

STARS  AND  STRIPES[®]

A Taste of Okinawa

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

4-page pullout



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 & SUSHI BAR GEN



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



Open: Thursday through Tuesday
Close: Every Wednesday
Time: 11:00-22:00 (Last order 21:00)
Cash Only(\$/¥)



A Taste of Okinawa



Come to Sidelines' Big Game Party on Feb. 9

Est. 2012, Sidelines is a family-owned, upscale sports themed restaurant. Our menu offers many great home-made options, including Classic American items, Vegan dishes, kid's choices and delicious weekly Specials. Try our fresh Fish & Chips or delicious Homemade Cheese-cake, both undoubtedly the best in Okinawa! We also have weekly Theme Nights and regularly show Live Sporting Events. Come to our Big Game Party on Feb. 9th! With 20 TV's, our Big Screen Projector and unbeatable table service, you'll experience the best Super Monday atmosphere in Japan! Be sure to join us soon and become part of the Sidelines' Family!

RESTAURANT INFO

HOW TO BREW A FANTASTIC CUP OF COFFEE

BY TESS BERCAN,
HAPS KOREA MAGAZINE

When you wake up in the morning, what's the first thing on your mind? For many, the answer is simple. It's coffee.

It's a given that this intoxicating beverage is adored, but like the sought after yet elusive utopia of Atlantis, does the perfect brew actually exist? We checked out what a few professionals had to say on this topic, and came up with a some suggestions.

CLEAN YOUR EQUIPMENT OFTEN

You want your equipment clean and fresh, free of all bacteria or other contaminants that add up with use.

CHECK THE WATER'S TEMPERATURE

The Black Bear Micro Roastery – an authentic roastery that's dedicated to researched quality in beans — made an online guide that discusses the issue of water. It mentions that, ideally, you want your water to be between 195-205°F (91-96°C). It's essential to get just the right temperature. Water that's even slightly too hot will burn the coffee, and water that's a touch too cool cannot properly extract a bean's flavour.

USE QUALITY WATER

The Black Bear's Roastery guide also suggests that the water shouldn't add anything extra to your coffee's flavour. A lot of the

times tap water can contain chlorine or other substances that affect the taste. Choose filtered or bottled water as an option.

BEAN FRESHNESS MATTERS

In his brew guide, Garret Oden, coffee expert at Yellow House Coffee in Texas, reminds us that as soon as beans are ground and exposed to oxygen, the freshness declines quickly. To ensure prime quality in your sipping experience, buy coffee beans in smaller amounts and grind them day by day. This grind-as-you go routine keeps your coffee as true to quality taste as possible.

USE THE POUR-OVER METHOD OF BREWING

The pour-over is a hand brew method of pouring warm water over the coffee grounds. Grounds are placed in a filter that is held in a cone, such as the Kalita Wave or Chemex. In an interview with Real Simple Living – a website that provides solutions for everyday life – barista champion Katie Carguilo explained that the pour-over is her favorite brew method. It offers a combination between an even saturation of grounds and removing of sediment, leaving a strong yet clean brew.

How to use the pour-over method effectively? First choose your

apparatus (such as the Hario V60, Kalita Wave, Chemex) or check out a local cafe for pour-over options. Be sure to rinse your cone and filter. After that, place the freshly ground beans in your filter. Pour the warm water over the grounds in an even manner. Give it time to soak in the water, and pause the pouring. Allow the liquid to drip through, then begin the pouring again. Basically, you want to repeat the steps of pouring and waiting until you have the amount of coffee you want.

Follow the tips above, and your patience will pay off with a divine cup of homemade joe.



A Taste of Okinawa



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!

Gushikawa
Main City
Branch



Naha
Main Place
Branch



Urasoe
West Coast
Parco City
Branch



RESTAURANT INFO



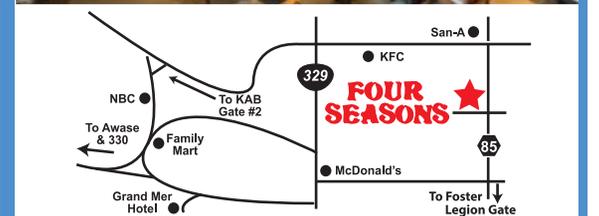
STEAHOUSE
FOUR SEASONS

TEPPAN YAKI SINCE 1972 www.the4seasons.jp

Credit card accepted
VISA, JCB, MasterCard

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

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



<p>Lunch Hours: 11:00- </p> <p>Lunch Steak Set ¥1,980-</p>	<p>Dinner Hours: 17:00- </p> <p>Dinner Steak Set ¥2,640-</p>
<p>Seafood & other menus are widely available. All sets come with soup, salad, bread or rice, tea or coffee.</p>	

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

A Taste of Okinawa



Tasty Thai cuisine will tingle your taste buds

Enjoy authentic Thai cuisine made with organic ingredients at Benjarong! From Spicy Grilled Beef Salad "Nam Tok" and Pad Thai with Shrimp, to Soft-Shell Crab Fried with Original Sauce and Fresh Spring Rolls, our tasty Thai food will tingle your taste buds! We use primarily Okinawan vegetables and organic ingredients whenever possible, focusing on health and local production. Vegetarian meals and herb-free options are also available. We welcome solo diners and families with children, and offer a lunch menu, kids' menu and takeout menu. We have 4 counter seats, 50 table seats, 4 terrace seats and 7 parking spots available.

TAKE OUT OK!

Vegetarian food, English menu Available.

and Credit card accepted

3-17-12 Mashiki, Ginowan-shi,
Open all year round
Lunch 11:30-L.O. 14:30
Dinner 17:00-L.O. 21:30
Drink L.O. 22:00

Google Maps

TEL 098-988-8751

RESTAURANT INFO