


STARS  AND STRIPES<sup>®</sup>

# A Taste of Okinawa

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

**4-page pullout**



# Casual Cooking Classes



Ryukyu Cuisine



Booking

The Okinawans have the longest lifespans in the world! Learn the secrets to their longevity during this Ryukyu Cuisine Cooking Class.

- **Duration:** 3 hours
- **Number of Guests:** 6 - 30 guests
- **Accessibility:** Wheelchair Accessible, Stroller Accessible, Family-friendly
- **Language:** Japanese, English

## Highlights

- Learn how to cook Ryukyu cuisine with an English-speaking cooking instructor
- Find out why Okinawa is home to the most centenarians in the world!
- Learn the secrets of one of the world's healthiest cuisines

## Experience details

This cooking class is an educational experience where you can learn about the traditional Ryukyu cuisine of Okinawa through a short lecture and hands-on cooking experience. The teacher is Kaoru Izena, who is a dietician and exercise instructor with a background in Ryukyu cuisine. Okinawa is well-known as being home to the most centenarians (people over 100 years old) in the world, and this is often attributed to their diet. During this Traditional Ryukyu Cuisine Cooking Class, you will learn about the role of food in Okinawa, especially as one of the main factors of the Okinawan peoples' longevity.

The menu makes use of the most delicious produce in the area. In this Traditional Ryukyu Cuisine Cooking Class, you will learn to make 4 dishes typical of Okinawan cuisine. First up is Yushidofu Soup (also known as Yushi Tofu). Yushidofu is a type of tofu dish that has not been pressed into a block, like other tofu dishes you may have tried. The tofu curds are served fluffy and have a very soft texture, often dressed with ponzu sauce or shoyu (soy sauce). Goya Chanpuru is another very traditional Okinawan dish you will learn to make, made from stir-fried goya (bittermelon) and other veggies. You will also learn to make Jushi (a rice dish, similar to pilaf) and Rafute (simmered pork ribs).

## Menu

- Yushidofu Soup (Okinawan style tofu soup)
- Jyushi (Okinawan pilaf)
- Rafute (simmered pork)
- Goya Chanpuru (stirred veggies with bitter melon)

## Inclusions

- Insights from a cooking and nutrition instructor who specializes in Ryukyu cuisine
- Lecture about Ryukyu cuisine
- Ingredients and tools to make Ryukyu rori dishes
- Cooking lesson featuring classic Okinawan foods

## Exclusions

- Transportation to /from the cooking studio
- Apron

## Meeting point and time

Address in the welcome email

## Remarks

- Please come to the cooking class on time
- Free of charge for children if they are sharing the meal with a parent



Farm to Table in Okinawa



Booking

A delicious and fun farm-to-table experience in Okinawa guided by an organic sugarcane and banana farmer!

- **Duration:** 1.5 hours
- **Number of Guests:** 2 - 10 guests
- **Accessibility:** Wheelchair Accessible, Stroller Accessible, Family-friendly
- **Language:** Japanese, English
- **Other:** Gluten-free, Vegan, Vegetarian

## Highlights

- Tour the sugarcane fields of Okinawa with a local farmer.
- Try freshly harvested and squeezed sugarcane! As sugarcane is a fresh crop like vegetables and fruits, freshness greatly affects quality.
- Tour the banana fields! Miyakojima's native island banana is characterized by its sweet and sour refreshing acidity.
- Learn to make a delicious dessert, enjoying the apple pie-like taste of banana caramelized with brown sugar and cinnamon.

## Experience details

Head to stunning, subtropical Okinawa to experience the charm of life on an organic farm in Japan. Guided by an organic sugarcane and banana farmer, you'll learn about the various farming tools and methods and try your hand at harvesting raw Okinawan sugarcane, from chopping the sugarcane to extracting its juices.

This organic farm-to-table experience in Okinawa is hands-on and interactive! After harvesting and taking a bite of the sugarcane, you'll squeeze it with a hand-operated press, and sample the 100% fresh juice. Finally, you can witness as condensed sugarcane juice is turned into brown sugar, and you'll be able to take a bag of the delicious final product back as a souvenir!

After the Okinawan sugarcane experience, you'll tour the banana fields. Then, you'll combine the two delicious Okinawan products to make a tasty dessert of caramelized banana with brown sugar and banana ice cream.

This farm-to-table experience in Okinawa is perfect for families, tropical island lovers, and anybody with a sweet tooth. The farm tour is offered all year long, though the winter harvest of sugarcane is particularly sweet. Learn about farm culture in Japan, tasting organic Okinawan sugarcane and bananas right at the source!

## Inclusions

- Tour of organic farm in Miyakojima
- Tasting (sugarcane, juice, brown sugar, baked banana, banana ice cream)
- Souvenir (brown sugar)
- Leaflet and free photo service (5-10 photos)
- 15-26% discount for products

## Exclusions

- Transportation to the location

## Meeting point and time

The farm is located 15 minutes from the airport, 15 minutes from Shigira Resort, and 3 minutes from Tokyu Resort. Directions will be shared upon booking.

## Remarks

- Take proper measures against UV rays, such as hats and sunscreen, as it is an outdoor activity.
- Please bring water to prevent heat stroke.
- There is no bathroom in the field, so we will guide you to a public park toilet located 1 minute by car or 3 minutes on foot.
- If the event cannot be held due to bad weather such as a typhoon or heavy rain, we will contact you before the event.



