

STARS  AND  STRIPES[®]

A Taste of Okinawa

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

8-page pullout



Café Latte serving up **variety** all day long

Café Latte, located inside the Kadena Officers' Club, offers a wide variety of delicious options throughout the day. Haven't had a good American breakfast in a while? Café Latte serves them all day. For lunch, try one of their menu favorites like the Fish Tacos, or give one of their limited monthly offers a shot. This month try the Meatball Hoagie! It consists of savory marinara sauce mixed into beef meatballs topped with melty mozzarella cheese on a toasted bun. This is the perfect belly-warming meal you need for the chillier days of the Okinawa winter. You won't regret this tasty meal!



Monday - Thursday • 6:30 am - 10 pm
 Friday • 6:30 am - 1 am
 Saturday • 7:30 am - 12 am
 Sunday • 2 pm - 10 pm
 Cafe Latte • 966-7416

RESTAURANT INFO

A Taste of Okinawa



Kamisushi

*Come and Enjoy Your Dining
With Our Fresh, Delicious Seafood.*

Lunch Time: 11:30-14:00 (L.O. 13:30)
 Sushi Set, Chicken Teriyaki Set, Fried Chicken Set and more.

Dinner Time: 17:00-23:00 (L.O. 22:30)
 Sashimi, Sushi, Sushi Rolls, Yakisoba, Fried Rice, Tempura, Deep-Fried Food and more.
 Custom Rolls (Create your own sushi roll with items from the menu)



*Lunch hours have changed,
please come early!*



Kamisushi opens up their new location

Kamisushi, Okinawa's favorite sushi restaurant, is now conveniently located near Carnival Park Mihama. Our friendly staff awaits your arrival! You don't have to go to the U.S. to get American sushi rolls. At Kamisuhi, not only can you try traditional Japanese sushi, but you can also enjoy a variety of American sushi rolls – California, Dynamite and Caterpillar. Try our original Kami Rolls and Mihama Rolls by Chef Isamu Kamiya. You'll be blown away by his sushi magic! Not a sushi eater? We also have a variety of Okinawan and Japanese dishes available to satisfy your taste buds.

Open Wednesday through Monday (Closed Tuesday)
098-926-3290

RESTAURANT INFO



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

Casual Dining & Friendly Atmosphere

Steak, Ribs, Seafood & America's Favorite Dinners

Crab Stuffed Red Snapper Pan-fried & Butter Broiled Shrimp ...¥1,900

Filet Mignon Steak ...¥1,950

Texas Style Barbecued Baby Back Ribs & Sirloin Steak ¥2,750

Lasagna & Deep Fried Shrimp ...¥1,450

Tropical Drinks from ¥420

★Chicken Parmesan...¥1,350 ★Lobster (Crustacean Sauce) on Seafood Paella...¥2,600
 ★Deep Fried Shrimp, Oysters and Golden Chunks of Red Snapper...¥1,900
 ☆All Sam's Dinners Include Soup, Salad, Seasonal Vegetables and Bread or Rice. ☆Dinners from ¥1,250



Sam's Café takes you back in time

Step back in time and enjoy our 1950-60s café-style restaurant. Our American-style and -sized meals will make your mouth water and your taste buds tingle. Fillet mignon, juicy barbecue spare ribs, fresh fish and shrimp dinner sets are all the craze at Sam's Cafe. Located right outside Camp Foster's Gate #6, our café is popular with the military community. And why not? Our friendly staff and tasty food will make sure your meal is one to remember. So, whether you're craving pasta or a lobster dinner, we've got you covered at Sam's Café. We have original cocktails and a kids menu.

