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このマガジンはオンラインでも見ることができま
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我認為,這是多麼美妙的一件事...沖繩!說到情人節,還有什
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您 可以在此查看線上雜誌:

www.totalokinawa.jp



Garyuya Ramen

by Anna Hebel

Eat out at the little tsukemenshop right on route 29 in Nakagusuku City, known for its delicious thick noodles and creamy soup! Garyuya is located quite close to Ryukyu University and is visited mostly by college students, but also draws locals and tourists alike. It's small but has plenty of seating with the rooms decorated with dark wood- the mellow lighting gives the noodle shop quite the moody look.

Now to the food: You can either chose a tsukemen and ramen set or order individual bowls and toppings. The little order cards on the wooden board can be mixed and matched as you like. The special teishoku sets come with tsukemen or ramen, rice and a fried chicken topping. The broths of your choice for the ramen are the standard miso, soy sauce and tonkotsu pork bone. The tonkotsu is quite the experience and is a great choice if you love pork broth and want to try a new variation. It is thick and creamy, almost to the point of sweetness. The miso is also thick and more on the sour side, personally I preferred the sweeter tonkotsu.



You can add different toppings to your meal, like eggs, chashshu, harumaki and karage. If you don't feel like noodles, try the chashshu-don bowl. In case your broth gets cold, order a hot stone to heat up your soup again.

Garyuya is a great choice for a spontaneous lunch. Even on a Sunday, when we came with 9 people, though we were not seated immediately, we didn't have to wait long to order. A great place for any tsukemen lover and passionate ramen gourmet. Enjoy!



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我流家



中城村県道29号線沿いにある、我流家。ここは太麺と濃厚クリーミースープで人気のつけ麺屋さん。琉球大学の近くにあるため大学生が多く訪れますが、地元の方や観光客の方までその人気を聞きつけてやってきます。決して大きくない店舗ですが座席は十分にあり、落ち着いた木の内装と室内照明のため、ラーメン屋さんには珍しいムーディーな雰囲気になっています。

メニューは、つけ麺かラーメンのセット、または単品のラーメンやつけ麺を注文して別でトッピングを付けることもできます。木製のボードにかけられている注文カードを好きなように組み合わせるユニークな注文方法。定食にすると、つけ麺かラーメンに揚げ物とライスがついてきます。ラーメンのスープは、味噌、醤油、そして豚骨から選ぶことができます。豚骨スープは、自称豚骨好きもきっと驚く一品。濃厚でクリーミー、それは甘さを感じるほどです。味噌もまた濃厚で、どちらかというとき少し酸味があってさっぱりしていません。

また、卵やチャーシューをトッピングしたり、春巻きや唐揚げを単品で注文することもできます。麺の気分じゃないな～と言う時はチャーシュー丼がお勧め。つけ麺のつけダレが冷めてしまった時には焼き石をお願いして温めることができますよ。

我流家は、ふと思い立った時の突発ランチにもお勧め。私たちは日曜日に9名でお邪魔しましたが、席に案内されるまで少し時間はかかったものの、すぐ注文を聞いてもらえました。つけ麺好き、ラーメンマニアにはたまらない場所です。是非どうぞ！



在Nakagusuku市29號公路邊的小沾麵店吃上一碗美味的厚沾麵，再配上奶油濃湯！Garyuya距離 Ryukyu大學很近，通常都是附近的大學生來光顧，但也吸引了一些當地人和遊客。它很小但座位充足，麵店裡很多深色木製裝修的房間配以柔和燈光給入些許憂鬱的美感。

說到食物：您既可以選擇一份沾麵或者一份拉麵套餐，您也可以預定私人的丼和配菜。木台上的小訂單卡片可隨您喜好搭配使用。特別提供的定食套餐包含一份沾麵或者拉麵、米飯和炸雞配菜。可選的拉麵肉湯包含標準味噌湯、醬油湯和豚骨湯。若您喜歡豬肉湯，亦想嘗試一下新變化，豚骨湯會是個很好的選擇和體驗。它口感厚重綿密，甚至能嚐到一絲甜味。味噌湯口感也比較厚重，只是偏酸，我個人更愛偏甜的豚骨湯。

您可以在訂單中添加不同的配菜，像是雞蛋、日式燒豬腩、春卷和日式炸雞。若您不喜歡吃麵點，可以試一下日式燒豬丼。萬一您的湯底涼了，可點一塊熱石加熱一下即可。

Garyuya是即時午餐的好去處。即使在週日，我們一行9個人去，就算不能立即入座，也無須等候很久才能點單。它絕對是沾麵愛好者和拉麵美食家的不二之選。盡情享用吧！

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Washoku Rakuan

by Chris Enriquez

There is no surprise that Japanese food is dime-a-dozen in Okinawa. Obviously, this is because we are in Japan after all but sometimes the plethora of choices can feel a bit overwhelming. Hence the question – what exactly makes Washoku Rakuan special? Mind you the location is not the best being in the ground floor of one of the old AEON malls but believe me the food more than makes up for it.

