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THE FOOD ISSUE

Everything Delicious!



This issue we've got a special foodie magazine featuring several choices to tempt you out including reviews of Island Terrace, Ameku Terrace and articles on food in Okinawa.

We also have a review of St Josephine Montessori and there's also our regular dive update from Reef Encounters & much more!

As usual you can also view the magazine online at: www.totalokinawa.com



www.totalokinawa.mobi

Need a QR reader?
Check out our magazine page on Totalokinawa.com

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OKINAWA FOOD



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The Food Issue - Review

Island Terrace

Freshly cooked roast chicken that'll keep you coming back for more!

Island Terrace in Depot Island has a lot going for it. There's the location in the center of Chatan inside the new shopping mall, as well as an extensive menu of pizza, pasta, meat and fish, but what keeps us coming back for more is their chicken!

If you've been in Japan a while and you've had your fill of yakitori, then Island Terrace is your answer. Walk up the long steps into the 1950s decorated restaurant and you'll find some of the best chicken we've ever had, all freshly prepared.

We keep returning at lunch, from just 980 yen you get half a perfectly cooked

chicken, seasoned with a choice of 4 spices or sauces accompanied by fries or rice along with a salad bar, drink bar and even soft serve ice cream included! It's a good deal for such a fresh delicious meal.

At dinner time, they still have the salad bar, drinks and ice cream but it's an additional 450 yen.

They've also got some great

cheesecake if you still have room after the chicken (could be unlikely) and an assortment of beers that you can enjoy on the terrace outside. It's well worth making the journey down to Island Terrace just for the chicken!



Island Terrace Info:

Address: Depot Island, Chatan

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<http://tiny.cc/depotisland>

Google Map



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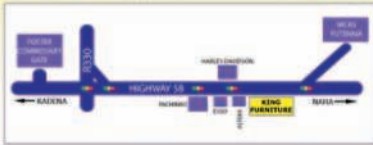
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Dive Update

Dive Season's Coming

The weather is finally warming up and dive season is about to really get rolling. For those looking to get certified or to advance their training so they can enjoy more challenging dives, this season is the time to do it. Remember when choosing your instructor that all classes and training are not created equal and an instructor's experience and training is very important to ensuring your safety. There are numerous important considerations to take into account when choosing your instructor for your open water certification or follow on classes.

There are various agencies to choose from, NAUI and PADI are the two largest and best known. NAUI courses normally include more dives and water time than their PADI equivalents. Some instructors will even add extra dives or water time to further exceed the minimum standards for their courses. Interview your instructor before signing up for their course - a few key questions to ask:

1. What is the average dive time for dives in your course? You learn to dive by diving, individual dives should be at least on average 35 minutes or more.
2. Will we be kneeling on the bottom learning skills or hovering? Diving is a sport done while neutrally buoyant – skills should be taught hovering not sitting or kneeling on the bottom.
3. What is the instructor's experience level? When is the last time they themselves took a dive class to improve their skills? Dive instructors should have a wide breadth of experience with 100's of dives in various conditions – beach, boat, cold water, warm water, high current and more. Instructors should also be taking classes on a regular basis to keep their skills sharp.

Reef Encounters expert staff with a combined experience of over 16,000 dives and 30 years of diving experience is ready to offer you the training needed to make your underwater experience truly amazing. Open water classes start daily with no extra charges for elearning so your schedule is always our schedule. Reef Encounters is also the only shop on island offering a full range of advanced classes to include specialities in advanced DPV, drift diving, wreck diving and full technical certifications to increase the depth of the diving experience.



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The Food Issue - Review



Osaka Ohsho



If you love Chinese food, check out one of Chatan's latest additions.

Osaka Ohsho has five branches in Okinawa. They've recently opened their latest restaurant inside the new San-A supermarket in Sunabe.

They've got Chinese favourites like sweet and sour pork and spring chicken as well as great gyoza! In fact the gyoza are probably the star here, they even claim that they're famous in Japan. Gyoza are basically small pork filled dumplings either fried or boiled. We recommend you get one of their set menus with the fried gyoza. Totally delicious and a bargain at 690 yen for a generous helping of gyoza, fried rice and soup! They've also got take out available as well as a good English menu, so no problems with ordering.

Check out our map online here : <http://tiny.cc/osakaohsho>

Telephone : 098-926-5544 Open 7 Days a Week from 11:00 - 23:00

St Josephine Montessori

to

New Montessori School

Looking for a friendly Montessori school? St Josephine's ticks all the boxes.