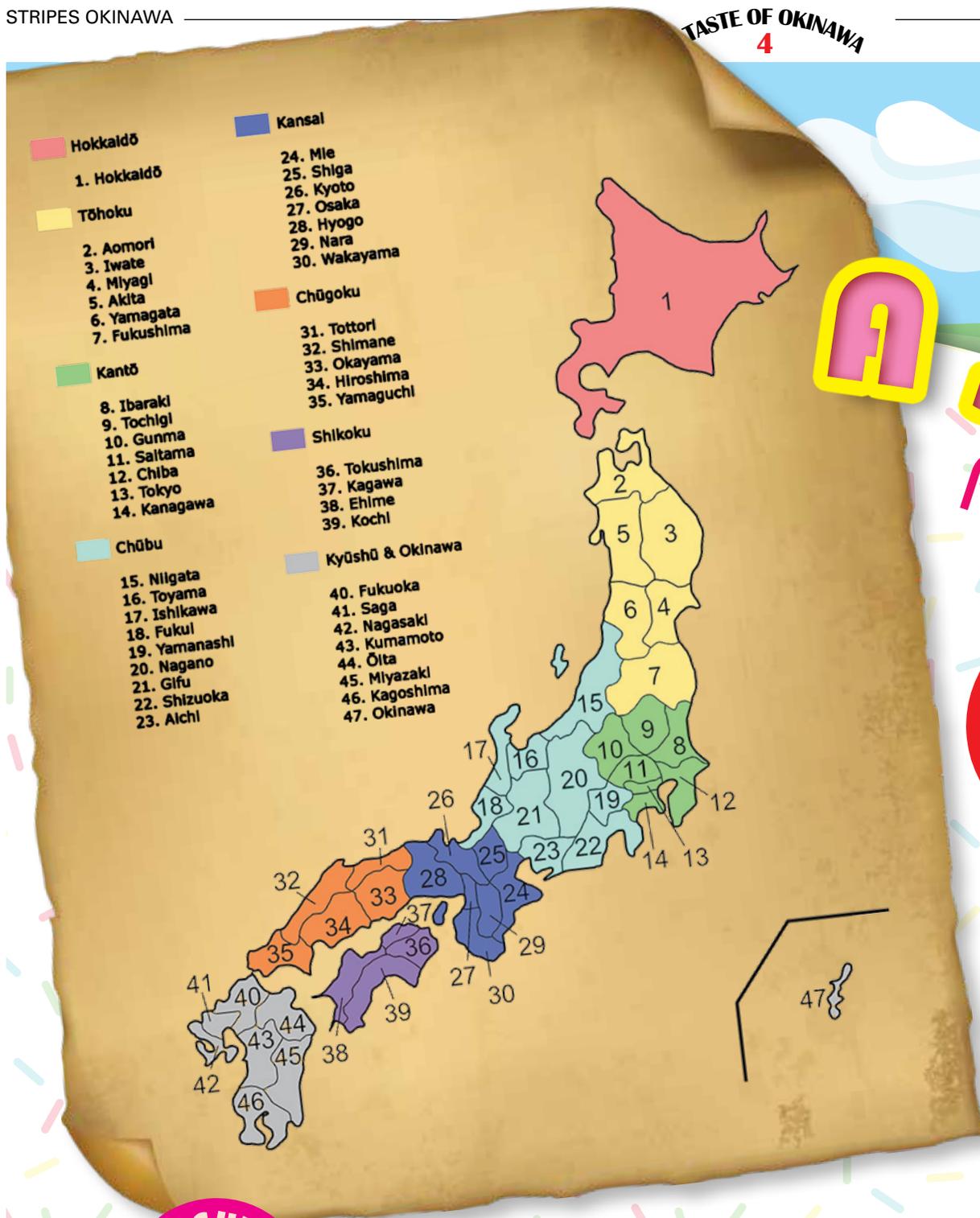
RESTAURANT INFO

Kitanakagusuku Tel.098-935-3699
 Close to Camp Foster Legion Gate 6
 • Open Every Day. •17:00~23:30 (L.O.22:30)
 • Free Parking. •Bilingual Staff.
 • No tipping please at Sam's.
 • Major credit cards accepted.
 • English and Children's menu available.
 • \$ Rate is better than Money Exchange.



COMPLIMENTARY APPETIZER

One coupon valid per group. Maximum 6 people.
 Valid with dinner orders only.
 • Not accepted with any other coupons or discount tickets.
 • Please present coupon when ordering.
 • Complimentary items may vary at each restaurant.
 Accepted at All Sam's Restaurants
 Expires. Feb. 22, 2019



A JAPANESE A NORTH TO SOUTH



BY MATTHEW MACEWAN,
TOFUGU.COM

When it comes to cross-cultural experiences, some things are more universal than others. For instance, outsiders might find it difficult to understand the Japanese phenomena of deliberately crooked teeth, refrigerated underwear, or butt-attacking fingers. These cultural features are unlikely to be exported anytime soon.