Washoku Rakuan offers a wide selection of typical Japanese dishes. It has the regular favourites such as the nigiri, sobas, and tempuras but the one thing that shines out from their menu has got to be the chicken nanban. Now if you don't know what is chicken nanban, you are definitely in for a treat. Chicken nanban is a masterful combination of deepfried battered chicken fillet with a “mayonaisey” (you will know when you see it) tartar sauce, and finally drizzled with just the right amount of sweet teriyaki sauce to give it that flavour without making it soggy. Of course, paired with rice and some miso and some other side dishes. Basically, you are getting a well-balanced heavenly meal. What I like about this restaurant is that the majority of the dishes are offered as set menus and as Dons (rice bowl w/ topping) which makes each order a full complete meal. No need to get an appetizer or dessert. However, if you are anything like my wife, you won't manage to get through without ordering an additional something to satisfy your sweet tooth. Luckily, they don't disappoint in that area as well. A few selections include pudding and ice cream (Japanese style of course). Pricewise, it will cost you an average of about 700-1000 yen per dish which is very typical and reasonable for Okinawa dine outs.



Bottomline, good place to eat wholesome Japanese food. Bring your family as it's that kind of place. For date night is acceptable too but I didn't get that vibe when I was there. Highly recommended for a work lunch. To get there, look for the AEON near Gushikawa. This used to be the major AEON in the area before they built the Rycom Mall but now, it's a good alternative when you are not in the mood to get bombarded by the hoard of shoppers. Washoku Rakuan is on the ground floor of this mall.



Google Map & Directions:



<https://goo.gl/maps/eBP2UjtCH59LE8Lr9>

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沖縄にも和食屋さんはたくさんありますが、選択肢があり過ぎて困ってしまうことはありませんか？今回は和食楽庵をご紹介しますが、何がそんなに特別なのか...？気になりますよね。イオン具志川店の1階に県内三店舗のうちのひとつがあり、ロケーションとしてはベストとは言えないまでもお食事はそれを補って余りあるものがあります。



和食楽庵は、まずメニューバリエーションがとにかく豊富。にぎりやそば、天ぷらなどの定番ものはもちろん、楽庵の人気メニューと言えばチキン南蛮。カリカリに揚げた衣に、マヨネーズ多めのタルタルソース、そして絶妙な量の照り焼きソースをかけたその味のコンビネーションはまさに天才的。ごはんと味噌汁と一緒に出てくるので、どうぞがついてください。基本的に楽庵はバランスの取れた天国のような食事が出来る場所と私は思っています。さらに楽庵ではメニューのほとんどが定食か丼ものになっていて、これだけで一食完成してしまうところがお勧めポイント。前菜やデザートは必要ありませんが、食後にどうしても甘いものが食べたくなってしまう人にも安心。楽庵には抹茶プリンやアイスなどもあります。価格帯は1品700～1,000円で、県内の相場としてはリーズナブルです。

楽庵は、カップルのデートというより家族連れや職場の同僚とのランチにお勧め。場所は、具志川店はイオン具志川店内1階にあり、その他那覇店や北谷店もあります。

在沖繩，日本菜是很普遍的。明顯地，這是因為我們身處在日本，但有時選擇多得有點讓人不知所措。於是就有了這樣的一個問題 - 是甚麼能令 Washoku Rakuan 與眾不同呢？值得注意的是它位於在AEON 舊購物中心地下的一個不太起眼的位置，但是請相信我它們的美食能彌補這一切。



Washoku Rakuan 提供各種經典的日本料理。它有大家都喜歡的菜式，例如飯糰、蕎麥麵和天婦羅，但菜單上你絕對不能錯過的是南蠻炸雞。即使你現在還不知道甚麼是南蠻炸雞，但肯定你一定也會喜歡。南蠻炸雞是由油炸雞柳和沙律醬（看到實物時你自然知道是甚麼）的巧妙組合。最後淋上恰到好處的紅燒汁，讓它的味道變得剛剛好又不會太濕潤。當然，還要搭配白飯、麵豉湯和其他配菜。基本上，你會得到一餐天堂般的均衡美食。我喜歡這家餐廳的原因是，大多數菜式都以套餐和丼（帶有蓋子的飯碗）的形式提供，這使得每份訂單都包含完整的飯菜。無需開胃菜或甜品。不過，如果你像我太太一樣愛好甜食，你或無法自控地額外購買甜品以滿足慾望。幸運的是，他們在這方面也沒有令人失望。有幾個包括布丁和雪糕的選擇（當然是日式的）。價格方面，每道菜的平均消費大約為700 - 1000日元，這對於沖繩餐廳來說是非常大眾化和合理的。

