

STARS^{AND} STRIPES®

A Taste of Okinawa

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

8-page pullout



Talk tempura to me

BY TAKAHIRO TAKIGUCHI,
STRIPES OKINAWA

If you think tempura is just another fried food – think again. This quintessential Japanese cuisine dates back to the Edo Period (1603-1867) and is perhaps second only to sushi as Japan's culinary contribution to the world.

Simple yet elegant, tempura is

ubiquitous in various forms throughout Japan. Tasty tidbits of lightly batter-fried veggies and seafood adorn almost every bento box and are found in virtually every grocery store for a mere 60-100 yen (\$0.60-\$0.85) each. It's a mainstay with noodles, and the essential snack food of Okinawa.

No Japanese restaurant is complete without some tempura on the menu and many do well specializing in it. A typical tempura restaurant usually has a counter where cooks prepare and then immediately serve tempura.

While a

Okinawa style ...

good bowl of tempura-topped rice goes for a reasonable 600-1,000 yen at most chain tempura-ya, or tempura shops, their high-end counterparts draw connoisseurs willing dish out up to 20,000 yen for a multicourse meal featuring the dish.

"Tempura is the ideal food," says Akira Akashi of Ten-ichi tempura house in Sasebo. The traditional frying technique, he adds, preserves the flavor and texture of the food.

"Tempura is a really wonderful dish because the food is not cooked directly by the hot oil, but by steam under the batter," Akashi says. "This preserves the delicate nuances of the food. In fact, it is often considered a steamed dish."

So what is the ideal food to turn into tempura? What isn't?

Common Ingredients include shrimp, squid, fish, green bell pepper, eggplant, sweet potatoes, pumpkin, mushroom, lotus root, bamboo shoots, carrot, burdock, green beans, okra and onion. But, that's not all.

There are seasonal and regional favorites such as oysters in the winter and,



Photos courtesy of Nakamoto Tenpuraten

depending where you are, chicken, pork and other meats. Even Spam, that Okinawan favorite, is commonly used down south where there is a slightly different twist on tempura.

Tempura is very popular on Okinawa, just like in the mainland. But it has a slightly different look and taste. While mainlanders cook tempura in thin plain batter for

CONTINUED ON PAGE 4



Mainland Japan style ...



Photos courtesy of Tan-nen



After a round, head to the Tee House!

Swing over to the Tee House next to the Banyan Tree Golf Course, rent one of the single-rider hoverboards, and set out for a morning round of golf. Once you've worked up an appetite, The Tee House has the ultimate comfort food waiting for you in February – Chicken Pot Pie. What's not to love about creamy chicken, buttery, flaky pie crust and tasty vegetables? With our incredible food, Tee House offers a side of stunning views to enjoy as you eat. After lunch, walk over to the Banyan Tree Pro Shop and find the latest golf gear. Stop in today!

RESTAURANT INFO



Tee House Restaurant

966-7429 | 036-868-2214

Breakfast • 6 am - 10:30 am

Lunch & Dinner • 10:30 am - 6:30 pm



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.

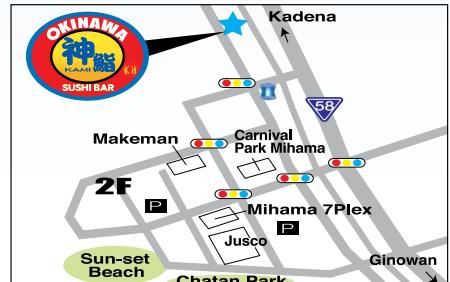
Dinner Time: 17:00-23:00 (L.O. 22:30)

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 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.

Open Wednesday through Monday (Closed Tuesday)

098-926-3290

RESTAURANT INFO



A "tenmori" combo plate File photo

TEMPURA:

Get deep-fried on it

CONTINUED FROM PAGE 2

maximum crisp, Okinawans prefer a richer thicker seasoned batter for maximum flavor.

"Selling for a mere 60 yen (\$0.50) a piece, on Okinawa tempura is considered more of a snack, like "takoyaki" (breaded fried octopus) or "nikuman" (meat buns)" says Kyoko Hirata of Okinawa Convention and Visitors Bureau. "It is usually made a little flatter here with well-seasoned yellow batter made with lots of eggs."

"Fish tempura – both tuna and white fish – squid, red potato, as well as

seaweed and sausage are popular ingredients," she adds.

For the most part, Hirata says, tempura is typically sold at fish and candy stores on Okinawa. However, tempura restaurants that serve fare like those in mainland Japan can also be found in larger Okinawan cities.

While Okinawan-style tempura can be easily enjoyed without a condiment, its mainland counterpart is almost always eaten with a special dipping sauce, salt or citrus juice.

The most common dipping sauce for this kind of tempura is "tentsuyu," a thin sauce made from soy sauce, sweet sake and stock. However, straight soy

sauce has also been used as a dipping sauce since Edo Era when tempura tempuraya originated as an inexpensive food for commoners.

