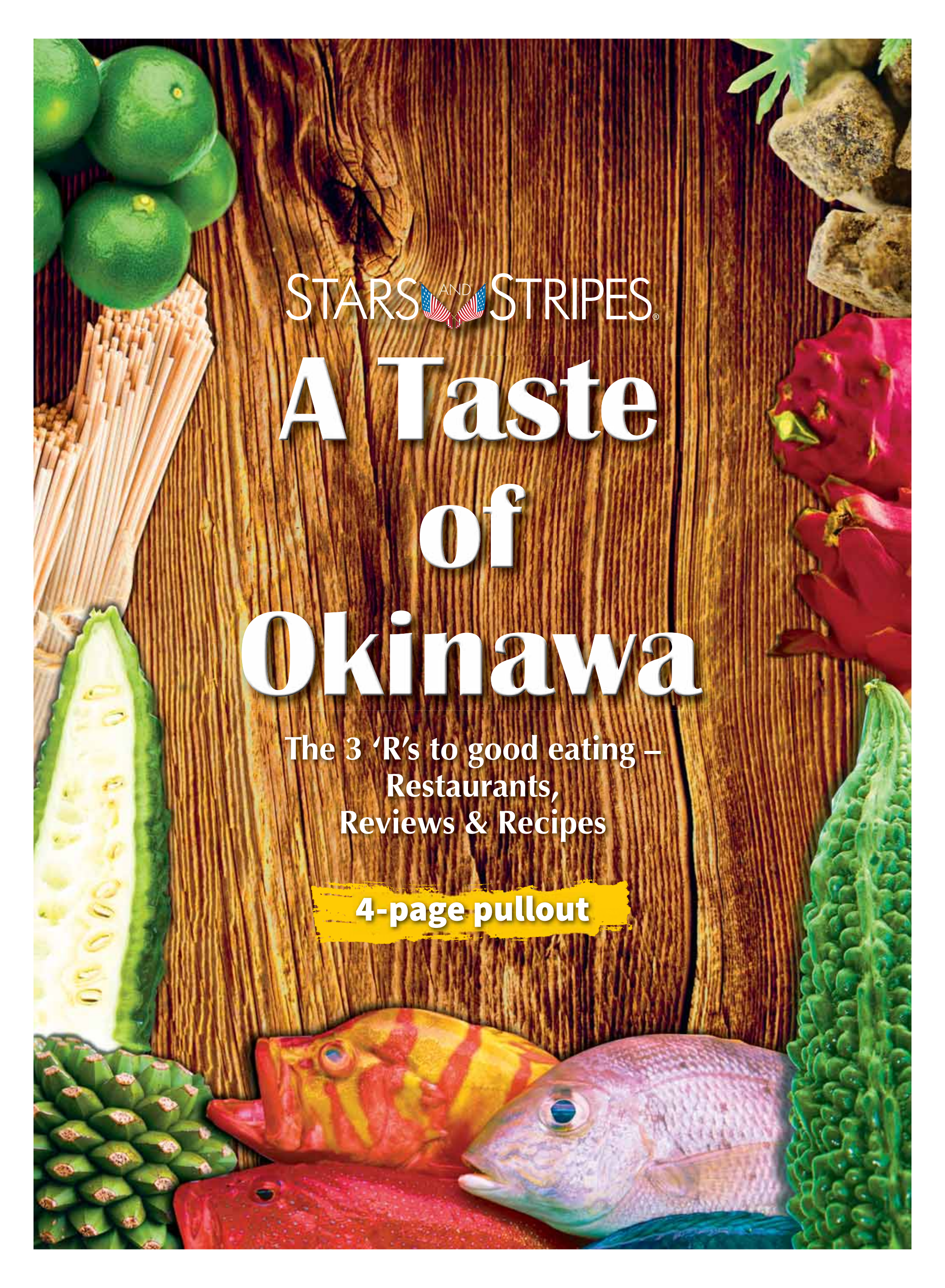




STARS  AND STRIPES[®]

A Taste of Okinawa

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

4-page pullout

Pancake lovers rejoice!

Try this Okinawan crepe recipe today!



STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPES OKINAWA

Chinpin is an Okinawan sweet often described as a pancake or crepe flavored with brown sugar. According to Jitsuyou Ryukyu Ryori, a textbook on Okinawan cuisine, this sweet used to be a special treat made to celebrate Yukkanuhi, a seasonal festival marked on May 4 or May 5 of the lunar calendar.

Today, you can have chinpin year-round at local cafes with a cup of tea or coffee. It's really easy to make and doesn't require special ingredients you don't already have in your kitchen.