終括而言，這是一個品嚐日本菜的好地方。適合一家大細前往。作為約會的地方也可以接受，不過我在那裡的時候未感覺到那種氣氛。強烈推薦作為工作午餐。若要前往那裡，請尋找具志川市附近的AEON。在Rycom 商場出現之前，這是該地區的主要 AEON。現在當你沒有心情被大量的顧客圍攻時，這是一個很好的選擇。Washoku Rakuan 位處這個購物中心的地面樓層。

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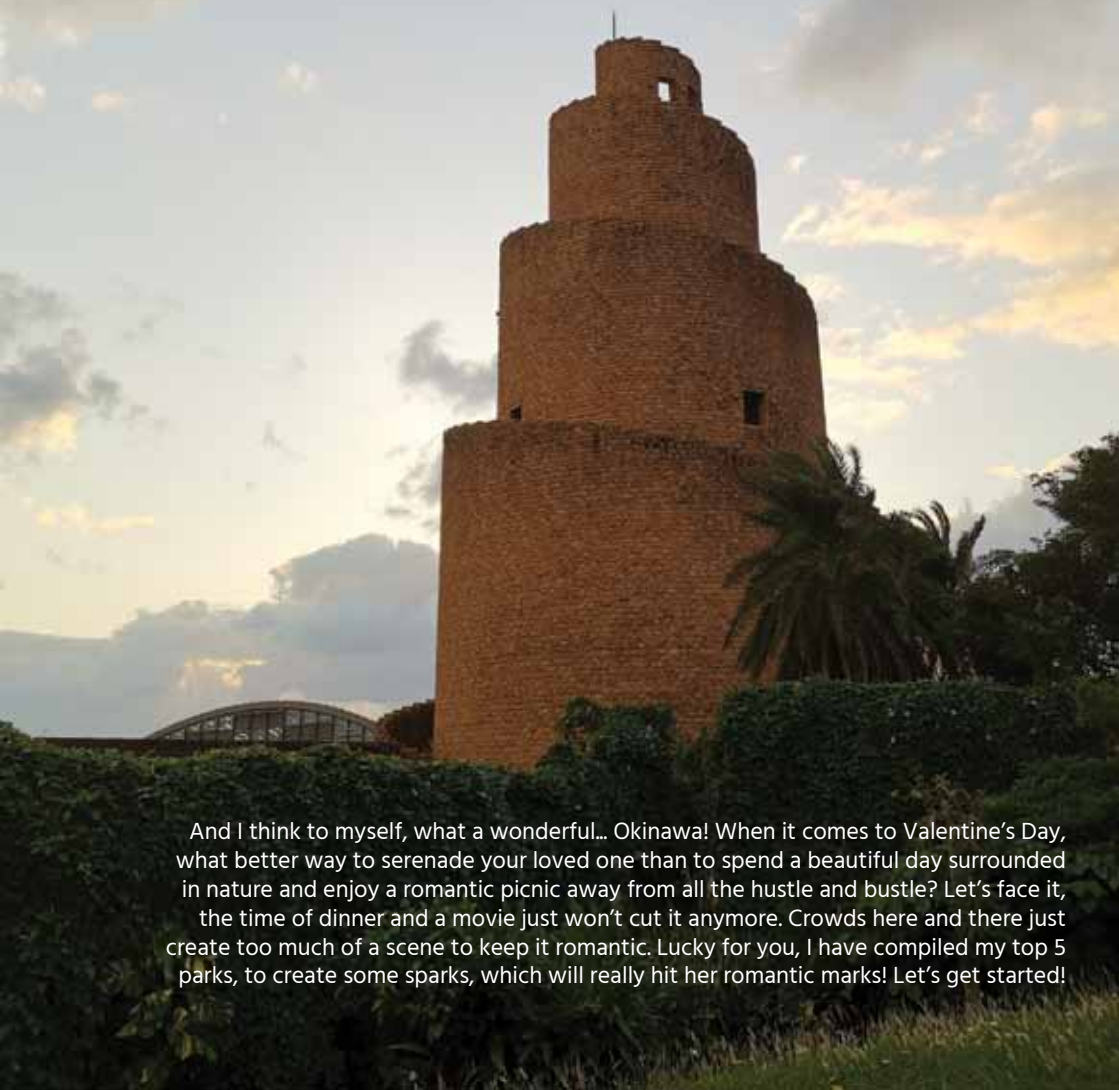
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TREES OF GREEN RED ROSES TOO



And I think to myself, what a wonderful... Okinawa! When it comes to Valentine's Day, what better way to serenade your loved one than to spend a beautiful day surrounded in nature and enjoy a romantic picnic away from all the hustle and bustle? Let's face it, the time of dinner and a movie just won't cut it anymore. Crowds here and there just create too much of a scene to keep it romantic. Lucky for you, I have compiled my top 5 parks, to create some sparks, which will really hit her romantic marks! Let's get started!

