Satisfy your seafood and steak cravings at Sam’s by the Sea, the popular restaurant with a nautical-themed interior and exotic Hawaiian and Polynesian décor that was elected “Best Date Night Restaurant” in Stripes Best of the Pacific 2019. Take in the view of the ocean as you and someone special enjoy a tasty full-course dinner by candlelight. Delight your taste buds with our fresh lobster, King Crab, prawns, red snapper, mahi mahi, swordfish and oysters. And our top-quality juicy steaks will leave your mouth watering and your stomach satisfied. Our friendly staff promises to make it a memorable dinner.

Make it a date at SAM’S!

Okinawa city Awise Tel. 098-937-3421
Kadena Gate 2 through Awise Yacht Club building
- Open Every Day: 17:00-23:30 (L.O.T: 22:30)
- Free Parking, Bilingual Staff
- No tipping, please at 12% Service
- English and Children’s menu available
- 9% Rate is better than Money Exchange
Treat yourself to our tasty pizza

If you’re craving mouthwatering pizza, look no further than Banyan Tree Pizza & Grill! You can’t beat the quality of fresh ingredients atop the perfect crust. Pizza is a staple for meetings, birthdays and parties, and Banyan Tree Pizza & Grill pizza is a true showstopper. This restaurant, located inside the Schilling Community Center, is also the perfect place to meet for lunch. Pizza isn’t all Banyan Tree is known for, it has tons of menu options including yakisoba, stromboli and bibimbap! Stop in today to enjoy the varied menu and convenient location, make it a new lunchtime staple.

Banyan Tree Pizza & Grill

966-7426 | Bldg. 435
Sunday - Thursday • 11 am - 10 pm
Friday - Saturday • 11 am - midnight
Delivery • 966-7375
Go to kadenafss.com to order online!
Sunday - Thursday • 4 pm - 10 pm
Friday - Saturday • 4 pm - midnight

A Taste of Okinawa

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

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

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 Kamisushi, 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.
It tastes soy good!

You can't even talk about – much less taste – Okinawan food without letting soybeans, or a soy-based delicacy, cross your lips. Soybeans really are “the magical fruit” here where traditional wisdom transforms them into a myriad of foods with a variety of colors, shapes and smells. Dubbed “meat of the field” for their hardy culinary and nutritional values, soybeans have a long and storied history throughout. Common soy foods range from soy sauce, as ubiquitous in and outside of Japan as ketchup in America, to “natto” (fermented soybeans) the bane of most foreigners due to the slime and smell. There’s edamame, tofu, miso, soy milk – the list is endless.

The average Japanese eats 13.5 pounds a year, or 0.59 ounces a day, of soy, according to the Ministry of Agriculture, Forestry and Fisheries. While most eat one to one-half servings per day, other surveys show “the upper range among older Japanese – who would be expected to eat a more traditional diet – is about three servings,” blogs dietitian Ginny Kisch Messina at www.thevegand.com.

Soybeans are believed to have first been cultivated in Japan about 2,000 years ago. According to the Ministry of Agriculture, they began appearing as a regular food on Japanese tables during the Kamakura Period (1185 – 1333). After Buddhism caught on in Japan, killing animals and eating meat were frowned on. (Eating meat was even banned a couple times throughout history.) Enter soybeans.

High-protein soy foods such as natto and miso became mainstay meat-substitutes combined with rice to satisfy appetites. They were also used as preserved foods for samurai warriors heading off to battle. These days, soybeans are fried, boiled, steamed or fermented into so many foodstuffs that it would be almost impossible to find a dining table or lunch counter in Japan without one.

Among younger Japanese, however, soy product consumption is starting to decline, owing to the increase of diverse foods from around the world, according the Ministry of Agriculture. Japan’s youth would be wise to follow in the dietary footsteps of their elders. Japan is a country with one of the highest life expectancies, and its traditional healthy food has long been credited for this. In fact, Okinawa had the world’s highest life expectancy until recent years, and many attribute its lowered life expectancy to fewer Okinawans eating their traditional foods. So, don’t be put off by first appearances – or even smells. Dig in to the heart of healthy Okinawan cuisine – try all those tobu, mrench on edamame, sip some soy milk and don’t say no to natto (well, at least not without trying it).