So whether you are looking for a quick snack or an elaborate traditional meal, check out the nearest tempura-ya outside the gates. It's a great way to get a true taste of the Land of the Sun.

"The simple and quick process makes the flavor of anything that's cooked really stand-

TEMPURA ON OKINAWA

Nakamoto Tempuraten

Nakamoto Tempuraten is one of the most popular tempura shops on Okinawa.

Since the shop is running its own fish shop and cultivating seaweed, fresh fish and seaweed are always available for tempura.

"We use only local fresh fish for our tempura," says owner Tokie Nakamoto. "So, our ingredients for tempura change every day in accordance with the daily catch. It may be tuna some days, and swordfish or marlin on another day."

All tempura menu items with fish, squid, vegetables and seaweed are for 65 yen (\$0.55). "Mozuku" and "aosa" (types of seaweed) tempura are the most popular at this shop.

You can eat their tempura without any dipping sauce because the batter is seasoned, according to Nakamoto.

The shop is located on Oujima Island which you can access by bridge. They also offer tempura to go.

"Since our shop is facing a beautiful beach, groups of people often come and buy tempura here and enjoy it on the beach," Nakamoto said.

Location: 9 Okutake, Tamagusuku, Nanjo City
Open April - October 10 a.m. - 6:30 p.m. (Nov - Mar, - 6 p.m.)
URL: nakamotosengyoten.com/
For more information, call 098-948-3583



Photos courtesy of Nakamoto Tempuraten

Uema Bento Tempuraten

Fish and shrimp tempura are the most popular at Uema Bento Tempuraten. "We use whiptail for fish tempura because it has a unique texture and it goes well with tempura," says owner Yoshikazu Uema.

According to Uema, texture of his tempura koyaki, or breaded octopus treats, in the mainland is different.

"With thicker and tasty batter, you can eat it with a dipping sauce, but you may want to use sauce like mayonnaise or ketchup, too," he said.

"Our tempura may be a little tough to mainlanders. But it has a unique crispy yet puffy texture that I am sure everyone would enjoy."

The shop is located near Kadena Air Base and Camp Courtney, so you can drop by on the way home.

You can order 100 or more tempura for any opportunity. "Call us 30 minutes or an hour before we open, and your tempura will be ready to pick up (may take longer on weekends)," Uema said.

This shop also offers home delivery, and you can

Location: 3-23-20 Noborikawa, Okinawa City
Open 5 a.m.- 8 p.m.
URL: uemabento.com/
For more information, call 098-937-9477



Style tempura File photo



Snack shop. Photo courtesy of Uema Bento Tempuraten



Photo courtesy of Tan-nen

e Rising

cooking pro-
y ingredient
l out," says

Izumi Sakamoto of
Tan-nen restaurant in Hachinohe. "That
is the great charm of tempura."
takiguchi.takahiro@stripes.com



at this shop.
s white soft meat and
Uema. "We don't use

compares to "ta-
and.

without

ayon-

nd-

hat

amp

y party

re you visit

when you arrive

eat there as well.

Photos courtesy of Uema Bento Tempuraten

Facts from the fryer

Can you imagine frozen ice cream served up as piping hot tempura?

Deep-fried deepfreeze

Some of the more unusual tempura-prepared foods include "umeboshi," or pickled plums; "natto," or fermented soybeans, banana, mango and sushi.

Perhaps, however, the most unusual tempura of all is ice cream.

Although it is hard to believe you have "ice" cream deep fried in 350 degree oil, it is possible. The trick is to encase the ice cream in a pound cake-like shell or something similar with air pockets. The air in the cake prevents ice cream from melting in the heat until this unique tempura is cooked and ready to eat.

Needless to say, it should be eaten as soon as it is done cooking.

All fried foods are NOT equal

You may have noticed that in addition to tempura there are also popular deep-fried foods in Japan that are usually coated with panko breadcrumbs. But make no mistake – as tasty as these foods may be, they are not tempura.

What sets them apart? It's simple – the breading.

In Japan, fried vegetables and seafood with breadcrumbs are called

"furai" (fry), such as "ebi" (shrimp) furai or "aji" (fish) furai, or "kaki" (oyster) furai.

Breaded meats and similar foods, on the other hand, are called "katsu" (cutlet) such as "tonkatsu" (pork cutlet) or bifukatsu (beef cutlet).

They are considered to be completely different from tempura. Both furai and katsu are seasoned first, then flour, egg and breadcrumbs are applied before they are deep fried.

There is also another popular Japanese fried dish, called "karaage." This is usually, chicken pieces, shrimp or octopus that is seasoned then coated with rice flour or starch before being fried.

- Takahiro Takiguchi,
Stripes Okinawa



WHAT'S IN A WORD?

Speculation on the origins of tempura

The recipe for tempura was introduced to Japan by Portuguese Jesuit missionaries particularly active in the city of Nagasaki also founded by the Portuguese, during the sixteenth century (1549).