Ocean Expo Park

By far this park is my own personal favorite. It is pretty hard to fail at wooing your loved one due to the sheer abundant selection of things you can do here. She like flowers you say? Well, there is the dream center with the biggest array of flower selections I have ever seen. Not to mention the gigantic staircase castle in the middle of the gardens. You can also find other sources of entertainment such as the aquarium (well renowned for the world records it holds), the beach (as if people swim in January, right?), and the old traditional Okinawan village. Perfect way to spend a few romantic hours or even the entire day. You can find out more about the Ocean Expo Park at <http://oki-park.jp/kaiyohaku/en>.

Okinawa Comprehensive Athletic Park

An athletic park for Valentine's Day? Have I gone mad? Do I even know what romance actually means?! Okay, bear with me for a second here as I explain. The Okinawa Comprehensive Athletic Park is actually packed with a lot of flora, activities, and sights that most people don't know. For example, they have romantic trails that lead to a lily garden, observation deck, camping grounds next to the ocean, ponds filled with fish where you can ride on a boat to circle the mini island on the middle, and many more! Let's not forget that it's an athletic park so obviously they have facilities for jogging, cycling, basketball, football (soccer), baseball, tennis, badminton, indoor and outdoor recreational swimming pools, and whatever else you might feel like doing in a park. They also have a restaurant at the top area of the hill in case you are not in the mood to prepare a picnic. For more information, check out <http://okinawa-kenso.com>.

Bios On The Hill

Ever wondered what Okinawa might look like if it were in the middle of the amazon? I would think it would look a little bit like Bios on the hill. Contrary to its name, the major attraction to this park is the lake which is located around the middle. Why did they not call it Bios on the lake? Although it has some nice hill top sights to see, I enjoyed the lake ride the most. You can ride the traditional tour boat where it comes with a guide explaining the route as you pass by. However, if you are feeling a bit more dare I say, dangerous, why not take the more romantic option and set your own course using the couple's canoe? Whichever you decide it's bound to be a groovy experience. Check it out at <https://www.bios-hill.co.jp/en/>

Okay, this one requires a bit more effort but I believe the reward is well worth it. Ie Jima is not a park at all but actually an entire separate island of its own off the coast of northern Okinawa. However, it almost seem like the entire island is a park because of all the cool stuff to do. Full with hiking trails, oceans all around, and the legendary mountain that you can see on the center of most Churaumi Aquarium posters, no wonder this island is quite used in Japanese junior high school tours. To set this romantic day tour, just pack a lunch, get on the ferry from Motobu, and find a spot on the beach or on the mountain to set your picnic lunch. A little additional tip, timing your visit during the lily annual festival is also advisable since that too is quite a spectacle.

Ie Jima



Okinawa Southeast Botanical Garden

An oasis right in the heart of the busy and crowded Okinawa city? Okinawa Southeast Botanical Garden is the place for you! This place is really something else. Traffic lines up right at the intersection along route 74 heading towards the park but once you enter, you instantly feel the wave of serenity. Greenery all around, flora, and the ohh so very delightful petting zoo. I don't care how old you are, there is no way you can resist to smile while petting a guinea pig or a squirrel monkey. They are just too darn adorable. Not to mention the bigger animals such as the goat (named BILLY!), capybara, and the humongous tortoise. For this one, I recommend you try their restaurant instead of packing a lunch. The restaurant is overlooking the park which gives it that additional romantic setting. Don't forget to charge your camera!