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**BREAKDOWN OF THE BEAN**

About 932,000 tons of soybeans were consumed as food by people in Japan in 2012, according to the Ministry of Agriculture, Forestry and Fisheries most recent data. Only 25 percent of it was produced domestically (65 percent came mainly from the U.S., one of the world’s one of the largest soybean producers). Japan’s soybean consumption breakdown that year was:

- **TOFU 58%**
- **NATTO 14%**
- **MISO & SOY SAUCE 10%**
- **OTHER 22%**

*By comparison, the U.S. consumed over 21 percent of the world’s supply in 2009, and Japan less than 2 percent. But it’s estimated that 99 percent of U.S. soy is used for livestock feed; most soy consumed by Americans is in by way of oil and processed foods such as margarine, mayonnaise, etc. A recent Soyfoods Association of North America survey showed only 31 percent of Americans eat "soyfoods" like tofu and soymilk; 26 percent said they never do.

According to Standard Tables of Food Composition in Japan, 100 grams (about 3.5 ounces) of dry soybeans contain the following:

- **PROTEIN 33%**
- **CARBOHYDRATES 28.8%**
- **FAT 27.7%**
- **WATER 11.7%**
- **MINERALS 4.8%**

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* There’re soy many ways to enjoy these beans – Pages 4-5
MISO
Miso is popular indispensable seasoning that you would find in any Japanese kitchens along with soy sauce. Miso is produced by fermenting soybean, rice, barley or other grains with a type of fungus known as koji (aspergillus oryzae) in Japan. The fermentation process can take anywhere from a few months to a couple of years to complete, and the end result is a red, white or dark brown colored paste with a buttery texture.

Typically, it is the darker the color of the miso, the saltier and stronger the flavor. Like most probiotic foods, miso should only be added to soups or other dishes just before they are removed from the heat. This is to preserve the live koji cultures in miso and also to retain as much nutrients as possible.

Low salted miso is getting popular in the market so that salt-conscious consumers can partake of the many health benefits.

Health Benefits
Besides containing a good amount of readily absorbable protein, miso is also high in vitamin B12. It also supplies trace levels of minerals such as zinc, copper and manganese which are crucial for good health.

Ingredients:
- 1 kg of soybeans
- 1 kg of rice koji (aspergillus oryzae)
- 450g of salt

Dishes: Miso soup
- Miso nabe
- Hot pot
- Stir-fry

NATTO
Natto is probably one of Japan’s most unique traditional “healthy” foods. It is highly nutritious and rich in protein. Japanese love to eat natto with soy sauce or, if you like, try adding raw egg and green onion on top and mix it all together in a bowl of rice.

For centuries, natto had been made using a specialized fermentation process that adds the beneficial bacteria “bacillus natto” to soybeans. The fermentation is said to enhance the nutritional value of the soybeans and it produces a unique flavor and texture. The slimy texture is the result of this natural fermentation process.

Health Benefits
Like all soybean products, natto is high in complete protein. Studies have found that natto is also rich in vitamin K which is essential for healthy blood clotting as well as preventing bone fractures and osteoporosis. Natto also contains an enzyme called “nattokinase” which has been known to dissolve blood clots in lab animals. It is also believed to help decrease heart attacks, strokes and poor circulation.

Dishes: Natto kimuch
- Natto pasta
- Eat with rice

SOY SAUCE
Who can imagine sushi without soy sauce? Japanese love soy sauce. There is no Japanese restaurant that does not have soy sauce on the table. Soy sauce is made from soybeans by being steamed and mixed with roasted wheat and salt. “Koji,” a type of fungus, is added for the fermentation process, which takes about 6 to 12 months. Then the mixture is pressed. During the pressing, “moromi” (the fermented mixture of soybeans, wheat, koji and salt water) is pressed through cotton bags to extract the raw soy sauce. Then the soy sauce is pasteurized, bottled and sold. Recently, low-salted soy sauce has become popular with those concerned about eating too much salt.

Health Benefits
Despite the high sodium content, it is said that soy sauce helps digestion and helps lower cholesterol. Some believe that it is different than other high-salt foods with respect to blood pressure and cardiovascular health.

Dishes: As a seasoning or condiment, it puts the “Japanese” in Japanese food.