St Josephine's Montessori is a small friendly school located in Urasoe not far from Camp Kinser. The head teacher is Nina Moromikawa and has more than 10 years experience in Montessori education and has her Montessori certification from the USA. This is the kind of school that's going to be appreciated by



parents looking for a homely, welcoming environment with small class sizes. They accept children from 2 yrs 10 mths to 6 years old.

www.josephinemontessori.com



<http://tiny.cc/stjosephine>





Okinawa Food

Okinawan Delights...

Here's our round up of some of the best that Okinawa has to offer.

Soba



Okinawa soba is something you just have to try if you visit or live here. What makes Okinawa soba different to mainland dishes is that the noodles in Okinawa are made from wheat flour. In mainland Japan, they are normally made from buckwheat, as well as being normally thicker than other noodles as well.

There's a variety of soba toppings but by far the most common in Okinawa are thick slices of pork, normally quite fatty. That's topped off with different vegetables, with sliced spring onions and red ginger also very common. Quite often you'll also find an egg in your bowl.

As we've mentioned before in our etiquette guides, slurping is ok! Apart from slurping being easier, it also helps to cool the food and gives you the maximum flavour. Once you've eaten all the meat, vegetables and noodles, it's perfectly acceptable to pick the bowl up and drink the broth that's left.

Goya Chanpuru

For a long time this dish was found only in Okinawa, but it's also now reached mainland Japan. Chanpuru in Okinawan means "something mixed" and apart from relating to the dish we're talking about here, can also refer to the Okinawan culture.

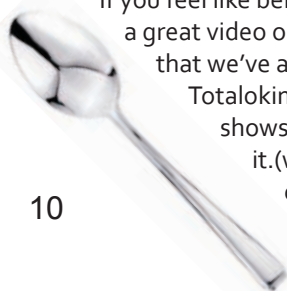
Goya chanpuru normally consists of goya, which if you haven't heard of it before, is a type of bitter melon as well as egg, tofu and normally pork meat. Due to the high level of consumption of goya in Okinawa it's thought to be partly responsible for Okinawan longevity. It's also thought to have a variety of other medicinal benefits including protection against diabetes as well as antiviral and anticancer properties.



If you feel like being adventurous and want to cook goya chanpuru yourself there's a great video on YouTube

that we've added to the Totalokinawa TV page that shows you how to make it. (www.totalokinawa.com/tv.php)

OKI



Okinawa Food



Taco rice

Taco rice is one of those dishes that sounds slightly crazy, hot rice with lettuce, until you try it. There are almost as many stories of how it came into being as places selling it. One story describes how a local chef invented the dish by combining tacos, popular amongst the military in Okinawa, with rice back in the '60s. Another story is that it was created specifically to attract Americans, by mixing rice popular in Okinawa with ground beef. Whatever the truth, taco rice is definitely a popular Okinawan dish.



Taco rice traditionally combines rice with lettuce, tomatoes, ground beef and cheese. If rice isn't your thing, then you can often find a taco rice pizza minus the rice. If you've never had a pizza with lettuce, then you have to try it at least once as they taste a lot better than they sound!

Drinks

Orion Beer

If you like beer then Japan has some great choices. Okinawa's local brew is Orion. They've been making beer since 1959 switching from at first a German style beer to the American style you can buy today. The best choice is a can or bottle of Orion's draft beer.

Awamori

Awamori is a rice liquor like sake, but that's where the similarity stops. Sake is produced by brewing, whereas awamori is produced by distillation, the process originating from Thailand. Most is 60-86 proof and is served with water and ice, though you can get up to 120 proof!

Sweets

Sweet Potato - Imo

Sweet potatoes are common in many cuisines but the Okinawan sweet potato is particularly distinctive because of its purple color.

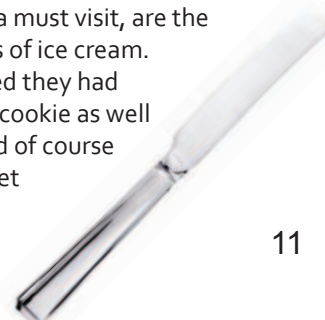


Ice Cream

Okinawa has some brands you will be used to from back home, but for a local choice try Blue Seal. There's a large shop opposite Camp Foster in Chatan, that apart from the ice cream also has some great food options.

What makes this a must visit, are the Okinawan flavours of ice cream.

When we visited they had Okinawan salt cookie as well as shiquasa and of course Okinawan sweet potato!