Tokugawa Ieyasu, founder and first shogun of the Tokugawa Shogunate of Japan, reportedly loved tempura. Originally, tempura was a popular food eaten at street vendors called yatai since the Genroku era.

The word "tempura," or the technique of dipping fish and vegetables into a batter and frying them, comes from the word "tempora," a Latin word meaning "times," or "time period" used by both Spanish and Portuguese missionaries to refer to the Lenten period or Ember Days (ad tempora quadragesimae), Fridays, and other Christian holy days.

Ember Days or quattuor tempora refer to holy days when Catholics avoid red meat and instead eat fish or vegetables. The idea that the word "tempura" may have been derived from the Portuguese noun tempero, meaning a condiment or seasoning of any kind, or from the verb temperar, meaning "to season" has not been substantiated. However, the Japanese language could easily have assumed the word "temporo" as is, without changing any vowels as the Portuguese pronunciation in this case is similar to the Japanese.

There is still today a dish in Portugal very



similar to tempura called peixinhos da horta, "garden fishes," which consists in green beans dipped in a batter and fried. The end result is usually chewier than tempura.

It is also possible that the Portuguese picked the technique up from Goa which was their colony in India and this could very well be a variation of the pakora.

The term "tempura" is thought to have gained popularity in southern Japan; it became widely used to refer to any sort of food prepared using hot oil, including some already existing Japanese foods. Today, the word "tempura" is also commonly used to refer to satsuma age, a fried fish cake which is made without batter.

- Source: Wikipedia



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 (\$/¥)



RESTAURANT GEN
Foster Chapel Spot Gate
To Kadena Gate #2 Closed Thursdays
MCB Fire Station To Kadena Gate #1
Globe Gate 58

A Taste of Okinawa



*Steak, Ribs, Seafood
& America's
Favorite Dinners*

*Casual Dining
& Friendly Atmosphere*



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

*Filet Mignon Steak
...¥1,950*

MEDIUM

*Lasagna
& Deep Fried Shrimp
...¥1,450*



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

*Tropical Drinks
from ¥420*



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 Café. 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.

Kitanakagusuku Tel.098-935-3699

Close to Camp Foster Legion Gate 6

• Open Every Day • 17:00~23:30 (L.O.22:30)



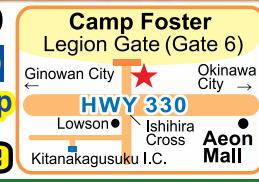
• Free Parking. • Bilingual Staff. • No tipping please at Sam's.

• Major credit cards accepted.

• English and Children's menu available.

• \$ Rate is better than Money Exchange.

**Call for Reservations
Tel:098-932-1819**



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. Mar. 29, 2019

S&S-2

RESTAURANT INFO





HALE NOA CAFE

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

New Menu

Open 7 days a week
7 a.m. - 4 p.m. (last order: 3 p.m.)
Phone: 098-911-7614

Check our Instagram!
@halenoacafe

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 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 brûlée 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



Treat yourself to the taste of authentic Thai cuisine.



Phat see iu
Flat noodles fried with pork



The most famous of all Thai soups
Vegetarian fried rice with assorted fresh vegetables



Thai Tea



Grilled Pork



We use local organic vegetables.

Kid's menus/course meals/vegetarian menus are also available

480 yen~

Takeout OK!
Credit cards / \$ accepted

Jai Thai
Thai restaurant

Okinawa Mihama
(098-936-0828)

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

Weekends: 11:00 - 23:00
Last order: 22:00

R 58	Camp Lester
◀ Kadena	▶ Naha
● Chirugua soba	P
Araha Beach	Nishimatsuya's baby store
Makeman	San-A
7Plex	Jusco

American Village – Giant Ferris Wheel 2F –

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



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.

RESTAURANT INFO

Credit card accepted



STEAK HOUSE

FOUR SEASONS

TEPPANYAKI

SINCE 1972 www.the4seasons.jp*Welcome to Four Seasons Awase*

Lunch Hours: 11:00- Lunch Steak Set

¥ 1,300~

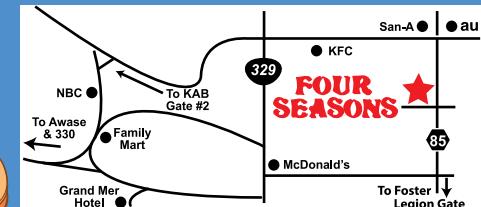
Dinner Hours: 15:00- Dinner Steak Set

¥ 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-

A Taste of Okinawa

Credit card accepted



STEAK HOUSE

FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp*Welcome to Four Seasons Urasoe*

Lunch Hours: 11:00- Lunch Steak Set

¥ 1,300~

Dinner Hours: 17:00- Dinner Steak Set

¥ 1,512~

◆ Current Prices

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



Enjoy great teppanyaki just five minutes from Camp Kinser!

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

RESTAURANT INFO

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.