Desserts, on the other hand, are one of the best ways to bring cultures together. Who doesn't enjoy sampling treats from around the world? Japan has its fair share of fine confectioneries, and most of them won't even induce that wide-eyed "seriously, Japan!?" look.

TOFUGU.COM

EIGHT 8 STEPS TO Deliciousness

We're going to travel through Japan from north to south, looking at a dessert associated with each of the country's eight major regions. But first, a few broad observations.

Japanese desserts, referred to broadly as wagashi, feature four principal recurring components: mochi (rice flour cake), bean paste (especially "red bean paste", made from azuki beans), fruit, and gelatin (especially agar, derived from algae). These components are also found in many regular, non-dessert foods. When used in desserts, however, they're generally sweetened with the addition of honey or sugar.

Not too sweet though. If there's one major barrier to Westerners enjoying Japanese goodies, it's an expectation of overwhelming sweetness. As is often the case, Japan's approach is more subtle. Well, except when they do things like deep-frying ice cream hot dogs...but we'll get to that later.

It's time to take a tasty trip through Japan, from top to bottom. Let's-a-go!

JAPANESE CHEESECAKE



Photo by yoppy

Hokkaido is the most northern, and least populated, of Japan's main islands. Here we find our first dessert: cheesecake.

That might not sound like a very Japanese choice to start with, but we're talking a different sort of cheesecake here. Japanese cheesecake is light, fluffy, and smooth. It's less rich and sweet than most American or European cheesecakes.

Why Hokkaido? Well, this island happens to be the agricultural heart of Japan, particularly renowned for its dairy products. It's only natural to try making cheesecake when local producers supply the wheat, egg, sugar (often made from beets), milk, and cheese. Naturally, Hokkaido cuisine in general is heavily influenced by these ingredients.

HOKKAIDO

TOHOKU

Tohoku is the northernmost region (the main island is Honshu) with a harsh weather and is known for its delicious dessert: edamame. It originates from Sendai.

Mochi is simply glutinous rice (known as mochi) that is cooked to a soft, sticky consistency. It can serve as a base for many different stuffed with fillings like red bean paste. Bits of mochi can be used in various ways, including as a cream.

Edamame (also known as soybeans) is an immature soybean paste (unlike mature soybeans, which are hard to mash). It is typically eaten on their own or mixed with soy sauce. Edamame paste, which is made from the paste, can be used either for savory dishes or desserts (e.g. mochi).



THE DESSERT JOURNEY

WITH SWEETS EXPEDITION

COFFEE JELLY

Alrighty, time for a dessert that might sound kinda weird. Do you like coffee? Really really like it? So much that you'd even consume it in jelly form?

Kanto is the easternmost region of Honshu, containing about a third of Japan's population, mostly in the metro area of Tokyo. Coffee jelly was invented, likely in this region, during the nineteenth century. Under the influence of European culinary traditions and café culture, moulded jelly dishes were merged with coffee in a stroke of Japanese genius.

This will be the simplest recipe on our journey, consisting merely of coffee, sugar, and gelatin. Once again, sugar is added in moderate amounts, avoiding excessive sweetness. The coffee, however, is often quite strong, making coffee jelly a capable pick-me-up.

This isn't some niche product, either; coffee jelly is commonly available in restaurants and convenience stores across the country. The jelly may be eaten on its own, or added to ice cream, milkshakes, coffee (!), or tea. When eaten alone, coffee jelly may be garnished with bean paste, whipped cream, or condensed milk.



Photo by Arnold Gatilao

KANTO

UIROU

Chubu is basically the middle of Japan. Here we find uirou, a derivative of mochi. Uirou is associated particularly with Nagoya, the largest city of the Chubu region.

