



STARS  AND STRIPES[®]

A Taste of Okinawa

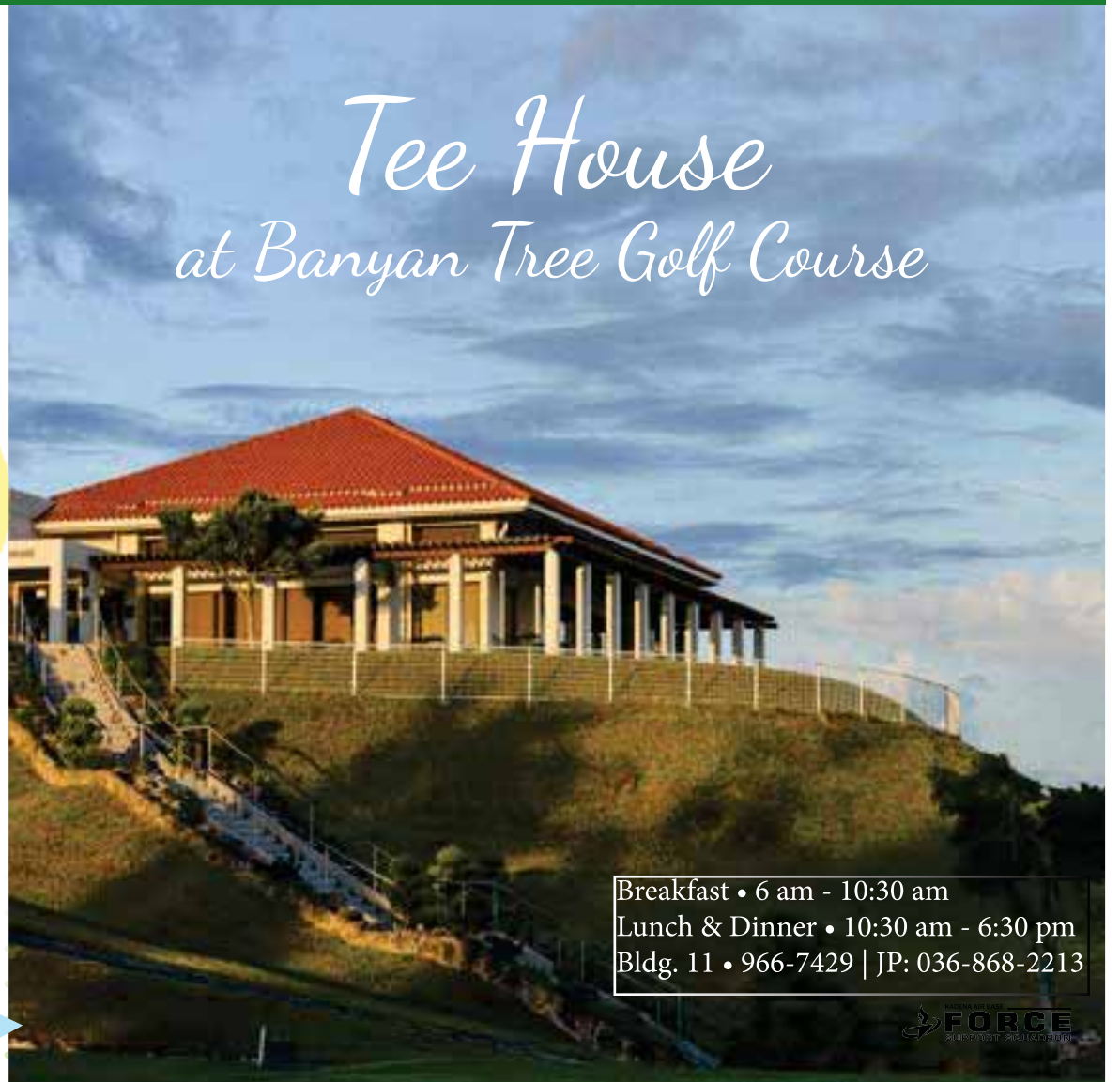
The 3 'R's to good eating –
Restaurants,
Reviews & Recipes

8-page pullout



Tasty food, fantastic view par for the course

Soak in the beauty of Okinawa while filling your stomach! Tee House easily has the best view of any 18 FSS restaurant. Grab a delicious lunch and sit out on the patio to enjoy the stunning Okinawa coastline, surrounded by the beautiful Banyan Tree Golf Course. Enjoy daily specials like kimchi fried rice, chicken yakisoba and more! Kadena Club members get a \$1 any purchase of \$3 or more, so an already affordable meal becomes even cheaper. We are open daily from 6 a.m. - 6:30 p.m., so make sure to stop at Tee House for your next lunch date!



