

STARS  AND STRIPES[®]

A Taste of Okinawa

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

8-page pullout

Find your new favorite dessert!

STRIPES OKINAWA



Easy Peach Cobbler

Ingredients (serves 8)

- 2/3 cup ripe avocado, mashed
- 1/4 cup unsweetened applesauce
- 1/4 cup granulated sugar
- 1 cup whole wheat or oat flour
- 1/2 cup milk
- 1/2 tsp. vanilla extract (optional)
- 1 tbsp. and 1 tsp. baking powder
- 1/4 tsp. nutmeg
- 1/2 tsp. cinnamon
- 3 cups canned sliced peaches, in their own juice and no sugar added
- 1/2 cup of the canned peach juice, reserved and divided

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-sized mixing bowl, combine the first 8 ingredients and use a fork to stir just until they are combined. Do not over mix.
3. Pour 1/4 cup of the reserved juice in a 9 inch baking pan. Add the peaches and sprinkle the cinnamon on top of the peaches.
4. Top the peaches with the flour mixture and gently spread to evenly distribute. Pour the remaining reserved juice on top of the flour mixture. Do not mix the juice into the topping.
5. Place the cobbler pan in the oven and bake for 40-45 minutes.



Chocolate Avocado Pudding

Ingredients (serves 4)

- 2 large, very ripe avocados
- 1/2 cup + 1 tsp. unsweetened dark cocoa powder
- 2 packets of stevia sweetener
- Pinch of cinnamon or nutmeg (optional)
- 1/2 cup milk (cow milk or nut milk)
- 2 tsp. vanilla extra

Directions

1. Peel, pit and cube the avocado. Place the cubes in a blender.
2. Add the remaining ingredients and blend until smooth.
3. Place the pudding in the refrigerator and chill for at least an hour.

Tips

- Serve with a sprinkle of crushed almonds, walnuts, or peanuts.
- Add 1/2 cup Greek vanilla yogurt to the recipe and then make frozen "pudding pops"

– Recipes courtesy of DeCA

A Taste of Okinawa

HALE NOA CAFE

Check our Instagram! @halenoacafe

All menu items can be take out.
You can pick up your order items and pay at our parking space.
If you call before you come, we can have your order ready.
You can check out our homepage menu here: www.hale-noa.com/okinawa

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



Taste the Hawaiian vibe at Hale Noa Café

Owned by a chef in Hawaii, Hale Noa Café has been attracting a wide-range of foreign customers. With its Hawaiian vibe, Hale Noa serves up the some of the best of the 50th state's favorite foods. We choose the freshest ingredients for the best taste made from scratch. Enjoy Macadamia Nut Pancakes, Hawaiian Bowl, Fresh Poke Bowl and more! Hale Noa's fluffy French Toast with berries and crème brulee sauce is to die for! Afterwards, wash it all down with one of our healthy and homemade smoothies. Start your day with a superior breakfast at Hale Noa Café.

RESTAURANT INFO

Get your greens!

Try a healthy spin on a breakfast favorite



STORY AND PHOTOS BY ALLIE WHALEN,
STRIPES OKINAWA

If you're looking to make your breakfast healthy, I've got the perfect recipe for you! You probably have all the ingredients in your pantry and if you don't, it's easy to substitute with what you have on hand. Make your breakfast fun with some naturally green and delicious pancakes! Everyone can benefit from

building up their immunity, right?

I wanted a healthy pancake that used something a little better than all-purpose flour and one that still packed the nutritional punch with spinach.

What I've created uses half oat flour (easily made in your blender while you puree the spinach!) and half all-purpose flour. I've increased the baking powder and included the combination of flaxseed meal and apple cider

vinegar to really help these pancakes get fluffy. The apple cider vinegar also helps with the absorption of the nutrients in the healthy ingredients. Also included, but optional, is hemp seed powder. It's high in protein, fiber, antioxidants, and chlorophyll. I love sneaking it into baked goods and smoothies! The hemp seed powder will also make these pancakes an even deeper shade of green.



You won't regret starting your day with these nutritional powerhouse pancakes! They're even great for lunch and dinner, too.

These pancakes are:
Refined sugar free
Dairy free
Oil free
Vegan
Plant-based
High in protein
Full of spinach
Perfect for kids of all ages!

