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Winter 2009 Vol. 02 Seattle / Bellevue / Portland

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a bridge from west to east

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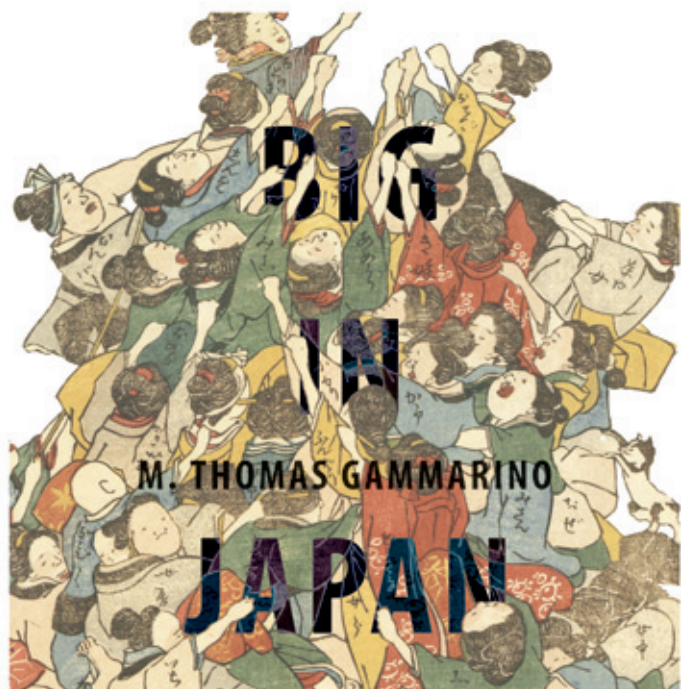
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Japanese Cuisine 101

Two master chefs wield their culinary magic in the Northwest

by **Bruce Rutledge**

Chef Tak Suetsugu's kaiseki bento shows how detailed and intricate Japanese cuisine can be.



Japanese cuisine has caught the American imagination in recent years, but how much do we know about this complex culinary tradition? We know it's healthy and we know it tastes good, and for many of us, that's all we need to know.

But if we probe a little deeper, we find a cuisine guided by both refined aesthetic principles and a strong connection to the seasons. We find a cuisine that embraces simplicity and demands the highest quality ingredients.

"Food is culture," says Shiro Kashiba, chef and founder of Shiro's in Seattle's Belltown district, "and *shun*—seasonal delicacies—is the basis of Japanese cuisine."

Tak Suetsugu, a *kaiseki* chef and owner of Satsuma in Gig Harbor, offers a different perspective: "Food is history. Doing something difficult to bring pleasure to your customers.

That's at the heart of Japanese cuisine."

So who's right?

The answer to that question—"both of them"—hints at the depth and breadth of Japanese cuisine.

On the one hand, Japanese cuisine, or *washoku* as it is called in Japanese, can be fresh, fast and healthy. Just watch Kashiba quickly prepare sushi behind the counter and hand-deliver it *nigiri* style to his guests.

It can be affordable too. When looking for good menu items, Kashiba says "cheap is best" because that means the ingredients are apt to be local and not trucked in from afar. For example, he uses local Manila clams, sifting through piles of butter clams to find them. "The Manila clams are a little longer and have a beautiful design," he says.. Kashiba explains that traditional Edomae sushi, which he serves at

Chef Suetsugu says his cuisine is about "doing something difficult to bring pleasure."



his restaurant in Belltown (see page 15 for a review), was created on the concept of eating local fish pulled from the Edo (now Tokyo) Bay. "I do Seattle-style Edomae sushi," he explains when asked why his menu is filled with local delicacies such as oysters, geoduck and salmon.

On the other hand, Japanese cuisine can involve painstaking detail and hours—sometimes days—of prep work. Chef Suetsugu will warn visitors to his Satsuma restaurant in Gig Harbor that their meal is going to take awhile to prepare. He points to a bean used in his *kaiseki* bento, a *kuromame* from Hyogo Prefecture that he slowly cooks for three days before serving. "It costs \$1," he explains. That's \$1 a bean, not \$1 a pound.

Suetsugu is a very respected *kaiseki* chef in the greater Seattle area and a graduate of the prestigious Tsuji Cooking School in Kobe. He is a Michelangelo in the kitchen, mixing colors and seasonal foods and hounding his staff to do better. His *kaiseki* bento is a palace of colors and tastes. Everything down to the lacquerware is chosen for a reason. There are no afterthoughts in this chef's kitchen.

Thin slivers of daikon radish nestled next to gleaming slabs of sashimi are sliced by hand by Suetsugu and his staff. "When you slice a daikon by hand, it shines and is thinner. Rinse it, and it forms a nice little mountain. It reflects the Satsuma spirit," he says of his home region on the island of Kyushu. "While one falls alone, together they stand." And with that, history class is adjourned.

Kashiba and Suetsugu represent the bookends of Japa-

Chef Shiro Kashiba has been serving sushi to Pacific Northwesterners since 1966.



nese cuisine, and in between are centuries worth of cookbooks, recipes and tradition. The one common theme that ties the two chefs together is the emphasis on high-quality ingredients, whether it's the homemade *dashi* soup stock Suetsugu uses at Satsuma or the locally sourced matsutake mushrooms and albacore tuna served at Shiro's.

The other guiding principle behind Japanese cuisine is its simplicity. While Chef Suetsugu's palatial *kaiseki* bento looks anything but simple, the dishes use very few herbs or heavy sauces. The essence of the food is key, and this is why simplicity and high-quality ingredients go hand in hand.

