A Taste of Okinawa

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

4-page pullout
On a day in mid-October, I tried cooking paella, a Spanish dish for the first time. Several months back, I had tried ajillo and it went pretty well. So, I decided to give Spanish cuisine another go, hoping for a short gastronomical getaway from the ordinary. I was aware of paella’s popularity in the world, but was definitely surprised just how many recipes were available online. Many of the recipe photos featured colorful ingredients and fresh clams, shrimp and other delicious seafood, but I didn’t want to spend a lot of time prepping for my meal. Fortunately, I found this recipe using frozen mixed seafood—perfect for a lazy chef like me!

As soon as the ingredients started to hit the pan, the aroma had me looking forward to a great meal. Once the time is up, I was ready to take the lid off and dig in straight out of the pan. I had seen paella served up in a huge pan and people share the food. This style probably serves to make the dish sociable. But in my case, I just couldn’t wait to try the food.

The taste easily exceeded my expectation. The cooked rice did a great job of absorbing the seafood’s savor. And it is well balanced with the taste of lemon and parsley. Slices of bell peppers added a nice accent of textures.

In fact, it turned out to be one of the best dishes that I cooked on my own and it took me less than 10 minutes to finish the panful of food!

Later, I learned that I’d just missed World Paella Day on Sept. 20. This day, according to the World Paella Day Cup organization, is dedicated to “the most universal plate of Spanish gastronomy.” The organization hosts cooking competition events in search of the best paella chef in the world.

Though the recipe I tried was simpler in comparison to what the Paella Cup contestants bring to the table, my paella day was just as special.

Ingredients

- Uncooked rice (180 cc)
- Onion (1/2 piece)
- Lemon slices
- Frozen mixed seafood (150 g)
- Garlic (2 pieces)
- Bell peppers (sliced, as much as you please)
- Parsley or Italian parsley (as much as you please)
- Olive oil (30 ml)
- White wine of sake (30 ml)
- Salt and pepper (as much as you please)
- Water (300 cc)
- Tomato sauce (50 cc)
- Saffron (as much as you please)

How to make!

1. Pour olive oil into a pan and fry chopped garlic first, to be followed by chopped onion, and frozen mixed seafood.
2. Take the cover off and put the seafood and sliced bell peppers on top of the rice.
3. Cover the frying pan with aluminum foil again and cook it over low heat for another 10 minutes.
4. Once the seafood is cooked, take it out and put it on a separate plate. The juice extracted from the seafood will be used in the next step.
5. Fry uncooked rice in the frying pan. Once the rice becomes transparent, put in white wine (or sake), salt, pepper, water, and tomato sauce. Mix them gently.
6. Cover the frying pan with aluminum foil and cook it over medium heat. Once vapor comes out, change it to low heat and cook for 10 minutes.
7. Take the cover off and put the seafood and sliced bell peppers on top of the rice.

Once the rice is cooked, turn heat off and leave the cooked rice covered for a few minutes.

Top with sliced lemon and parsley. Buen provecho or いただきます!(Bon appetite)!

Based on recipe from Cookpad.
Green Tea Furikake
Tea to top your rice with

BY RIEKO SUZUKI, METROPOLIS MAGAZINE

T he season for the year’s first batches of green tea is upon us, and there are many ways to enjoy it. But did you know you can turn used green tea leaves into rice toppings? Furikake made with used tea leaves and other healthy ingredients lets you enjoy the wonderful fragrance of green tea, and goes well with rice, salad, tofu, or grilled meat and fish.

Servings: 4-5
Cooking time: 15 min

INGREDIENTS
- 4 tbsp used tea leaves
- 1 tsp white sesame seeds
- 1 sachet (3g) dried bonito shavings (katsuobushi)
- 2 tbsp boiled, dried baby sardines (chirimenjako)
- 1 tsp soy sauce
- 2 tsp sake
- 1 tsp salt

DIRECTIONS
1. In frying pan, fry used tea leaves without oil on very low heat.
2. Add sesame seeds, bonito, and sardines to pan, and keep frying on low until the ingredients dry completely.
3. Add soy sauce and sake to the mix. Stir gently but quickly to blend ingredients well. Continue frying to evaporate the moisture.
4. Turn off heat and add salt.
5. Store in dry, cool place with sealed container and consume within a week.

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Okuma Beach
NOVEMBER SPECIAL

Surf and Turf
A tender grilled ribeye steak and savory shrimp scampi served with sautéed veggies and your choice of rice, mashed potatoes, or fries.

$28.95

Tasty food, lovely views at Okuma’s Surfside

Okuma Beach has everything you need to get away and relax! Take advantage of the delectable local and international dishes served at Okuma’s Surfside Grill & Bar Restaurant. Whether enjoying the peaceful ambiance of restaurant dining, relaxing with a tasty beverage in the lounge, or taking in the panoramic ocean view on the sunset patio, our guests are sure to enjoy their time at the Surfside. The new menu features a wide assortment of seafood, burgers, nachos, steaks, and brick oven pizzas! The Surfside Grill & Bar takes pride in using the freshest local produce and continues to pursue innovative dishes.
Kenny’s serving up food and fun on Okinawa

Welcome to Kenny’s! Okinawa’s popular restaurant. Come and enjoy our extensive menu selection including couple’s specials, steak, chicken and seafood. We’ll also help you quench your thirst with our extensive drink menu. Try our famously delicious buffet-style lunch and come back for dinner. We are located in the Plaza House Shopping Center in Okinawa City, which offers unlimited free parking. Take out and Uber Eats delivery are available and we accept credit cards and yen. Walk in or make reservations, and party space is available. Bring the whole family and let us take care of you!

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Transit Café

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RESTAURANT INFO