INGREDIENTS

- | | |
|---------------------|----------------------------|
| 1 ripe banana | 1/4 cup flaxseed meal |
| 2 cups coconut milk | 1 tbsp apple cider vinegar |
| 1 cup spinach | 1 cup all purpose flour |
| 2 tbsp hemp powder | 1 tsp baking powder |
| 1 cup oats | 1/2 tsp salt |
| 1 tbsp maple syrup | 1 tsp cinnamon |

If you have limited ingredients at home consider these changes:

- use 2 cups of oats or 2 cups of all-purpose flour instead of the half-and-half blend
- omit the hemp powder if you don't have it or can't find it
- omit the apple cider vinegar if you don't have it, or use regular vinegar
- use an egg instead of the flaxseed meal
- use honey or granulated sugar instead of maple syrup
- use your favorite plant-based milk or cow's milk instead of coconut milk
- use an equivalent amount of greens you have on hand if you don't have spinach



Just keep in mind that I've chosen these ingredients because of their nutritional value and added benefits to our health. I love being able to take a normally not-so-healthy food, like pancakes, and make it a great option for breakfast for my kids. I also love being able provide a plant-based breakfast in a delicious way!

DIRECTIONS

- 1 Preheat griddle or cast iron pan to medium heat.
- 2 Add the banana, coconut milk, spinach, hemp powder oats, maple syrup, flaxseed meal, and apple cider vinegar to a high powered blender.
- 3 Blend for about a minute then add the all-purpose flour, baking powder, salt, and cinnamon.
- 4 Blend again until just mixed and whisk in any lumps.
- 5 Spoon about 1/4 cup of the pancake batter onto the pan.
- 6 The pancakes are ready to flip when they start bubbling.
- 7 Cook on each side until browned. It will only take a couple minutes for each pancake to cook.



These pancakes will also freeze great. Make a big batch so you can eat healthy breakfasts all week long.

Allie Whalen is a culinary artist and amateur photographer with a love for the outdoors. She has recently begun sharing her experiences online where she talks about natural and healthy ways to take care of your body and the world around you. She is a military spouse based in Okinawa near Camp Hansen. Allie and her family are excited make beautiful Okinawa their best move yet. There they enjoy the rugged, tranquil life on the northern parts of the island. You can find Allie's blog at alliemwhalen.com, where she details her travels, basic conservation techniques, home education, and leading a healthy lifestyle.



1. Ramune

Classic Japanese drink!

Ramune is one of Japan's most famous carbonated soft drinks, maybe due to its unique bottle shape or its regular appearance in manga and anime. Ramune, a term coming from the English "lemonade," was invented in 1872 and thus is among the oldest of Japan's lemonades. The characteristic marble in the neck of the glass bottle earned Ramune the nickname of "marble soda" and is also the reason why many people might find it hard to open and drink.

Despite its fame, you won't find Ramune in vending machines or convenience stores in Japan, but rather have to check a supermarket or beverage store. However, this popular lemonade is a staple of Japanese summer festivals and can be found at numerous stalls in various flavors!

Bonus: To open a bottle of Ramune, simply use the little plastic opener provided with each drink and push down the marble!



10. Yakult

Japan's probiotic drink called Yakult is a success all around the world, but the yoghurt drink is a staple in Japanese convenience stores and supermarkets. There is even a job called "Yakult lady" – much like the States' Avon ladies, the duties of a Yakult lady are to ride a bicycle or motorbike and go from door to door, selling and promoting the probiotic drink.

No matter if you like it sweet or bitter, Japan's convenience stores and vending machines have a rich variety of original soft drinks that are sure to quench your thirst! Now your only job is to taste your way through each of them and find your favorite!

2. Calpis

What you might know as "Calpico" is a milky Japanese drink that was inspired by the Mongolian airag - basically fermented horse milk. Calpis was Japan's first lactic acid drink, first sold in 1919. The drink is supposed to be mixed with water or milk, which is one of the reasons why it became immediately popular. And it's condensed, so this Japanese drink keeps well even without refrigeration.