Breakfast • 6 am - 10:30 am
Lunch & Dinner • 10:30 am - 6:30 pm
Bldg. 11 • 966-7429 | JP: 036-868-2213

RESTAURANT INFO

A Taste of Okinawa

Eat, Drink, and Enjoy at AIEN Coffee Located in Chatan



Delicious food, drinks in safe environment

AIEN Coffee is a modern-style bistro that wants you to come in, stretch your legs and enjoy a delicious meal. Or if you prefer, get it to go. This has been challenging time for everyone, so let our staff take care of you. AIEN literally means "come together," and our goal is to connect people through our delicious cappuccino, dreamy lattes and amazing food. Our menu is stocked full of delightful breakfast, lunch and dinner dishes. So, let us give you a well-deserved break from cooking. Stop by, soak up our super chill atmosphere as you fill your bellies with our delicious delights.



098-989-1430
www.aien.okinawa

RESTAURANT INFO



Fry bitter melon and beat the heat

STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPES OKINAWA

If you live on Okinawa, you might have heard about goya, a local cucumber-like vegetable also known as bitter melon. As the name suggests, this green, bumpy veggie has a bitter taste but is a favorite in the summer season. Goya is also considered an Okinawan superfood as it is rich in vitamin-C, iron, and fiber, which are thought to be

ideal for good health especially in the summer heat.

Goya is great raw in a salad, but the most popular way to consume this treat is fried up in goya champuru, a stir fry. Cooking it with other foods such as tofu, bacon, and eggs, you can lighten up the bitter taste.

Why don't you try some goya champuru and beat the summer heat?

kudaka.shoji@stripes.com

Check it out



INGREDIENTS (for two people)

- One Goya bitter melon (approx. 300g)
- Bacon (50g)
- Tofu (200g)
- Two eggs
- Pepper and salt (small amount)
- Dried Bonito flakes (as much as you want)



INSTRUCTIONS

1. Wash goya, tofu, and eggs with water.
2. Cut goya into thin slices of about 5mm (approx. 0.2 inch) thickness.
3. Dice tofu into small cubes of about 2cm (approx. 0.8 inch) sides.
4. Cut bacon into small slices of 1cm (approx. 0.4 inch) width.
5. Beat eggs in a bowl.
6. Pour olive oil in a frying pan over medium heat, and add tofu.
7. Add bacon and continue frying.
8. Add in sliced goya.
9. After the ingredients start to soften and brown, stir in beaten eggs and a pinch of salt.
10. Cook through until the eggs are done.
11. Plate your stir-fry and sprinkle with pepper and dried bonito flakes.

*Add olive oil if necessary when frying

*The amount of each ingredient mentioned above is just for reference. Please add or reduce them to cater to your taste.

A Taste of Okinawa

Transit Café

098-936-5076
www.transitcafe-okinawa.com
@transitcafe.okinawa

Map showing location near Gate #1, Kadena AB, Family Mart, R58, R23, Miyagi Seawall, and San-A Hamagawa.



Eat here, take it out or free delivery!

Let Transit Café serve you some tasty drinks and food while you take in the surrounding beauty. Relax and unwind as the blue sky gradually changes into yellow and orange over the never-ending ocean landscape. Spend a momentary "transit" before heading to your next destination. Open every day. Takeout available 11 a.m. to 9 p.m. Or stay home and we'll deliver to you. Call 098-936-5076 for free home delivery on orders over \$35.00 (yen or cash only). Must order day in advance. Delivery area limited to Chatan, Kadena, Yomitan, Okinawa City, and Kitanakagusuku. Check out our delivery menu at www.transitcafe-okinawa.com.

RESTAURANT INFO



Popular Japanese dish, Bonito “tataki” File photo

Fresh

Nothing so

BY TAKAHIRU
STRIPES



Fallen cherry blossoms in the mountains of Japan, however, summer is the season when the first caught bonito fish arrive.