豊かな自然の中で過ごす2020年のバレンタインデー

バレンタインデーは、大切な人と過ごすロマンティックな一日。でも、ディナーに行ったり映画を観たりというのはありきたり。どこも人でいっぱい、ロマンティックにはほど遠い…。では今年は、美しい自然に囲まれて忙しい日常を忘れ屋外で過ごす、というのはどうでしょうか？そんなあなたのために、ロマンティックに過ごせる公園を5つピックアップしました！

海洋博公園

ここは、今回ご紹介する公園の中でも特に私が個人的にお勧めしたい場所。やることがあり過ぎて、大切な人が喜ぶこと間違いなし！花が好きな方ならぜひ熱帯ドリームセンターへ。今まで見たこともないような珍しい花々が咲き乱れています。ガーデンの中にはドリームセンターのシンボルである遠見台もありますが、施設内には美ら海水族館は言うまでもなく、他にもエメラルドビーチやおきなわ郷土村などもあります。ここなら丸一日飽きることなく楽しく過ごすことができます。詳細はこちらから：

<http://oki-park.jp/kaiyohaku/>

沖縄県総合運動公園

バレンタインデーに運動公園？と思ったあなた。知らない人も多いですが、沖縄県総合運動公園には実は、たくさんの自然、アクティビティや見どころがあるんです。例えば、ゆりが咲き誇るガーデン、展望台、海沿いのキャンプ場やボートに乗れる池などのスポットがあり、それらを回る遊歩道も整備されています。もちろん運動公園というだけあって、ジョギング、サイクリング、バスケットボール、サッカー、野球、テニス、バドミントン、屋内・屋外プールなどなど…。運動と名の付くものはほとんど楽しむことができる施設が揃っています。ピクニックのお弁当を作る気分じゃない時は、レストランもありますよ。詳細はこちらから：

<http://okinawa-kenso.com>

ビオスの丘

ビオスの丘の私のイメージは、「沖縄がもしアマゾンの真ん中にあったら」…です。それほど手つかずの豊かな自然が楽しめます。「丘」と名前についていますが、この公園の見どころは実は敷地の真ん中にある湖。陸上にも楽しいアトラクションやスポットはありましたが、個人的には湖のボート遊覧がいちばんのハイライトでした。このボート遊覧では、ガイドの方がルートに沿っているのを説明してくれますが、アドベンチャー好きなカップルには、二人だけで好きなルートを楽しめるカヌーがお勧め。どちらもきっと素晴らしい体験になるでしょう。詳細はこちらから：<https://www.bios-hill.co.jp/>

伊江島

伊江島は、沖縄北部に位置する離島なので行くのが少し大変ですが、わざわざ行く価値があります。ハイキングトレイル、島を囲む海、美ら海水族館からも見える城山、通称タッチューなど…。訪れる場所や楽しみ方がたくさんあり、島全体が公園のようなもの。修学旅行生のツアーがよく組まれる理由がわかります。伊江島でのロマンティックツアーには、ランチを詰めて、本部港からフェリーに乗船。ビーチやタッチュー周辺でよいスポットを見つけたらそこでピクニックランチができます。また伊江島では毎年ゆり祭りが開催されるため、その時期に合わせて訪れるのもお勧めです。

東南植物楽園

沖縄市内でくつろげるオアシスをお探しなら、東南植物楽園がお勧め。園へと続く県道74号線の交差点では車が列をなしていますが、一度公園内に入るとその静けさに驚きます。豊かな緑、色鮮やかな花々、そして動物ふれあい体験も。いくつになっても、モルモットやリスザルをなでなでしているときは自然と顔が緩むものです。笑。可愛すぎます。もちろん、ヤギやカピバラ、ケヅメリクガメなどの大きな仲間たちもいますよ。またここではランチを持参するよりレストランの利用をお勧めします。公園内を見渡せ、ひとときロマンティックな気分。写真スポットがたくさんありますので、スマホの充電を忘れずに！詳細はこちらから：

<http://www.southeast-botanical.jp/>

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Pizza House Sr.

by Chris Enriquez

Nothing beats an original. The saying goes for movies, music, and in this case, restaurants. Pizza House Sr. is where it all started. I'm sure If you've been on the island long enough, you've seen one of its offspring's; the Jr. The Jr. is more meant for the typical everyday dining, while the Sr. offers an experience of a more elevated class with its picturesque atmosphere. Sort of like a place where a coat and tie would feel right at home. Let's enter in.

The beautiful main dining area is defined by its luxurious décor of white satin laces and chandeliers. The table settings enliven the room further with the complementing oriental fan napkin display with the lined multiple silverware. For the menu, you have the selection of the main entrée with most dishes served together with your standard soup and salad appetizers. They have their classic favourites such as the Crispy Pata (Pig foot knuckles) which the locals more commonly know it as Tebichi which in this case is served deep-fried. For their steaks, the selection is quite exquisite. This place is the only restaurant I am aware of that reasonably offers dry aged beef. Obviously, it's still expensive. However, to consider having a steak in such a venue, might I suggest you accept and embrace the fancy? As they say, when in Rome, do as the Romans do. Of course, I must not end describing the food without mention of the ever so popular Canton fried chicken. Almost seemingly honey roasted, this deep-fried spring chicken is an absolute must. Arguably, they do have this item in the junior restaurants but, it's just not the same. Trust me on this one. The original has an almost smoky added flavour to it that changes everything. Price wise I would recommend that you relive the flavour of the delicious dishes you've just consumed as you hand over your credit card to pay. Expect around 3,000 yen per person.