Nowadays, the drinks you'll find in any convenience store and vending machine are Calpis Water, a pre-diluted version of the original, and Calpis Soda, which is carbonated Calpis Water. Of course, this classic Japanese drink comes in a variety of fruity flavors as well. Simply look for a white bottle with blue dots and enjoy a refreshing sip!

Bonus: The drink was renamed "Calpico" in the West because many people feel that Calpis sounds uncomfortably close to a less than appetizing word combination.



Quirky Japan

Looking for a nice, refreshing drink can be aisles and examine the colorful selection of names and beverages that you've might. Naturally, Japan has a rich and fun selection of iced tea. Come with us on a wild ride through Japan.

9. Melon soda

Ah yes, melon soda – although the bilious green color of this Japanese soft drink might seem scary, this is a favorite refreshment of many people all around Japan! The melon soda float version is particularly connected to a Japanese childhood. Find the sugary delight at convenience stores, sometimes in vending machines, and at chain stores such as Burger King and McDonald's!





3. Pocari Sweat

Undoubtedly, this Japanese drink regularly raises many eyebrows in the West for its seemingly questionable name. Pocari Sweat is a sweet sports drink with hints of grapefruit that was first sold in 1980. It supposedly restores all the electrolytes and nutrients that are lost when sweating, hence the name. While Pocari Sweat is available as powder and in cans, you'll most likely come across the PET bottles most of the time – they're an inherent part of every convenience store, vending machine, and supermarket.

4. Mitsuya Cider

This Japanese drink is almost as old as Ramune. Mitsuya Cider was first sold in 1884, and while you might think of an alcoholic beverage when hearing "cider," this classic refreshment is a carbonated soft drink. The standard Mitsuya Cider is best described as a cross between Ginger Ale and Sprite, but of course, there are various flavors on the market, including many seasonal ones. Mitsuya Cider is sold at any convenience store, most vending machines, and every supermarket.



Bonus: We highly recommend the Mitsuya Cider Candy, which is quite literally the classic drink in candy form. It even comes with the carbon fizz!



5. Qoo

Best known for its adorable mascot, Qoo is a non-carbonated fruit drink invented by the Coca-Cola Company, marketed mainly towards children and teenagers. First appearing in 1999, Qoo is available in pretty much all of Asia, but not in the West – it was sold exclusively in Germany, for a brief period of time. Qoo is available in any convenience store and rarely in vending machines. As a Coca Cola product, however, it can be ordered at Japanese McDonald's!

Top 10 Japanese Drinks!

LIVE JAPAN

It's your very own adventure when sightseeing in Japan. As you scour convenience stores for the many vending machines found all around the city, you'll come across a variety of drinks you've never heard of before – what exactly is Pocari Sweat? Can you drink that? In this section, we'll explore a collection of its own tasty soft drink varieties, from modern sugar delights to refreshing classics. Here are our top 10 drinks!



8. Mugicha, roasted barley tea

Refreshing summertime Japanese drink!

When talking about tea in Japan, most people immediately think green. However, one of the most beloved drinks of the hot Japanese summer is actually mugicha, or roasted barley tea. The slightly bitter taste of barley tea is a wonderful refreshment, especially on brutally hot days. A staple of convenience stores and vending machines, barley tea is also sold in tea bags and often made at home in households all over Japan.

7. Iced green tea

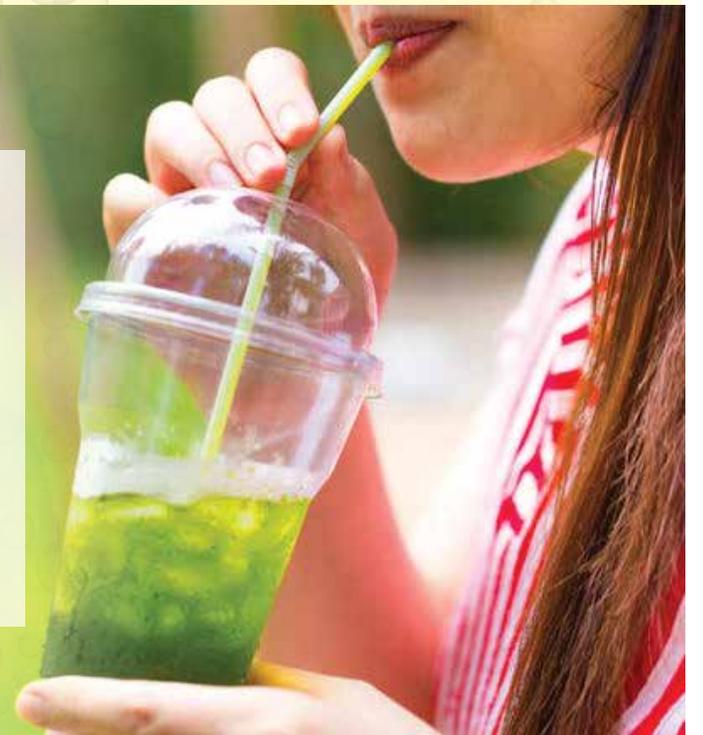
Japanese drink of choice!

