 donuts
- 130g icing sugar (1 cup)
- 2 tablespoons of yuzu juice
- Yuzu peel for decoration, grated

### Directions

While the donuts are cooling, mix together the sugar and yuzu juice until smooth.

Dip the donuts in the glaze, place on a wire rack to remove excess, and sprinkle with grated yuzu peel.

Allow to dry and serve.

## Kinako powder coating

Kinako (literally "yellow powder") refers to soybeans that are roasted and ground into a tasty flour, used mainly in Japanese pastries (like kinako mochi and warabi mochi).

The taste and smell of kinako is similar to that of roasted hazelnuts; quite nutty. It is often mixed with sugar and then used as a topping for various desserts including mochi and, in more modern times, even fried bread!

### Ingredients

- 1 cup brown sugar (7.1 oz)
- 2 cups of kinako powder (16 oz)
- Bowl of lukewarm water

### Directions

While the donuts are cooling, combine the kinako powder and sugar in a bowl and mix.

Prepare a separate bowl with lukewarm water and proceed in the following order: dip the donuts in the lukewarm water and then in the kinako mixture. Make sure that all the edges are completely covered with powder, and serve.

**How Long Can a Mochi Donut Stay Good?**

Once cooked, cooled, and decorated; you can cover them in plastic wrap and store them in the refrigerator. It is advisable to eat them within 2-3 days.

If you want to keep them for a longer time: Once cooked and cooled (without frosting or filling), put them in a bag, separating them from each other with layers of parchment paper so they don't stick. Press down on the bag to remove excess air and create a vacuum, and place them in the freezer. Frozen, they will keep for more than a month.





## Kadena FSS food choices will feed your **cravings**

Hungry for something delicious? Whether it's burgers, pizza, seafood, ramen, craft beer, fine dining, smoothies, or hand-crafted coffee... you name it, we've got it! At Kadena Air Base, you'll find a variety of food choices to feed your cravings across its FSS facilities and restaurants. Don't forget the monthly specials and limited time offers! The options are endless. Check out Chili's, AirPower Café, Seaside Restaurant, Café Latte, and more! Visit [www.kadenafss.com](http://www.kadenafss.com) (or scan the QR code) for a complete list of Kadena FSS restaurants, including eateries from our detachment unit at Okuma Beach. Next time you're hungry, don't forget we've got you covered!

# Eat! With KADENA FSS

[kadenafss.com/food](http://kadenafss.com/food) | Connect with us!  
@KadenaFSS

### RESTAURANT INFO

# A Taste of Okinawa

## RESTAURANT & SUSHI BAR GEN

2013 WINNER

We're located just outside Camp Foster Globe & Anchor Gate No.3

**Open: Thursday through Tuesday**  
**Close: Every Wednesday**  
**Time: 11:30-22:00 (Last order 21:00)**  
**Cash Only(\$/¥)**


RESTAURANT & SUSHI BAR GEN

## Gen a real **gem** on Okinawa

Learn how to prepare mouthwatering dishes that will leave your dinner guests begging for more, all from the comfort of your home in a virtual cooking class hosted by Luca Manfe, winner of Master Chef Season 4. Fish tacos, braised beef short ribs and homemade gnocchi are all on the menu for the remaining courses. By attending a class, you are automatically entered for a chance to win a private virtual cooking class, and an in-person gala dinner at your installation cooked by Chef Luca! Sign up now at [www.kadenafss.com/blog/af-campaigns](http://www.kadenafss.com/blog/af-campaigns) and watch your cooking skills become five-star level!