Like mochi, uirou is a mildly sweet cake made from rice flour. But while mochi uses glutinous rice (aka sticky rice), uirou uses non-glutinous rice, resulting in a chewier texture. Uirou are traditionally flavoured with azuki bean or green tea, and are typically brightly coloured, in such hues as green, brown, orange, and pink.

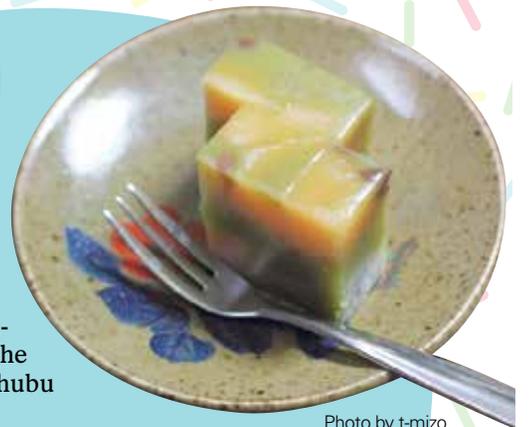


Photo by t-mizo

CHUBU

EDAMAME MOCHI

northernmost part of Honshu (and of Japan), with relatively low population. Here we're a much more Japanese-sounding dish. This dish originates in Sendai, the principal city of Tohoku. It's a soft, chewy cake made from powdered rice flour or rice starch) that has a somewhat gummy consistency. It can be eaten as a meal or dessert, and is often served with a filling, such as bean paste or fruit. It can also be mixed into soup or ice cream.



Photo by Naotake Murayama

so known as zunda) refers to mature soybeans, which are too firm to eat. Immature soybeans are often used in edamame, sometimes as an appetizer. Like bean paste generally, can be used in various meals (e.g. soup, dumplings) or as a filling for cakes, jellied candies).

ICE HOT DOG



Photo by W236

We now move to Kansai, the southern-central region of Japan. The primary city of this region is Osaka, the second-largest city in the country. Here you'll find Amerikamura ("American Village"), an American-style retail/entertainment district. Within this district, you'll find a glorious union of American gluttony/joie de vivre and Japanese weirdness: the ice hot dog!

Instead of a regular hot dog bun, you have a sweetened "candy bun". And instead of a hot dog, you have ice cream (made from Hokkaido milk, natch). And it's deep fried.

Need I say more? This invention alone proves the importance of cultural fusion.

KANSAI

SEE SWEETS ON PAGE 6





SWEETS: A mix of conservative, radical

CONTINUED FROM PAGE 5

MAPLE LEAF MANJU



Photo by Travis

The southernmost region of Honshu, Chugoku, is famous for its spectacular autumn leaves. Not surprisingly, this inspired the creation of at least one local dessert: maple leaf-shaped manju cakes, known as momiji manju. (Manju is a minor variation of mochi, in which the dough is well-kneaded before cooking.) Momiji manju are sometimes fried, resulting in age momiji. Traditionally filled with red bean paste, momiji manju (like wagashi generally) today feature a wide range of fillings, including fruit, chocolate, and custard. Momiji manju cakes date to the early twentieth century, when they were created in Miyajima. Incidentally, Miyajima is also home of the world's largest spatula! Presumably, this is much less of a tourist draw than the leaves.

Don't leave your manju unattended. Miyajima features a healthy population of deer, which have apparently developed a taste for momiji manju. They might sneak a bite if you aren't careful!

CHUGOKU

SUDACHI

Shikoku, the smallest of Japan's four main islands, is the home and main producer of sudachi, a citrus fruit similar to lemon or lime. The sour juice of the sudachi is used as a condiment with many meals, including fish, noodles, and vegetables. It's also a standard flavouring in mass-produced foods, including soda and alcohol.

Just like lemon and lime, sudachi is an extremely versatile dessert flavouring. You can find sudachi-flavoured mochi, bean paste, gelatin, mousse, and ice cream.



Photo by Zengame

SHIKOKU

SWEET POTATO



Photo by Charles Kim

Our final stop is Kyushu, the island that forms the southern tip of mainland Japan. Kyushu is renowned for its Japanese sweet potatoes. Enjoyed baked or fried, alone or as part of a larger dish (e.g. salads, stews), Japanese sweet potatoes have a relatively dry consistency and chestnutty flavour. Roasted sweet potatoes (yaki imo) are popular street vendor fare.