While the concept of iced tea is said to have been invented in the United States in the 19th century, iced green tea is a staple drink all over Japan. Generally unsweetened, this healthy refreshment is offered by various different companies and is quite literally found in every single vending machine and convenience store. If you want to quench your thirst in an authentically Japanese way, iced green tea is the way to go!



6. Canned coffee

Canned coffee is a real Japanese drink original that hit the market around 1970. This beverage is most notably found in vending machines in all kinds of varieties, from black and strong to milky and sweet. Japanese vending machines are famous for offering both hot and cold drinks, and canned coffee is a very notable example of this. Convenience stores have a rich assortment of different canned coffee creations as well.



10 Japanese food movies, anime to marathon while you #stayathome

BYFOOD



We are living in strange times at the moment, and we are all doing our part to flatten the curve and slow the coronavirus crisis by practicing social distancing and staying at home. With all of the unexpected free time we have right now, why not take this opportunity to catch up on some of Japan's motion pictures on your laptop or TV? While

you #stayathome, tune into Japan's greatest hits: these Japanese food movies and anime.

As food culture is huge in Japan, it's no surprise that there are countless Japanese films and anime that revolve around the topic of food. Delve into Japanese culinary culture by watching these top-rated Japanese food movies and anime, all while you stay home, snuggled up under your blanket.



1. Tampopo

Nothing is more central to Japanese food culture than ramen. Tampopo is a Japanese classic that involves a huge cast of wacky characters, each with their own food-related storyline.

In the beginning, the film follows two truck drivers, Goro and Gun, who seek solace in a humble, local ramen shop during a heavy downpour. The owner of the store, Tampopo, is a troubled widow who's striving to create the perfect ramen recipe, and naturally Goro and Gun decide to lend a helping hand on her quest. A mix of comedic and heartfelt moments, Tampopo is definitely one to watch, even better if you do so while slurping a bowl of ramen.



2. Jiro dreams of sushi

Jiro Dreams of Sushi is a documentary about the life of Jiro Ono, the legendary sushi master behind the Michelin-starred restaurant, Sukiyabashi Jiro. The supporting roles are Jiro's sons who are both sushi chefs, following in their father's footsteps. Watch the compelling story of Jiro Ono, a man who has dedicated his life to the pursuit of perfect sushi, and his sons who have inherited both his legacy and the pressures that come with it.



3. Sweet bean

Sweet Bean is a movie with the Japanese pancake dorayaki at the forefront. This treat is made of a generous amount of sweetened azuki bean paste sandwiched in the middle of two pancakes.

Watch this moving Japanese film, which follows the friendship of a dorayaki store owner and a 76-year old woman with a secret sweet red bean recipe. As he teaches her the techniques of dorayaki making, Sweet Bean sheds light onto the important morals involved in Japanese culinary culture, including patience, perseverance, and dedication. Not only does this movie teach you the meticulous yet satisfying process of making dorayaki, but the relationship between the two main characters also pulls on your heartstrings.



Source: Kadokawa Pictures Official Website

4. Akanezora: Beyond the crimson sky

This Japanese movie is set in the mid 1700s in Edo, which is now known as Tokyo. Akanezora: Beyond the Crimson Sky is based on an award-winning novel by the famous Ichiriki Yamamoto, and it follows the journey of a young tofu maker, Eikichi, who travels across the country, seeking to set down roots for his very own tofu-making business.