To get to Pizza House Sr., head south along route 58 until you reach Camp Kinser area. After passing the right turn that heads to the first entry gate of Camp Kinser, look for a Kanehide supermarket on your right at around 1.5 kilometres. Across from the Kanehide will be a medium-thin sized sloped road which will lead you to Pizza House Sr. You can't miss it.



Google Map & Directions:



<https://goo.gl/maps/woy1ZjUDSQm>

098-875-3939

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<https://www.pizzahouse.co.jp/>

ピザハウス 新本店

何事もオリジナルがいちばん。この言葉は、映画や音楽によく使われますが、今日の場合はこのピザハウス新本店。沖縄に長く住んでいる人ならきっとその「子供たち（ジュニア）」であるピザハウスジュニアを目にしたことがあるでしょう。よりカジュアルなファミリーダイニングであるジュニアと違い、このピザハウス新本店はさらに上質で洗練された雰囲気醸し出しています。正装で訪れるのがふさわしい場所...では入ってみましょう。

リンダーズダイニングと名付けられたメインダイニングエリアは、白いサテンレースとシャンデリアのラグジュアリーな内装が特徴的。きれいに折りたたまれたナプキンと規則正しく並べられたカトラリーのテーブルセッティングが室内をさらに洗練された場所になっています。メニューは、メインを選ぶとスープとサラダペタイザーがたいていの場合一緒に提供されます。定番としてはクリスピーパタと呼ばれるマニラ風豚足（てびち）のフライが人気。またステーキのメニューはとても豊富です。また、ドライエイジングビーフをこんなにお手軽な価格で提供しているレストランは他にはありません。もちろん安価とは言いませんが、このような高級レストランで贅沢な時間を過ごせることを考えると、かなりリーズナブルだと思います。メニューの紹介を終わる前に最後に必ず紹介しなければならないもの、それは広東風フライドチキンです。ハニーローストしたかのようなこのフライドチキンはマスト。ピザハウスジュニアにも同じメニューがありますが、全く同じというわけではないのです。信じてください。オリジナルはスモークされたような風味があり、それがこのフライドチキンを美味しくしているのです。価格帯はおよそ1人3,000円くらいです。

ピザハウス新本店には、那覇方面から国道58号線を北へ進み、港川エリア近くのかねひでスーパーマーケットが見えたら右折します。入っていく路地が狭いので注意してください。そのまま道なりに少し進むと建物が右手に見えてきます。

「原版就是最好」這句話常用於電影和音樂創作上，但此刻也適用於餐廳，Pizza House Sr. 就是其中的代表。我相信，如果你長期住在島上，你已經遇到它的另一個後續品牌 Jr., Jr. 代表典型的日常餐飲業務，而 Sr. 則以其獨特的氛圍提供更高層次的用餐體驗，就像在家裡穿西裝的感覺一樣。快來感受吧。

餐飲區以白色綢緞和吊燈特顯其美輪美奐的形像。餐桌的布置配以襯砌多個銀器的東方風扇型餐巾展示架使房間更添生氣。菜單方面，你可以選擇主菜搭配例湯和開胃沙律。餐廳推薦一些傳統的特色菜，例如被當地人稱為 Tebichi 的油炸豬蹄 (Crispy Pata)。他們的牛排精選亦是一絕。這是唯一一家我所知道的還供應陳年乾牛肉的餐廳。價格當然不菲。但能在這樣的地方用餐，難道不值得我們花錢來享受嗎？俗語有話，入鄉隨俗。提到菜色，我不能不提它們大受歡迎的廣東炸子雞。外表看來似蜜汁烤制的炸春雞是必點菜色。雖然到處都食到這道菜，但相信我，這裡的就是與別不同。原汁加了一種煙燻的味道，使食物的口感截然不同。每位費用約為3000日元，如此性價比，保證你結賬時還唸唸不忘品嚐過的美味佳餚。

欲前往 Pizza House Sr., 請沿 58 號公路向南行駛直至到達 Camp Kinser 區為止。當駛過第一個 Camp Kinser 入口的右轉路口後，找到約 1.5 公里外、位於右手邊的 Kanehide 超級市場。在 Kanehide 對面是一條中型的斜坡路，沿此路就可直達 Pizza House Sr. 很當眼的。

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Weird and Wonderful Japan

9 Year Old Sets Math Record

A 9 year old has set a record by passing a math test that is the equivalent of college graduate level. The previous record was held by an 11 year old, he started studying when he was just 7 years old.