The recipe for chinpin calls for brown sugar, which gives it a delicate and restrained sweetness different from traditional pancakes and crepes made with regular granulated white sugar.

Adding to the sweetness is the brown sugar syrup topping which will not ruin the taste of the treat itself. So, let's dig in and try this Okinawan delight!

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INGREDIENTS (for approx. eight cakes)

FOR CHINPIN CREPE/PANCAKE

- Flour (approx. 600cc)
- Baking powder (a small spoonful)
- Salt (a little)
- Brown sugar (Crushed and powdered, 500cc)
- Water (600cc)
- Egg whites of one egg

FOR BROWN SUGAR SYRUP

- Water (100cc)
- Powdered brown sugar (50g)

RECIPE

FOR CHINPIN CREPE/PANCAKE

1. Crush and powder brown sugar.
2. Pour the powdered brown sugar and an egg white in a pot and mix in water. Smooth out clumps with a whisk.
3. Heat the pot on a stove with moderate heat while constantly whisking the mixture.
4. If the mixture starts to boil, stop stirring and continue heating the pot for about five minutes more until the brown sugar melts in the pot.
5. With a strainer, remove the foam that collects at the top. (If you have a larger strainer, you can carefully pour the hot mixture into a bowl instead.)



6. Let the mixture cool.
7. Sift flour and baking powder into a separate bowl.



8. Pour the cooled mixture into the bowl and add salt.



9. Whisk the mixture and let it sit for about 10 minutes with a wet towel covering the bowl.



10. In a pan, pour a little mixture as you would a crepe or pancake. Use oil or non-stick spray so the cakes do not stick to the pan.



11. As it starts to cook, make sure to roll your crepes.



* Ingredients (especially the brown sugar) can be adjusted to your preference.



FOR BROWN SUGAR SYRUP

1. Pour 100cc of water and 50cc of powdered brown sugar in a pot stirring until the sugar dissolves. Let the ingredients reach a boil.
2. Once the ingredients start to thicken into a syrup, it is time to top your chinpin!



VIEW VIDEO!



Bon appetite!





Healthy cooking with the kids!

A Very Hungry Caterpillar Sandwich

STORY AND PHOTO BY RIEKO SUZUKI,
METROPOLIS MAGAZINE

Let's cook something easy, healthy, and fun with your kids! This tuna okara sandwich contains a good amount of soy protein and fiber from okara (soy pulp that you can get from local supermarket at quite a reasonable price). Slicing the tomato just a little bit makes it easier to keep it on the bread. I kept the stem of the tomato to make antennae, but it will do without them.

Servings: 2 sandwiches
Cooking time: 30 min (with kids)

Ingredients

- 2 pieces of french baguette (15cm long each) or any bread you like
- 40g of canned tuna (drained)
- 4 tbs of raw okara
- 2 tbs of finely chopped onion
- 1 tbs of yogurt
- 1 tbs of mayonnaise
- A pinch of salt
- A pinch of pepper
- 1 tbs of butter
- 1 cucumber
- 2 mini tomatoes
- Small amount of hard cheese (for caterpillar's eyes)
- 4 piece of black sesame seeds (for caterpillar's eyes)

Directions

- Combine tuna, okara, onion, yogurt, mayonnaise, salt, and pepper, and mix well.
- Slice bread if needed, and toast lightly. Spread butter, then the tuna okara mixture.
- Place cucumber slices and mini tomatoes on tuna okara spread.
- Put small pieces of hard cheese on tomatoes, then black sesame seeds to make eyes.