Photos courtesy of byFood

SEE 'BLUE ZONE' ON PAGE 4





# Strikers Café rolling out special Turkey Sandwich

Craving turkey this Thanksgiving season? Strikers Café has your back! Gobble your way over to enjoy our Turkey Sandwich, which will put you in the mood to give thanks! It features turkey, soft, golden stuffing, rich gravy, and a side of tangy cranberry sauce. We also offer American classics and some Asian dishes that will satisfy your cravings. We are located in the Emery Lanes Bowling Center (Bldg 113), so come enjoy our food and bowl with family and friends. Hours: Monday – Thursday, 10 am – 9:30 pm, Friday – Saturday, 10 am – 12:30 am, Sunday and Holidays, Noon – 7:30 pm.

Strikers Café

November Special



Turkey Sandwich

Gobble up this Thanksgiving-inspired sandwich with turkey, stuffing, gravy, and a side of tangy cranberry sauce.

\$7



Emery Lanes • 966-7303



# A Taste of Okinawa

## RESTAURANT & SUSHI BAR GEN



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



Open every day 10:30-22:00  
(Last order 21:00)  
Cash Only(\$/¥)



## 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



CONTINUED FROM PAGE 2

‘Blue Zone’ Okinawan Home

Learn from a certified master of traditional Ryukyu cuisine, Ms. Hiromi Nerome, at her home in the sleepy village of Nakijin, accompanied by Junko, an award-winning English-speaking tour guide.

■ Duration: 5 hours

■ Number of Guests: 3 - 4 guests

■ Accessibility: Family-friendly

■ Language: English

■ Other: Vegan, Vegetarian, Regional food

Highlights

■ Learn from a master of traditional Okinawan cuisine, Ms. Hiromi Nerome, and an award-winning tour guide, Junko

■ Find out what makes Okinawan cuisine so unique, contributing to the longevity of local people

■ Make authentic Okinawan recipes from scratch

scratch

■ Explore a local spot with Junko before/after the class

Experience details

Okinawa, the southernmost island prefecture of Japan, was a kingdom separate from Japan for 450 years, known as Ryukyu until 1879. Today, this beautiful island is gaining recognition as one of five “Blue Zones,” rare longevity hotspots on earth where people live particularly long lives.

Influenced by surrounding countries along with its subtropical climate, Okinawa has developed a unique food culture that’s distinct from that of mainland Japan. Let’s find out what they eat and how they live their daily lives, making them some of the world’s leaders in longevity.

Okinawan dishes are characterized by their use of locally-grown, seasonal produce that’s high in nutrients. Your teacher for this Okinawan cooking class will vary the menu, taking seasonality into account. She is flexible and willing to accommodate your needs with advance notice of dietary restrictions.

Note that pork often features in Okinawan dishes, so those of you who wish to avoid pork are recommended

to select the 3rd course menu below, which can be modified for vegans and vegetarians.

Select one of 3 menus

1 Traditional Ryukyu Cuisine

Minudaru (ミヌダル): Steamed pork loin coated with black sesame paste.

Gunbo Machi/Gobo Maki (グンボーマチ / ゴボウマキ): Burdock rolled up in thinly sliced pork or kelp.

Ura Chikichinuku (ウラチキチヌク): Shiitake mushroom stuffed with fish paste.

Tauchiicho (タウチーチョー): Deep-fried sweets stuffed with sesame seeds & candied citrus paste.

2 Okinawan Home Cooking

Tofu/Goya/Somin Champuru (トーフ/ゴーヤ/ソーミン (ソーメン) チャンプル): Okinawan stir-fry dish with pork and vegetables.

Jyushii (ジューシー): Rice dish with diced pork, shiitake mushroom, carrots.

Green Papaya Irichii (アオパパイア イリチー): Shredded papaya with pork braised in soy sauce & dashi.

Sata Andagi (サターアンダギー): Okinawan donuts.

3 Okinawan Noodles (Vegetarian/vegan available)

Handmade Okinawan noodles topped

with braised pork belly or ribs. For vegetarians/vegans, yushi tofu and sides will be prepared.

Inclusions

■ Cooking lesson fee

■ Bilingual local guide

■ Lunch (after the lesson)

■ Tea or water

Exclusions

■ Supplementary fee for ingredients (min. 1,000 yen ~ max. 1,500 yen)

■ Transportation

■ Additional food, drink and admissions if any

Meeting point and time

■ If you take an express bus service, Yanbaru Express Bus, from Naha airport or downtown Naha, get off at Nakijin Village Office bus stop. Meeting point is across from the bus stop.

Remarks

■ Transportation - It is essential to have your own vehicle due to lack of reliable public transportation. Chartered taxi is reasonable in Okinawa and can be arranged through local guide, Junko.

■ Please tell us the menu of your choice in the notes section of the checkout page.

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!

Photos courtesy of BYFOOD

# A Taste of Okinawa

## Be part of crowd filling Sidelines

Established in 2012, Sidelines is a family-owned, family friendly, upscale sports-themed restaurant. Offering a quality menu with something for everyone, including classic American choices, plant-based dishes, kid’s options and diverse specials. Our Homemade Cheesecake and Fish & Chips are undoubtedly best on Island and most of our menu is completely home-made! Theme-nights including Trivia Tuesday, Wing Wednesday and Game-Night Thursday offer welcomed midweek distractions. Weekends are busy and vibrant. We pride ourselves in providing unrivalled service in an attractive space with a full bar, large outdoor seating area and unobstructed ocean views. We’re looking forward to meeting you!

### RESTAURANT INFO