The 17th century Japanese writer, Sen no Gakutei, once wrote of the “Green leaves in eyes of the bonito,” or the first arrival of the ocean catch – and its fish as herald the winter alone, Japan devoted according to its fish.

In May, chance asks for the fish. It’s eaten as (lightly seared bonito), ginger, garlic, was also dried, smoke suobushi,” especially more common than raw. Summed seafood in Japan as Bonito migrates north, traveling along the Pacific to reach the Sea of Japan in July. They arrive in season a summer. October. But only a migration from the as hatsugatsuo.

The fish typically or June in mainland April in Okinawa. Continuous through October with pole and line, not commercial markets or is still caught exclusively in Okinawa, according to Kyoko Hirata of the Fisheries Research and Visitors Bureau.

“The most tasty and well-sharpened bonito in Okinawa is caught in May,” says Gushiken of Motobu Fishermen’s Cooperative. He adds that the fishing season continues from March to November but, “summer is nothing but bonito fishing season for us.”

In fact, in Motobu Town, Okinawa’s main bonito fishery, residents fly “katsuo-nobori,” or (bonito banners, instead of the koi-nobori banners) used throughout Japan to celebrate the Children’s Day holiday.

“When we Motobu people see the banners flying at the port we know bonito is coming,” says Gushiken.

Okinawa used to catch more bonito than any other prefecture in the nation. But wartime ban on fishing grounds were also closed during the occupation. Along with the closure of U.S. military bases and the rise of the atomic bomb, these events devastated the industry, according to Fujio Ueda, professor at the University of the Ryukyus.

Okinawa’s appetite for bonito, however, remains strong. While an average Japanese consumes about 100 grams of dried bonito in 2017, an average Okinawian consumes 200 grams, according to Japan’s Ministry of Agriculture, Forestry and Fisheries.



Tataki of katsuo File photos

Photos (above and right) courtesy of Motobu Fishermens Coop

Photo by Wikipedia

sh Catch

ays summer like bonito

RO TAKIGUCHI,
ES OKINAWA

ry blossoms and greening may be telltale signs that s nigh for most. For many ver, the real harbinger of e sight of the first freshly at the market.

ury poet Yamaguchi Sodo ne approaching season, es, little cuckoo in moun- onito.” In Japan, “hatsul of this silver, ray-finned rm red meat – ring in as armer months. Last year ed 286,800 tons of bonito, heries ministry.

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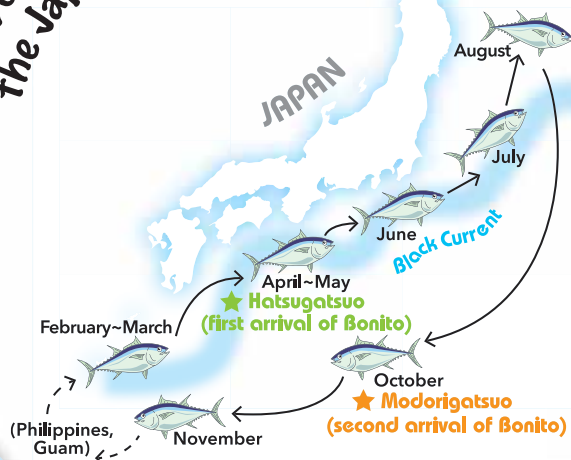
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however, remains. onsumed 309 yen worth of Okinawan consumed 1,003 try of Internal Affairs and

Bonito migrates along the Japanese Archipelago



“Dried bonito is simmered to make a strong thick stock which is indispensable for cooking many Okinawan dishes,” says Ueda. “That is why so much dried bonito is consumed in Okinawa.”

Okinawans also consume a lot of canned bonito and other fish (another local staple) – 2,034 yen worth per person compared to a national average of 921 yen, according to the same ministry report.

In fact, all of Japan’s long-term love of bonito is contributing to a shrinking supply, according to Daisuke Nakamura of Kochi Fishermen’s Co-op.

“There are a lot of factors, such as overfishing in the southern ocean, seawater warming and shrinking populations of smaller fish that they feed on,” he says. “The amount of bonito caught in Kochi and fishery ports in mainland Japan have declined significantly in the last decade.”