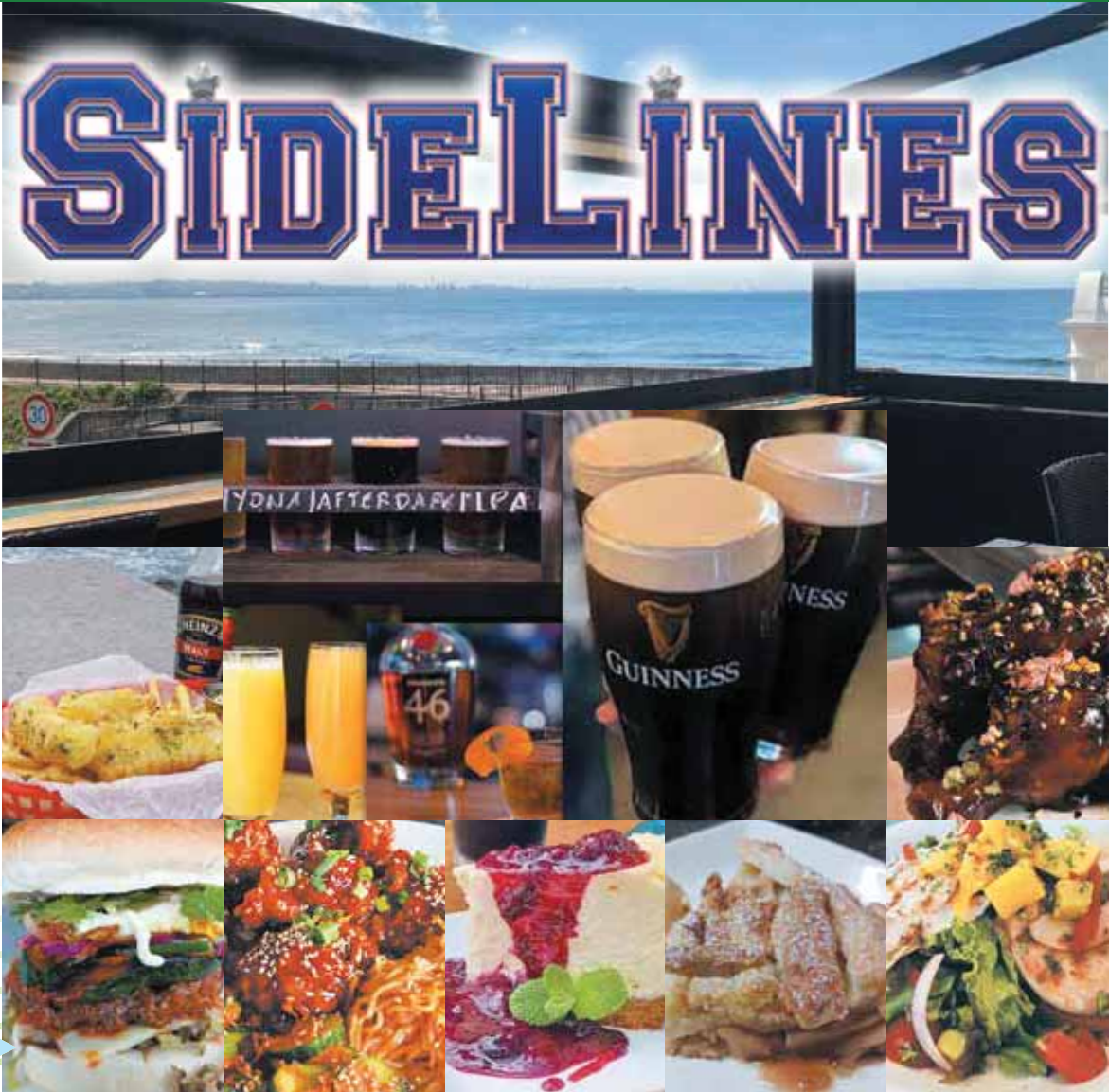
### RESTAURANT INFO





# Tasty food, great drinks, fun events at Sidelines

Est. 2012, Sidelines is a family owned, upscale sports themed restaurant. Our menu offers fantastic homemade options including Classic American, Vegan dishes, kid’s menu and delicious weekly Specials. Try our Fish & Chips and Creamy Homemade Cheesecake, both undoubtedly the best in Okinawa. Join us for Trivia Tuesday, Wiener Wednesday, Game Night Thursday, Weekend Mimosa Specials and of course, to watch Live Sporting Events on our 20 indoor & outdoor TV’s! You’ll love our unrivalled service, full bar, ample outdoor seating, and the unbelievable Ocean View from our upstairs bar! Visit us soon and become part of the Sidelines Family!



RESTAURANT INFO

# A Taste of Okinawa



STEAK HOUSE  
**FOUR SEASONS**  
Credit card accepted  
VISA JCB Mastercard  
TEPPANYAKI SINCE 1972 [www.the4seasons.jp](http://www.the4seasons.jp)



**Four Seasons Urasoe**  
2-4-5 Iso, Urasoe City  
TEL: (098)877-0429 / Open Hours: 11:00-



Please make a reservation for your party.



Enjoy great teppanyaki just five minutes from Camp Kinser!

**Four Seasons Awase**  
Renewal open! 4-12-13 Awase, Okinawa City  
TEL: (098)937-0029 / Open Hours: 11:00-



Awase branch has 2 parking places.



**Lunch**  
Hours: 11:00-  
**Lunch Steak Set ¥1,595-**

**Dinner**  
Hours: 17:00-  
**Dinner Steak Set ¥2,090-**

Seafood & other menus are widely available. All sets come with soup, salad, bread or rice, tea or coffee.

**Four Seasons Okinawa City**  
3-1-25 Sonda, Okinawa City / TEL (098)933-5731

**Four Seasons Mihama**  
2-5-2 Chatan, Mihama Town / TEL (098)926-1329



# Four Seasons will dazzle you in Awase & Urasoe

Four Seasons Teppanyaki Steak House in Awase and Urasoe will not only dazzle you, but also tingle your taste buds! Watch as our talented chefs slice, dice and cook up your entrees right at your table. It’s more than a meal, It’s a special event! Our restaurant is the perfect place to relax, unwind and simply enjoy some foodie fun with your family, friends or that special someone. If you haven’t had the pleasure of enjoying Japanese teppanyaki, come in for a visit! We promise that you won’t be disappointed, so what are you waiting for? Reservations recommended.

RESTAURANT INFO