Airport Screener Returns Knife

A member of security staff at Itami airport in Osaka mistakenly returned a small knife to a passenger at the security checkpoint. This was the fifth error in three months. Previously a folding knife was returned to a passenger in September forcing ANA to suspend all flights from the airport to re-examine all passenger's luggage.

Three Bears Captured at Clinic

Three bears including an adult and two cubs who had been hibernating at a clinic storehouse in Niigata were successfully captured without harm. Hope they took some paracetamol with them for when the tranquilizer wears off!

Local Gov't Sells Personal Info

A total of eighteen hard drives that had been discarded by Kanagawa prefectural government and shipped to a recycling company, turned up for sale online. The hard drives were being sold by a staff member of the recycling company and although the data had been deleted it was still recoverable. The data included names, addresses, tax payment records and details of tax investigations. Also contained were records of the prefecture operations.

80 Yr Old Man Killed on Exp'way

An 80 year old man who was driving the wrong way on the expressway in Gumna prefecture was

sadly killed in an accident with a car coming in the opposite direction. Occupants of the other car escaped with light injuries.

South Korea & Japan to Work on Air Traffic Deal

Despite the current issues with historical grievances Japan & South Korea have agreed to change responsibilities on air traffic control. Currently South Korea has responsibility for air traffic flying North - South over the East China Sea and Japan for East - West. Additionally, they operate on different frequencies. This has caused several near misses due to conflicting air traffic rights and frequency differences.

Japanese Restaurants Best in World

Two restaurants in Japan are at the top of "La Liste", a guide to the best places to eat in the world. The two restaurants are in Tokyo. Suglabo has only 20 tables and no Michelin star but shares the top spot with Ryugin run by chef Seiji Yamamoto.

Court Rules Against Divorced Parents

Fourteen parents have lost a court case suing the government arguing that no legal framework for legal access to their children was unconstitutional, showing the lack of enforcement powers that exist to give rights to access for separated and divorced parents. The court ruled that the government is not at fault for the inability of parents to see their children despite having been awarded visitation rights.



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Coco Ichibanya

by Chris Enriquez

Amazing how much Japanese curry has changed over the years. It used to be just curry cubes in hot water, with onions, carrots, and potatoes but nowadays, it's almost unrecognizable with all the toppings that they creatively pair it with. At Curry House Coco Ichibanya, they do it so masterfully by mixing both good taste and imagination.

So let me break down their curry ordering “algorithm” from the top. They have 4 curry sauces mainly pork, vegetables, hashed beef or beef to choose from. Next, you select the curry’s level of spice from 0 to 10. Basically 0 is like a normal flavoured curry with a hint of spicy while 10 is like a free experience of what it’s like to be Smaug, the fire breathing dragon for about an hour. The highest level I’ve personally ever been able to bare is 5, and usually I enjoy my curry at around 0.5. Yep, you can also specify the spice level in decimal units (I bet you didn’t know you could do that, did you?). The curry is naturally served with rice, and the default amount is 300g which is actually a bit bigger than normal. If you are on a diet (as we all are, apparently) you might want to specify that you want the smaller version which is 200g, about the standard amount we see at other restaurants. Now, on to the toppings. Are you in the mood for some pork cutlet? How about some deep fried oysters? Maybe some grilled squid perhaps? These are actual topping choices for you to add, and believe me, I haven’t even began to scratch the surface. A notable few include hot dogs, fried chicken, clams, fish sticks, eggplant and even scrambled eggs. If I list them all, I will run out of paper. In some other branches in Japan, they even have crispy instant noodles for a topping. My main go-to curry is a level 0.5 beef sauce vegetable curry with a topping of tejikomi (manually prepared) pork cutlet and a thin layer of melted cheese. Excuse me while I wipe the saliva that just dripped on my shirt. An unequivocally gorgeous plate of curry.



In the end, you really can’t go wrong with Coco’s if you’re looking for a Japanese curry place. With their variety of choices, there will be something for everyone. Price is below average ranging between 800-1,000 yen depending on what toppings you get. There are many locations of Coco Ichibanya on island but I think the easiest accessible one is a little north of the Camp Foster commissary gate along route 58. It’s easy to spot as their logo has a giant plate of curry on it and its usually bright yellow. Enjoy!