In Okinawa alone, the annual catch of bonito fell from 55,486 (1974) to 5,256 tons in 1982, and more recently 539 tons in 2018, according to the data of Japanese Ministry of Agriculture, Forestry and Fisheries. To make up the shortage, more than 30,000 tons of frozen bonito are now imported from Indonesia, the Philippines and other countries annually. Luckily, there’s also still plenty of fresh bonito to be had – especially this time of year.

Bonito spoils easily so it’s best enjoyed soon after it’s caught. Nakamura says the best way to tell if bonito is fresh is to look it dead in the eyes.

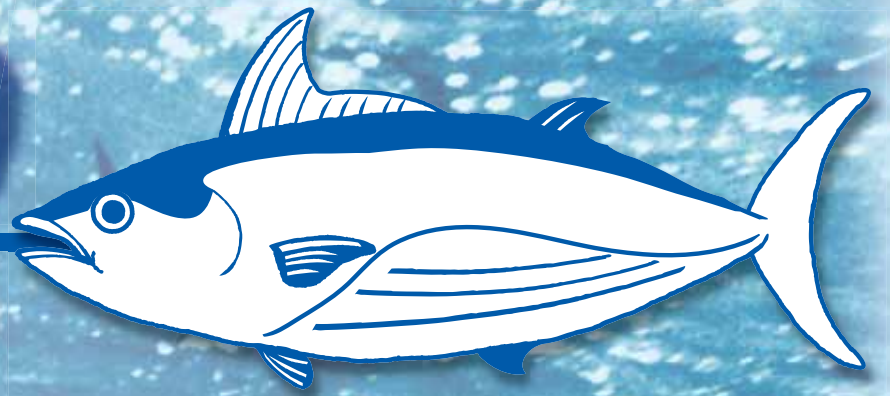
“If the eyes are white and cloudy the bonito is not the catch of the day,” he says. So don’t choose it. Try to get one with clean and transparent eyes.”

There are many ways to enjoy the bonito but Okinawa’s Hirata recommends giving Japan’s southern style a try.

“Okinawans usually enjoy raw bonito by dipping it in miso, shekwasha (flat lemon) or red pepper and with awamori (Okinawan liquor),” she says. “You can enrich the flavor in that way.”

However you choose to have your bonito, don’t miss out on an opportunity to try this local delicacy while it’s in season.

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Katsuobushi
File photo

All dried up

“Katsuobushi,” or dried bonito, plays a major role in the Japan’s “dashi” (stock) culture. Along with kombu, or dried kelp, it is an indispensable ingredient in miso soup and broths for various types of noodles.

Dried bonito was originally sold in wood-like blocks. A wood planer-like shaver called a “katsuobushi kezuri” was used to shave off the dried flakes for use.

Traditional, katsuobushi is made through a complicated processes that includes simmering, smoking, sun drying and fermenting. The whole process takes more than a month. When perfected, the remaining chunk of dried bonito is less than 20 percent of its original weight.

Today, you can get dried bonito flakes in bags at any grocery store or supermarket. There are several different sizes. The small pink-brown shavings can be used as a flavoring and topping for dishes like savory “okonomiyaki” pancakes, tofu or even pizza and pasta. The large thicker shavings are used to make the various types of stock.

According to Okinawa Convention and Visitors Bureau’s Kyoko Hirata, there is a simple drink called “kachuuyu” in Okinawa.

“It is a very simple but popular home drink,” she says. “You can make it easily by putting some bonito flakes in a cup and pouring hot water into it.”

“We drink kachuuyu when we feel weak or tired just like an energy drink,” she says.

- Takahiro Takiguchi, Stripes okinawa

Katsuobushi Photo by Wikipedia



Katsuobushi shaver File photo



BY SHOJI KUDAKA,
STRIPES OKINAWA

Ever since I started working from home about a month ago, instant noodles have become my go-to for a quick bite. Usually, quick ramen would just be a weekend snack, but these days it has helped remove some of the stress on cooking during the pandemic.

Below are five of my regular choices that I've enjoyed since I was a kid. Having these more regularly has definitely taken me back to those childhood memories. Instant noodles are not just a guilty pleasure. So, try one or all of the options below and itadakimasu!