Photo by taylorandayumi

But where does the sweet potato fit in, dessert-wise? That would be ikinari dango (pictured above), a dish associated primarily with Kumamoto, the capital city of Kumamoto Prefecture. Ikinari dango are dumplings, each containing a chunk of sweet potato covered in red bean paste.

Not in the mood for fancy schmancy? Well, you could just take chunks of sweet potato, coat 'em in sugar or honey, and deep fry 'em. The scrumptious result, pictured above, is known as daigaku imo.



One might say that Japanese dessert cuisine embodies a curious duality. On the one hand, half of the recipes explored by this article are based on mochi (or something derivative of mochi), often with a filling of bean paste. This reflects a strong current of restraint and conservatism.

On the other hand, Japanese desserts also venture in unusual directions, including coffee gelatin, sugary sweet potatoes, and deep-fried ice cream hot dogs. Clearly, even as tradition is staunchly maintained, Japanese chefs enjoy developing novel recipes.

Altogether, the Japanese dessert world yields a lively mixture of conservative and radical. And it's delicious.

KYUSHU





HALE NOA CAFE

Check our Instagram! @halenoacafe

Hale Noa French Toast with creme brulee and berries

Elvis French Toast

Eggs Benedict

Salmon Poke Bowl

Macadamia Nut Pancakes

Vegetarian Tofu Poke Bowl

Fruit Pancake

Breakfast Lunch and Dinner

|| Open 7 days a week ||

7 a.m. - 4 p.m. (last order 3 p.m., take out last order 3:30 p.m.)

Phone: 098-989-8244

Get a taste of Hawaii at Hale Noa Cafe

The Hale Noa Cafe in Chatan may have had a grand re-opening in January, but it has been serving its customers since 2015. With its Hawaiian vibe, Hale Noa serves up the some of the best of the 50th state's favorite foods. Enjoy Macadamia Nut Pancakes, Hawaiian Bowl, Grilled Salmon 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 homemade smoothies. At Hale Noa Café, we are always adding new items to our all menu, so stay tuned!

RESTAURANT INFO

A Taste of Okinawa

Authentic Thai Dining

Jai Thai
Thai restaurant

Treat yourself to the taste of authentic Thai cuisine.

Thai Tea

The most famous of all Thai soups.

Grilled Pork

Vegetarian fried rice with assorted fresh Vegetables.

Take out only (4,500 yen)

Party Plate for 3~4 people
Please make a reservation 3 days before your party.

Vegetarian Menu is available!

Takeout OK! Credit cards / \$ accepted

American Village – Giant Ferris Wheel 2F –

We use local organic vegetables.
Kid's menus/course meals/vegetarian menus are also available 480 yen~

Closed Wed, Jan. 16

Okinawa Mihama (098-936-0828)

Weekdays: 11:00 – 15:00 & 17:00 – 23:00

Weekends: 11:00 – 23:00

Last order: 22:00



Experience the true heart of Thailand

If you're looking to enjoy some tasty, authentic Thai food in a friendly and inviting environment, Jai Thai is the place for you. The first restaurant in Japan to win the prestigious Thai Prime Minister's Award, Jai Thai has many delicious dishes to offer – including vegetarian. Jai Thai takes pride in the safety and freshness of the ingredients, which is why we use locally produced vegetables from contracted farmers. So, you can taste the freshness in every one of our dishes. Bring your friends and family to Jai Thai, and enjoy good food, drinks and fun!

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

Credit card accepted



STEAK HOUSE FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp

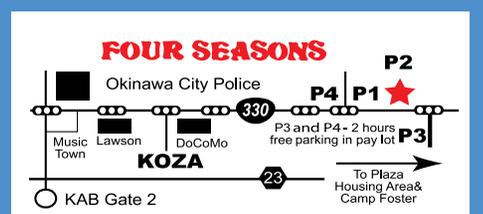
Welcome to Four Seasons Okinawa City

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.



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

A Taste of Okinawa

Credit card accepted



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.



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