How to make homemade miso

It is common that many Japanese make miso during January to March because it is believed that the low temperature can help fermentation process slow and make miso richer taste. If you make miso during this time of the year, it takes approximately 7 to 8 month to complete fermentation for miso. I have made my own miso last year for the first time in my life, and it came out very tasty. I really enjoyed making it even though you never know how it will come out for a long time. It is almost like taking care of your plants and looking forward to seeing bloom it.

- Tetsuo Nakahara, Stripes Okinawa

Ingredients:
- 1 kg of soybeans
- 1 kg of rice koji (aspergillus oryzae)
- 450g of salt

STEP 1
Soybeans to enough water (3 to 4 times amount as soybeans) over night.

STEP 2
Slowly cooked soybeans in the large pot until soybeans get soft. The process takes approximately 7 to 8 month to complete fermentation. I have made my own miso last year for the first time in my life, and it came out very tasty. I really enjoyed making it even though you never know how it will come out for a long time. It is almost like taking care of your plants and looking forward to seeing bloom it.

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STEP 4
Cool it down a little, and then mash, mash and mash! It is easier to use a masher. I put it into a plastic bag and used a bottle to mash and then I stamp on the bag to mash more. It is easier while soybeans are still warm/hot.

STEP 5
Mix rice koji and salt very well (keep 50g of salt for later use)

STEP 6
Mix mashed soybeans and #5 very well. Add the soup of #3 and adjust the hardness, just about same as hamburger pate’s hardness.

STEP 7
Make miso ball. Take out air when you put into a plastic bag.

STEP 8
Throw those miso ball that you can.

STEP 9
After you put balls, mix well. After that, you can add 50g of salt on the top.
enjoy these beans

EDAMAME

When you harvest soybeans when they are young, they are eaten as edamame. Edamame is often served at “izakaya,” or Japanese Pubs as a popular finger food to go with alcohol. You can also purchase edamame fresh or frozen at supermarkets. If you want to buy fresh edamame, the harvest time in Japan is June through September.

Cooking edamame is pretty easy: Wash some fresh edamame with running water and put it into boiling water with a little bit of salt for 6-7 minutes. Take it out, drain and cool. You should not wash it with water after cooking it. Use a fan to cool it down and the salt will soak into the edamame.

Health Benefits

Edamame is low in calories and fat, and high in protein. In addition to vitamins, it has such minerals such as iron and calcium. It is said that edamame helps lower the risk of cardiovascular disease.

Dishes: Blanched Zunda mochi (edamame paste mochi)

TOFU

Tofu is made from soymilk curds. So it is a bit like a cheese made from soy instead of animal milk. The curds are pressed into blocks and can be made into different textures.

There are two types of tofu: “kinu” (silk), and “momen” (cotton). As the name suggests, it depends on whether the soy milk is strained thoroughly cotton or silk cloth. Kinu tofu is softer and momen tofu is firm.

Health Benefits

In addition to protein, tofu contains iron, zinc, calcium and other minerals. It is also said that tofu helps to decrease the risk of heart disease.

Dishes: Miso soup, Hiyayakko (cold tofu) Nabe (hot pot) Tofu champuru (Okinawan stir fry) Tofu salad

KINAKO

Kinako is roasted soybean powder. It’s often used in mochi and other Japanese sweets. It is considered a diet food and is popular with some young women. The current trend is to make a milk or soy milk shakes with kinako powder.

Health Benefits

Kinako contains all the vitamins and minerals found in soybeans including soy isoflavone, soy saponin, and soy lecithin. It is said to help prevent obesity.

Dishes: Kinako mochi Kinako drinks

Tofu Recipe

Tofu Champuru (Stir fry tofu and vegetable)

The Okinawan local’s favorite tofu champuru is so easy and yet tasty. It is similar to goya (bitter gourd) champuru, although this case tofu is the main element.

Ingredients: (for 2 – 3 people)

- A whole piece of momen tofu
- Quarter of a whole cabbage (about 10.5 ounces)
- Half pack of bean sprouts
- Half of a carrot
- 2 eggs
- Half ounce of bonito flake
- 1 tea spoon of sugar
- 1 tea spoon of salt
- 1 tea spoon of soy sauce
- Sesame oil
- You can add other vegetables as you like such as onion, sprouts or green onion.