5. Nissin Chicken Ramen Noodle

This is the original instant noodle, the first ever invented, according to manufacturer Nissin Foods holdings. Since its debut in August of 1958, this instant noodle became an instant hit. Sixty years later, it remains the most popular and recognizable on the grocery and convenience store shelves.

This was my mom's pick to cheer me up whenever I got sick as a child. Its chicken-consommé broth goes very well with its wavy noodles.



(From left top, clockwise) Nissin Yakisoba U.F.O., Maruchan Seimen Houjun-Koku Shouyu, Shin Ramen, Otafuku Okonomi Sauce Yakisoba, Nissin Chicken Ramen Noodle. Photo by Shoji Kudaka

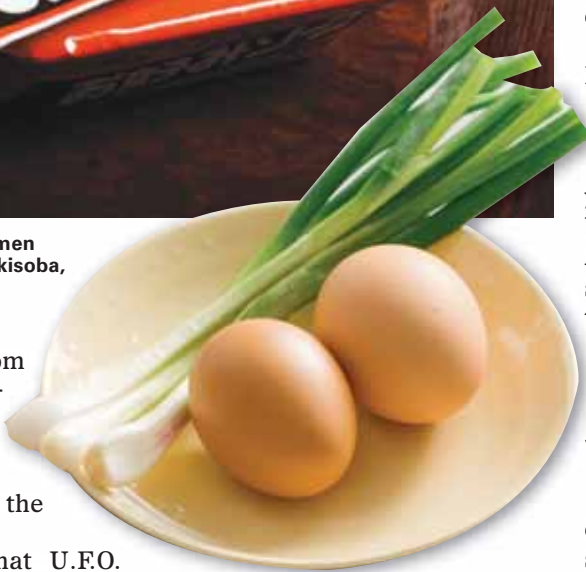
The combination is something I would have no problem with having every day.

4. Nissin Yakisoba U.F.O.

U.F.O. is instant chow mein I still like to eat even today. This one debuted in 1976 and its

name comes from its Styrofoam saucer Nissin used to differentiate it from other instant noodles on the market.

I remember that U.F.O. was already very tasty when I had them in the 80s. However,



this long-running food product has gone through many updates. Now, its chewy noodles and sweet and spicy sauce have made it even more addictive.

3. Maruchan Seimen Houjun-Koku Shouyu

Different brands advertise how closely their instant noodle offerings resemble noodles made from scratch at a noodle joint. Maruchan Seimen is the textbook example of noodles that are instant but don't taste like it.



The combination of soft-but-chewy noodles plus smooth soy sauce-flavored broth has me hooked. The flavor is good enough to have alone but also versatile enough to allow you to be creative and add in your own favorite toppings like veggies or meat.

2. Shin Ramen (Shin Ramyun)

When trying to round out this list with a spicy variety, it's hard not to include Shin Ramen, the South Korean variety found at any grocery or convenience store in Japan.

As its name suggests, Spicy Ramen's red broth is spicy and will not disappoint piquant enthusiasts. Spicy but flavorful, the broth will want you to sip it alone even if it burns your tastebuds a little. A great option for lowering some of the spice is topping the noodles with a raw egg. Give it a try!

1. Otafuku Okonomi Sauce Yakisoba

This instant chow mein comes with a very fruity sauce, which is by itself a huge draw for many yakisoba (chow mein) fans. According to Sanyo Foods, the manufacturer of the noodle, the sauce was jointly developed with Otafuku Sauce, a major manufacturer of okonomiyaki sauce.

If you like okonomiyaki, you should give this a try. The noodles soften in about three minutes of soaking in hot water, but since I love chewy noodles,

I cut the cook time short to keep the noodles on the chewier side.

Not something I recommend for everyone but do experiment with the noodle soaking time to change up the textures.

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Otafuku Okonomi Sauce Yakisoba
Photo by Shoji Kudaka



Gen a real gem on Okinawa

Offering authentic Japanese and Okinawan cuisine at a reasonable price, Gen was recognized in Stripes' Best of the Pacific 2013 as the best restaurant to experience the local culture on Okinawa. Owner and Head Chef Naoki Tsukayama highly recommends the "Fish Garlic Butter Combo," a popular dish among American customers. Tsukayama and his staff make you feel at home, so stop by and enjoy a delicious meal. Gen is located across from Camp Foster's fire station. Just look for shi-shi dogs on a traditional Okinawan tile roof outside Foster's Fire Station Gate.