EAT



The Food Issue - Buy



www.totalokinawa.com

Where To Buy..

If you're looking for speciality food or treats that you can't find in the commissary, then we've got a round up of where to go.

Roast Chicken

If you're looking for fresh whole or half roast chicken there's a great little shop close to Camp Foster which just does rotisserie chicken, that's it! If you exit Camp Foster's Legion gate then take a right at the crossroads it's located on the left before the next major intersection. Map at : <http://tiny.cc/rotisserie>

Bagels

You're welcome to prove us wrong but the best bagels we've found in Okinawa so far, are at Cactus Eatrip on Highway 58. Available to eat in or take out and baked fresh daily with natural yeast,



they're worth the trip.

They're located close to Camp Foster.

Visit or click here for a map:

www.okinawabagel.com

Apple Pie

For fresh whole apple pies, the best choice we've found so far are the Jimmy's chain of supermarkets. The biggest branch in the area is on Highway 58 on the left heading towards Naha after Futenma. Apart from the freshly baked pies, they've also got a great variety of imported foods and other baked goods, chicken and salads.

Coffee

Lookout for a full review of this great coffee shop coming soon, but if you're looking for a selection of over 25 fresh coffee beans then check out Churamame located in Aja, Naha. There's a map here : <http://tiny.cc/churamame>

Import Grocery

We mentioned Jimmy's above which stocks a good range of imported foods you might not find in the commissary. Another good choice is Kiraku Oshiro which is close to the coffee beans shop. They've got a large variety of dried goods from all over the world including America and Canada. Great for sweet tooth as they've got an entire wall of candy delights! <http://tiny.cc/kiraku>

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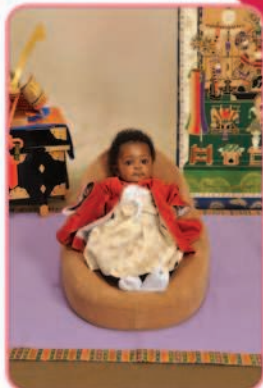
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Ameku Terrace

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You've never experienced quality tempura if you have yet to go to Ameku Terrace. The chef makes a promise to customers—their tempura is made from the heart, provides happiness in every seasonal dish, and will exceed your expectations.

Tempura was introduced to Japan in the mid-sixteenth century by Portuguese missionaries, along with panko and tonkatsu. Since then, these dishes have become common in Japanese cuisine. Creating the perfect batter, oil, and cooking technique is the chef's secret for his featured tempura dishes.

During lunch, choose from a variety of set meals, curry dishes, or the salad buffet offering over nine toppings and a variety of dressings.

Ameku Terrace provides an extensive wine menu complimenting the dinner. Take your glass of wine on the outside terrace and enjoy a grand view of Naha and the East China Sea between courses.

The appetizer is chef's own creation, followed by a fresh salad and a light dressing. Tempura courses will appear more than once throughout the evening. No matter if you're served a tempura vegetable or



Fresh Shrimp and Baby Onion Tempura Course

shrimp, the light and lacy tempura is crisp and airy. Different entrées range from steak, shabu shabu, pork, and thai curry. An exquisite dessert served with coffee finishes off the evening.

Lunch is served from 11:45 a.m. - 2 p.m., except for Mondays when they are closed. Dinner is offered seven days a week from 6 p.m. to midnight, but you must be a member to dine in the evening. Membership applications can be requested during your first visit. A large parking area is available for guests and groups.

Ameku Terrace is a wonderful restaurant to bring a group of friends and enjoy tempura like you've never had before. Bon appétit!



Green Thai Curry



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Google Map

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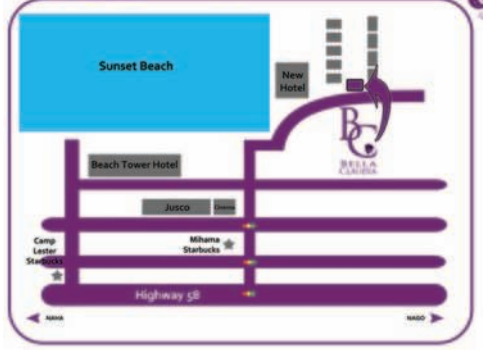
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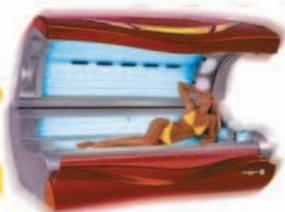
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