As Eikichi learns his tofu craft from a famous master in Kyoto, he realizes that his tofu doesn't suit the taste buds of the locals in the Edo region. Akanezora: Beyond the Crimson Sky, not only brings forth the fact that similar dishes can have significantly different variations around the country, but also educates about the place of tofu in Japanese cuisine and the beauty of its creation process.



5. Papa's lunchbox is the best in the world

There's nothing like a packed lunch from a mother. Papa's Lunchbox is the Best in the World offers a twist on the traditional family dynamic. Instead of having the matriarch of the family preparing the lunchbox, or bento in Japanese, this movie follows the journey of a father, as he visibly struggles to prepare bentos for his high school daughter.

Papa's Lunchbox is the Best in the World offers an insight to the importance of the bento. Traditionally, a bento always contains rice and one main dish with several other side dishes, all presented appealingly. While many may feel like it's just an ordinary lunch meal, Japan takes it to a whole new level. By the end of the movie, you'll learn that the Japanese bento is not just about the food, but the love, connection, and dedication put into it by family.





1. Bartender

While this anime series, Bartender, doesn't focus on food, it pays tribute to the exquisite drinks one can get at an upscale bar and shows the art of concocting elaborate cocktails. This isn't the entire premise of the show, however. The customers come in with a set of problems of their own, and the bartender aims to help them with soothing, flavorful drinks.

Craving the kind of connection you used to have at your local bar? Join the Online Happy Hour in Japan for a virtual cocktail class and a chat with a food tourism professional in Tokyo.



2. Shokugeki no Souma

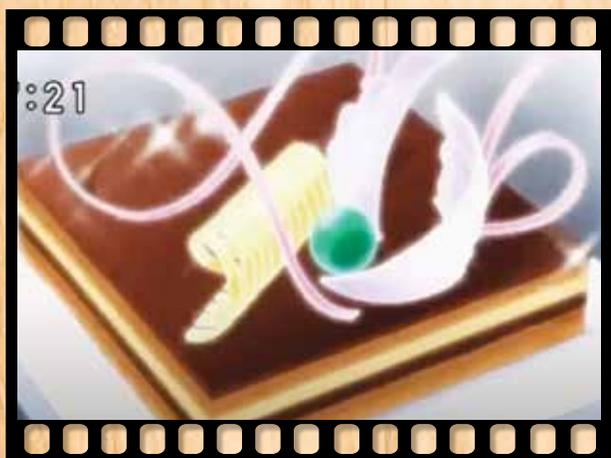
The first Japanese food anime on your list should definitely be Shokugeki no Souma. This anime is arguably one of the most popular cooking anime series ever, and it follows a teenage boy's journey on his quest to become the best chef in his culinary academy.

Every episode definitely features the culinary academy, which is known for food wars where students partake in cooking challenges to showcase their skills. The elaborate acts and unbelievably real-looking dishes will get you into the competitive spirit of Shokugeki no Souma.



5 Japanese food anime to marathon

After you've run out of Japanese food movies, you might be wondering if there are other things to do at home. Continue your binge-watching session with these Japanese food anime.



3. Yumeiro Patissiere

Another Japanese food anime to have on your list is Yumeiro Patissiere. It's no secret that the Japanese are head over heels for pastries, and this anime just emphasizes the significance of baked goods in the Japanese life.

While the anime series targets the younger, female audience with the dash of romance, it's suitable for everyone to watch, following the competitive cooking and mouth-watering baked goods featured in the anime. Best believe that you'll be craving a pastry after every episode of Yumeiro Patissiere.



4. Toriko

Named after the main character of the anime, Toriko follows the adventures of a food investigator who aims to find the most unique ingredients in the world. His trusted partner, Komatsu, joins in on the journey. While it may sound like a peaceful experience at first, expect more than a few fighting scenes in every episode.

The duo faces obstacles like monsters that they have to fight if they would like to use them in the dishes they're creating, ultimately piecing together servings of their dream Lifetime Full Course Menu.



5. Ben-to

Have a breather from the standard cooking anime and get started on Ben-to, which is mainly about people fighting over the best food offered that day. To be more specific, these people fight for the traditional Japanese lunch boxes. From this anime alone, you'll understand that the Japanese don't kid around when it comes to their bento.