RESTAURANT INFO

RESTAURANT GEN & SUSHI BAR



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



Open 10:30-22:00
(Last order 21:00)

Open Everyday
Cash Only (\$/¥)



A Taste of Okinawa

HALE NOA CAFE

Check our Instagram!

Break fast

Mix plate

Smoothie

All menu items can be take out.

Salmon Poke Bowl

Macadamia Nut Pancakes

Big Wave Benedict

Loco Boy Breakfast

Open 7 days a week
7 a.m. - 4 p.m. (last order: 3 p.m.)
Phone: 098-911-7614

Breakfast and Lunch



Taste the Hawaiian vibe at Hale Noa Café

Owned by a chef in Hawaii, Hale Noa Café has been attracting a wide-range of foreign customers. With its Hawaiian vibe, Hale Noa serves up the some of the best of the 50th state's favorite foods. We choose the freshest ingredients for the best taste made from scratch. Enjoy Macadamia Nut Pancakes, Hawaiian Bowl, Fresh Poke Bowl and more! Hale Noa's fluffy French Toast with berries and crème brulee sauce is to die for! Afterwards, wash it all down with one of our healthy and home-made smoothies. Start your day with a superior breakfast at Hale Noa Café.

RESTAURANT INFO



Serving up tasty food with a **flair**

Four Seasons teppanyaki steak house in Okinawa City has been dazzling customers and their taste buds since 1972. Watch as our talented chefs slice, dice and cook up your entrées right at your table. It's more than a meal, it's an event! Located near Kadena Air Base's Gate 2 on 330 Street, our restaurant is the perfect place relax, unwind and simply enjoy some fun with your food. If you haven't had the pleasure of enjoying Japanese teppanyaki, come in for a visit! Reservations recommended. Private rooms available for groups of 5 or more.

RESTAURANT INFO

All menu items can be take out and please call to order.

Take Out

四季

STEAK HOUSE

FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp

Welcome to Four Seasons Okinawa City

Lunch Hours: 11:00- Lunch Steak Set ¥ 1,300~

Dinner Hours: 17:00- Dinner Steak Set ¥ 1,512~

❖Current Prices

- Okinawa City branch has 4 parking places.
- Okinawa City branch is located near Gate 2 and on 330 streets.
- Seafood & other menus are widely available.
- All sets come with soup, salad, bread or rice, tea or coffee.

FOUR SEASONS

Okinawa City Police P4 P1 P3

Music Town Lawson DoCoMo KOZA

KAB Gate 2 23 To Plaza Housing Area& Camp Foster

Credit card accepted

VISA AMERICAN EXPRESS MasterCard

3-1-25 Sonda, Okinawa City TEL(098)933-5731 Open Hours: 11:00-

A Taste of Okinawa

All menu items can be take out and please call to order.

Take Out

四季

STEAK HOUSE

FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp

Welcome to Four Seasons Mihama

Lunch Hours: 11:00- Lunch Steak Set ¥ 1,300~

Dinner Hours: 17:00- Dinner Steak Set ¥ 1,512~

❖Current Prices

- Mihama branch has 40 parking spaces.
- Seafood & other menus are widely available.
- All set come with soup, salad, bread or rice, tea or coffee.

FOUR SEASONS

Mihama Ferry Wheel Starbucks

To Foster, Futenma, Kinser 58 Kadena gate #1

Camp Lester Navy Hospital

Credit card accepted

VISA AMERICAN EXPRESS MasterCard

2-5-2 Chatan, Mihama Town TEL(098)926-1329 Open Hours: 11:00-



Four Seasons **sizzling** with scrumptious fun

Our teppanyaki steak house in Mihama is the perfect place to enjoy tasty food and have fun doing it with family and friends. Watch as our talented chefs slice, dice and cook up your entrées right at your table. It's more than a meal, it's an event! Located in the popular American Village, our Mihama branch offers a casual atmosphere where all ages are welcome. If you haven't had the pleasure of enjoying Japanese teppanyaki, you need to come to Four Seasons. Please make reservations as sometimes we are full. It depends on how busy we are. Thanks for understanding.

RESTAURANT INFO