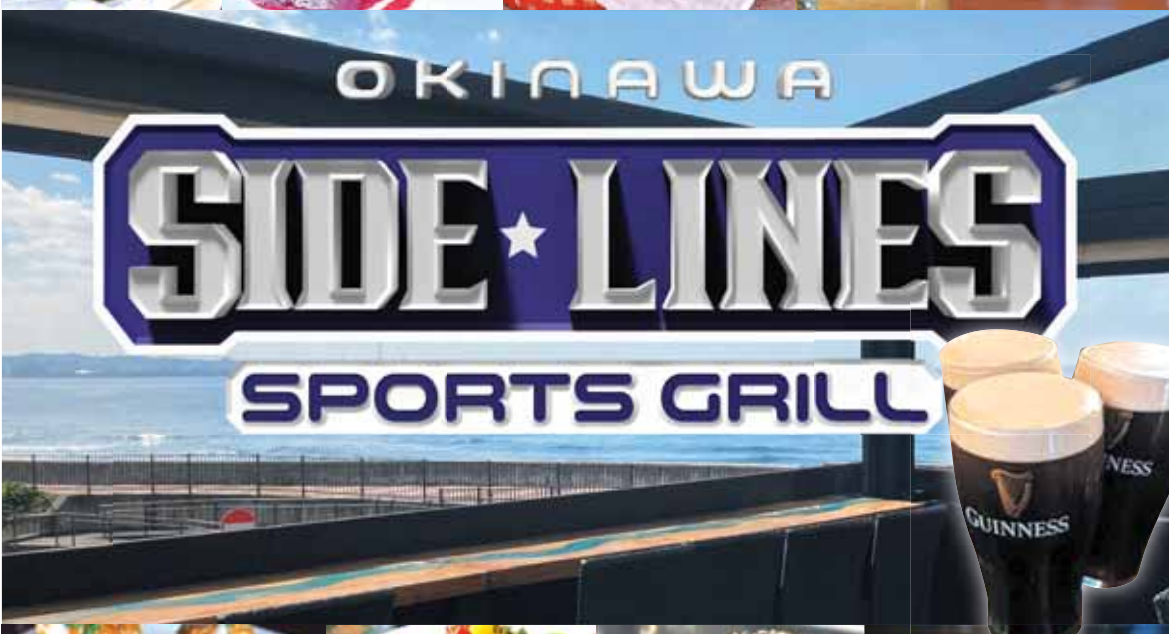


METROPOLIS
HOMEPAGE



METROPOLIS
EVENTS

A Taste of Okinawa





Tasty food, great drinks, fun events at Sidelines

Established in 2012, Sidelines is a family-owned, up-scale Sports Bar & Grill. Our menu offers delicious home-made Classic American Food, Vegan dishes, Kid's options and fantastic Weekly Specials. Try our Fish & Chips and Creamy Homemade Cheesecake, both undoubtedly the Best in Okinawa. Join us for Trivia Tuesday, Wednesday's Humpday Super-Specials, Thursday's Darts Tournament, Friday's Happy Hour, Weekend Bottomless Mimosas & to watch Live Sporting Events on our 20 indoor & outdoor TV's! You'll enjoy unrivalled Service, Full Bar, ample outdoor seating, and a fabulous Ocean View from our Upstairs Bar! Visit us soon and join the Sidelines Family!

RESTAURANT INFO



Stone-oven-baked pizza, pasta, spare ribs and more

Have you heard of Pizzeria MARINO, renowned for our delicious cuisine in Okinawa? At Pizzeria MARINO, you can savor a wide variety of dishes, including stone-oven-baked pizzas, pasta, cheese fondue, and spare ribs. Our freshly baked pizzas are a must-try, offering a unique and irresistible flavor that you won't find anywhere else. Treat yourself to one of our set menus and choose your favorite pizza and pasta combination for an unforgettable dining experience. At Pizzeria MARINO, we're here to give you a taste of home that will leave your tastes begging for more. We can't wait to serve you!



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Branch



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A Taste of Okinawa



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Four Seasons Urasoe

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



Please make a reservation for your party.



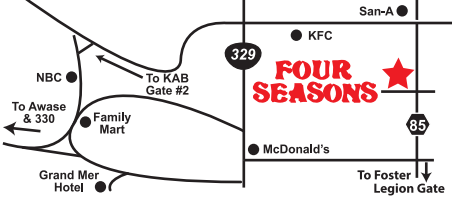
Enjoy great teppanyaki just five minutes from Camp Kinser!

Four Seasons Awase

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



Awase branch has 2 parking places.





Lunch

Hours: 11:00-

Lunch Steak Set ¥1,980-



Dinner

Hours: 17:00-

Dinner Steak Set ¥2,640-

Seafood & other menus are widely available. All sets come with soup, salad, bread or rice, tea or coffee.

Four Seasons Okinawa City

3-1-25 Sonda, Okinawa City / TEL (098)933-5731

Four Seasons Mihama

2-5-2 Chatan, Mihama Town / TEL (098)926-1329



Four Seasons will dazzle you in Awase & Urasoe

Four Seasons Teppanyaki Steak House in Awase and Urasoe will not only dazzle you, but also tingle your taste buds! Watch as our talented chefs slice, dice and cook up your entrees right at your table. It's more than a meal, It's a special event! Our restaurant is the perfect place to relax, unwind and simply enjoy some foodie fun with your family, friends or that special someone. If you haven't had the pleasure of enjoying Japanese teppanyaki, come in for a visit! We promise that you won't be disappointed, so what are you waiting for? Reservations recommended.

RESTAURANT INFO