With this list of Japanese food movies and anime alone, you can dive into the culinary culture of Japan, without even hopping on a plane! From the history of ramen and sushi to the significance of lunch boxes, it just goes to show that cultural immersion can still be achieved even when you stay at home.

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!



Homemade pop tarts

STORY AND PHOTOS BY ALLIE WHALEN,
STRIPES OKINAWA

I have learned through the past six years of homeschooling my kids that my favorite way to teach math is by cooking together. Kids get to master the basics like addition and subtraction and they also get to practice new concepts like geometry and fractions. Cooking and baking with kids also gives them life-long skills that will help them learn to take care of themselves. One of my most important tasks as a mom is to make sure that my kids know their way around a kitchen and can make healthy choices as adults.

Now for the fun part that you probably came here for - homemade pop tarts! We adapted this recipe from the “Baking Class” cookbook by Deanna F. Cook. This is my kids’ favorite cookbook when they feel like cooking something but they aren’t quite sure what to make. It has everything from sweet to savory and has the best step by step guide. “Baking Class” makes it easy for young bakers to help and it also makes it possible for older bakers to complete a project on their own!

The original recipe calls for homemade pie crust but we decided to use store-bought. You can use whichever crust you prefer, or whatever level of mess you want to clean up in the kitchen when you’re done!



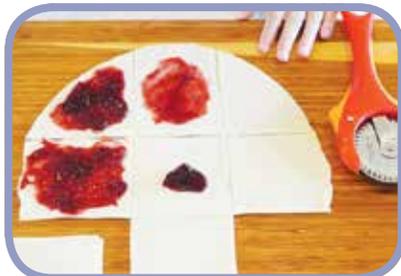
Here’s what we used for the adapted recipe:

- 2 Pillsbury pie crusts
- 1/4 - 1/2 cup natural raspberry jam
- 1/2 cup Okinawa powdered brown sugar
- 1 tablespoon coconut milk
- Rainbow sprinkles

1 First, roll out the pie crust and cut the circle into 3 even-ish sections with a pizza cutter. Don’t worry too much about getting the shapes perfect. Sometimes it’s better to let your kids just have fun with it and let their creativity shine. As long as the pieces mainly fit together it’ll work out just fine!



2 Next, spread the raspberry jam onto half of the squares and triangles. If you use a circle pie crust you will have an uneven number of cut crust, but it’ll work out perfect when you cut the second pie crust.



3 After cutting out the pieces and spreading the raspberry jam on half, match up the halves with the closest-shaped piece of pie crust. Then crimp around the edges of the pop tarts to seal them. If you want, use a pizza wheel and trim the super thin pieces of pie crust so it won’t burn in the oven.



4 When all of the beautiful and imperfect pop tarts are crimped, put them on a parchment paper lined baking sheet and bake them at 425 F for 10-12 minutes.



5 Bake until the pop tarts are golden brown. We also used the leftover pie crust and cut out little sakura blooms to decorate the pop tarts.



6 Spread a thin layer of icing over the top of the cooled pop tarts. We used local Okinawan brown sugar but if you use standard powdered sugar the icing will be white. The Okinawan brown sugar really took the flavor of these pop tarts to another level! It had more of a molasses taste after using the powdered Okinawan sugar.



7 About half way through we learned that the icing dries quickly! So if you want to decorate with sprinkles, make sure you do it before the icing hardens.



These homemade pop tarts were a fun project to do together on the weekend. It wasn’t very involved and didn’t take much longer than an hour. If you really want to let the kids go crazy with decorating the pop tarts, give them free reign and let them get fancy!

Whether you have kids or not, pop tarts are a blast to make! Scroll down just a little further to find the links to my favorite ingredients and baking tools that we used for this fun project.

Allie Whalen is a culinary artist and amateur photographer with a love for the outdoors. She has recently begun sharing her experiences online where she talks about natural and healthy ways to take care of your body and the world around you. She is a military spouse based in Okinawa near Camp Hansen. Allie and her family are excited make beautiful Okinawa their best move yet. There they enjoy the rugged, tranquil life on the northern parts of the island. You can find Allie’s blog at alliemwhalen.com, where she details her travels, basic conservation techniques, home education, and leading a healthy lifestyle.