Google Map & Directions:



<https://goo.gl/maps/T6tfbgKP7NM2>



10:30am-12:00mn (Everyday)

098-926-2371

<https://tenpo.ichibanya.co.jp/>

カレーハウス CoCo壱番屋

最近の日本のカレーの変化というか進化は、すごくないですか？昔は、お湯の中にタマネギ、ニンジン、ジャガイモを入れてカレールーを入れただけのものだったのが、最近ではびっくりするようなトッピングのおかげでカレーだとわからないものもあります。そして、このカレーハウス CoCo壱番屋こそがカレーの美味しい味を大事にしながら想像力を働かせたトッピングとドッキングさせた成功例と言えるでしょう。



まずこのCoCo壱番屋、いわゆる「ココイチ」にはカレーを注文する作法があります。最初に、ポーク、ビーフ、ベジ、ハッシュドビーフの4種類の中から好きなソースを選びます。次に、カレーの辛さを0～10の間から指定できます。0は普通（ちょい辛めくらい）で、10は口から火を吐くレベル。私が個人的にこれまで挑戦できたのは5辛が限度でした...だっていつもは0.5辛なので笑（ココイチの辛さは小数点単位で指定できること、みなさん知ってましたか？）。カレーは、何も言わなければ普通サイズの300グラムのごはんと一緒に出てきますが、これは実は少し多め。ダイエット中の方や糖質などが気になる方は200グラムに減らすこともできます。そしてここからお楽しみのトッピングの時間。トンカツ、牡蠣フライ、イカ、ソーセージやフライドチキン、あさり、フィッシュフライ、ナス、スクランブルエッグまで...全部挙げるときりがありません。また国内の店舗によっては、パリパリのヌードルをトッピングできるところもあるとか...。私がいつも食べるのは、0.5辛のビーフソース、ベジタブルカレー。トッピングは手仕込豚ヒレカツとチーズです（ああ、書いている間にも食べたくなってきた...これはやばいやつです笑）。

結局、カレーが食べたいならココイチで間違いなし！ということ。メニューのバラエティが豊富なので、きっとみんながそれぞれ食べたいものが見つかります。価格帯は基本800～1,000円ですが、トッピングによりさらに変化します。沖縄本島内には、中南部を中心に14店舗ありますので、お近くのココイチへ是非行ってみては。

日式咖喱這些年的變化真的令人驚訝。以前日式咖喱就是把一些咖喱塊放在熱水裡煮，加一些洋蔥、胡蘿蔔和馬鈴薯。而現在，您幾乎認不全那些創意非凡的咖喱配料了。在咖喱之家Coco Ichibanya，他們熟練地將美味與想像力融入了製作咖喱的過程中。



所以讓我從頭開始告訴您他們詳盡的咖喱製作「算法」。他們通常有3種咖喱醬可選：主要是豬肉、雞肉或者牛肉。接著，您可以選擇從0到10的咖喱辣度。0代表一般風味咖喱只有一絲辣味，而10就好比霍比特人中的史矛革龍噴火長達一小時之久。我個人能忍受的最高辣度是5，而我一般選用辣度0.5的咖喱享用。是的，您可以用十進制指定辣度。（相信您從未料到吧。）咖喱自然搭配米飯，一般是300克，比正常飯量稍多一點。若您正在減肥（顯然，我們都在減肥），您可能想要200克米飯，大約是其他餐廳的標準供應量。現在，說到配菜。您想來些豬肉片？還是炸生蠔？或者烤魷魚？這些應該都是您的可選項，但是相信我，這還是第一層。舉例一些受歡迎的配菜有：烤牛肉片、熱狗、炸雞、貝殼類、魚肉棒、茄子、煮番茄片和炒雞蛋。如果我把它們全寫下來，這張紙根本不夠。在日本的一些其他分店，他們甚至把香脆公仔麵作為一種配菜。我一般選擇的是0.5辣度牛肉醬蔬菜咖喱配手工製作的豬肉片和一層薄融芝士。原諒我擦一下滴在襯衫上的口水。一盤無比美味的咖喱飯就完成了。

最後，若您要找尋地道的日式咖喱，去CoCo's就沒錯了。他們多樣的選擇定能滿足每個人不同的需求。價格根據您選擇的配菜在800-1,000日元不等，低於市場平均價。島上有很多Coco Ichibanya 的店，但我認為最容易找的一個位於58號公路邊Camp Foster小賣部大門偏北一點。鮮黃色巨大一盤咖喱圖案的廣告牌非常顯眼。盡情享用吧！

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4. STEAK HOUSE 88 KOKUSAI-DORI ANNEX

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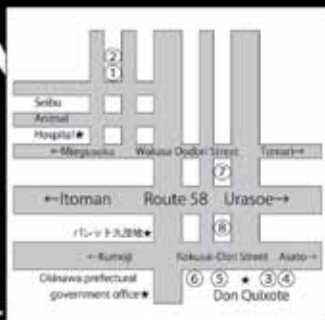
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