1. Drain the tofu well by wrapping it in paper towel and put some weight on the top. This process is important because it prevent it from being too watery when it’s cooked. Cut into two inch cube size.
2. Cut cabbage into a half inch wide. Cut carrot into about two inch wide.
3. And mix eggs well in a bowl.
4. Place a half table spoon of sesami oil into frying pan and heat. Cook tofu until the color change into slightly golden. And take it out.
5. Add a table spoon of oil, and stir fry carrot, sprouts and cabbage for about three minutes. Add bonito flake and tofu and stir fry gently (try not to break the shape of tofu). Add soy sauce, sugar and salt.
6. Add egg into #5 and stir fry quickly.
7. Put it into a dish. You can add a little bit of bonito flake on the top.

STEP 10

Cover the surface with a flat object and put the weight (about 2kg) on top of it.

STEP 11

Keep it in a cool place in the house. If you make it during the winter it takes about 8 month. If you make it spring or summer or if you live in tropical, it takes about 4 – 6 month.

*It may get mold on the surface a little when you open it. But, you can scoop the mold part away and use the rest. The rest part is fine.
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.

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 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 brûlée sauce is to die for! Afterwards, wash it all down with one of our healthy and homemade smoothies. Start your day with a superior breakfast at Hale Noa Café.
Fry your own kushiage at Kushiya Monogatari

Head to Kushiya Monogatari for kushiage, deep-fried skewers made popular in Osaka. In this buffet-style restaurant, pick your skewers and fry them at your table! Kushiya Monogatari uses healthy oil in all of its table fryers and offers over 30 ingredients for its skewers. Pick from shrimp, beef, pork, chicken and veggies in this all-you-can-eat setting. Have fun battering the skewers and cooking them up right in front of you. Dip your skewers in a variety of sauces and spices available. Also included are curry and rice, fresh salads, cakes, fruit and ochazuke. Your family will love this unique experience!

All-You-Can-Eat Deep-Fried Skewered Foods.

Customers can choose their preferred ingredients from varied choices and deep-fry the food themselves.

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Rose Garden Cafe American Kitchen

Great menu, great desserts at nice café

Visit Rose Garden Café American Kitchen for a delightful dining experience with a menu serving up American breakfast favorites like thick bacon, country ham, eggs benedict and pancakes. If you can't make it in for their morning menu, stop in for lunch or dinner. The café offers premium burgers, pasta dishes, like meatball spaghetti and chicken parmesan, and Shrimp Fried to perfection. And save room for dessert! You'll want to try the delicious cakes and pastries available daily. Any time of day, Rose Garden Café American Kitchen offers great food and great prices. We're waiting for you just down the street from Kadena Gate 5!
**We’ll dazzle you and your taste buds!**

Four Seasons teppanyaki steak house in Awase will not only dazzle you, but also your taste buds. 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! Our restaurant is the perfect place to relax, unwind and simply enjoy some foodie fun with your family, friend or that special someone. If you haven’t had the pleasure of enjoying Japanese teppanyaki, come in for a visit! Reservations recommended. We have a big counter that fits 14.

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**A Taste of Okinawa**

**Welcome to Four Seasons Awase**

- **Lunch Hours:** 11:00 - 15:00
- **Lunch Steak Set:** ¥1,300
- **Dinner Hours:** 15:00 - 22:00
- **Dinner Steak Set:** ¥1,512

*Current Prices*

- Awase branch has 2 parking places.
- Seafood & other menus are widely available.
- All sets come with soup, salad, bread or rice, tea or coffee.

4-12-13 Awase, Okinawa City TEL(098)937-0029 Open Hours: 11:00-

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**Welcome to Four Seasons Urasoe**

- **Lunch Hours:** 11:00 - 15:00
- **Lunch Steak Set:** ¥1,300
- **Dinner Hours:** 17:00 - 22:00
- **Dinner Steak Set:** ¥1,512

*Current Prices*

- Please make a reservation for your party and we have party rooms for 4 people.
- Seafood & other menus are widely available.
- All sets come with soup, salad, bread or rice, tea or coffee.

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

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**Japanese Teppanyaki: a tasty treat for all**

Our teppanyaki steak house in Urasoe City 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 a residential area and only a 10-minute drive from Camp Kinser, our Urasoe 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.