Listening to Suetsugu and Kashiba talk about their craft, it's clear that washoku embraces ideas we Americans are beginning to embrace as well: It's a diet low in fat and high in fiber. It uses plenty of fish and vegetables. And it is in synch with the seasons.

But it is also a richly complex cuisine that uses soy sauce, miso paste, sake, mirin, *dashi*, ginger, wasabi and much more to enhance the meal. In other words, it's a cuisine big enough to embrace both the fast, fresh and aesthetically simple sushi and the minute detail and visual splendor of *kaiseki*. ❶

On the following pages, we offer a simple primer on some unique Japanese foods, a few recipes to try at home and the story of a sushi bar in West Seattle that is doing its part to save the oceans.

Japanese Cuisine Key Ingredients:

Japanese Winter Vegetables

① ② ③ ④

Dashi Soup Stock

⑤ ⑥ ⑦

Other Ingredients

⑧



①

Daikon

(White winter radish, white East Asian radish, Oriental radish)

This long, large white radish gets its Japanese name from the characters for ‘big’ and ‘root.’ It has a mild flavor and is said to aid in digestion. You’ll find it thinly sliced with plates of sashimi or in thicker cuts for stews and hotpots.



②

Gobo

(Burdock, gobo root)

Chock full of nutrition, the burdock root is a staple of Japanese cooking and is also used in macrobiotic cooking. It’s used in many Japanese winter dishes such as stews and soups.



③

Renkon

(Lotus root)

Peel off the reddish-brown skin and slice through the white flesh of a lotus root and a floral pattern will appear. The holes are said to be auspicious. Renkon has a nice crunch to it.

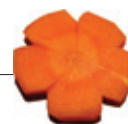


④

Satoimo

(Taro, taro potato, Japanese potato)

The taro root, native to tropical Asia, is slightly hairy on the exterior. Peel the skin to reveal a slick, slightly slimy interior. The tuber is served boiled, steamed and simmered and has been part of Japanese cuisine for centuries.



Advice from Chef Tak

Be creative and add a touch of whimsy when slicing vegetables. They look great and enhance the overall presentation of the meal. Creative slicing not only looks good, but also exposes a larger area to cooking juices, which improves spice saturation. Here are a few simple slicing techniques you can try at home.

Carrot Plums:

Remove the edges from round sliced carrots. Make five triangular incisions around the edges to create a flower pattern. From one of the edges between the “petals,” slice toward the center, then from that center, slice the surface of the petal in a slanted fashion toward the end of that petal.



For more slicing techniques, visit :
www.ibukimagazine.com/recipe

Dashi Soup Stock:

The first thing Chef Tak Suetsugu did when he began running a Japanese restaurant in the Westin hotel in downtown Seattle years ago was to throw out all of the instant, ready-made dashi soup stock and use only the stock made from scratch. That's how important good dashi is to Japanese cuisine, he says. It provides the base to many Japanese dishes and it brings out the umami (savouriness) so essential to Japanese cuisine through the ingredients described here, katsuobushi, hoshi-shiitake and konbu.



6

Katsuobushi

(Dried bonito flakes)

Dried, fermented and shaved bonito flakes are often sprinkled on Japanese dishes and used to make dashi. The bonito, also referred to as skipjack tuna, is served in sashimi or tataki form, but when it goes through the process of becoming katsuobushi, it becomes rich in umami.

Here's how to make a simple katsuobushi **dashi stock**:

- 1 Heat 5 cups of water in a midsize pan.
- 2 Just before the water comes to a boil, add 1.5 cups (or 7 ounces) of katsuobushi all at once. Turn off the flame after 10 seconds.
- 3 Wait for the flakes to sink down to the bottom of the pan, then remove the katsuobushi using a strainer. You will have the right amount of dashi for the recipes on the following pages.



5

Hoshi Shiitake

(Dried shiitake mushrooms)

When the popular shiitake mushroom is dried out, the liquid left over is rich in umami and perfect for a good dashi broth. The mushrooms have an earthy taste.



7

Kombu

(Brown algae or seaweed)

There are many types of kombu, or brown algae, but the ones most used in dashi come from the waters around Hokkaido, Japan's northernmost island. The kombu is typically left to mature for a couple of years before it develops the taste that complements the dashi.



8

Konnyaku

(Devil's tongue)

This gelatinous, rubbery cake has almost no calories but is very high in fiber, making it a popular diet food in Japan. It comes from the starch of the devil's tongue or snake palm plant. It is served in cake forms or as thin noodles.

JAPANESE CUISINE

INTRODUCTION/GLOSSARY/RECIPES/SUSTAINABLE SUSHI



Nimono *Chikuzenni*, Chicken stew

Nimono (literally “simmered food”) has a long tradition as a family favorite in Japan. It is typically made with root crops or fish as the main ingredient. Dashi soup stock, soy sauce, saké and sugar all combine to provide a straightforward, natural taste. With chikuzenni, chicken and vegetables are stir-fried before they are boiled. The dish hails from the northern part of Fukuoka Prefecture on the southern isle of Kyushu, but over the years it has become a national family favorite. This traditional family meal is often served over the New Year’s holidays.

Feeds four people

Ingredients:

Chicken thighs	3
Carrot	1
Burdock	½ (10-15 inches)
Lotus root	1 (6 inches)
Taro (satoimo potatoes)	8
Dried shiitake mushrooms	5
Konnyaku	1 cake

Soup:

Dashi soup stock	1 ¼ cup (300ml)
Soup from dried mushrooms	1 ¼ cup (300ml)
Saké	6 tbs
Soy sauce	3 tbs
Sugar	3tbs



carrot



taro



lotus root



mushrooms



konnyaku



burdock



Directions:

- 1 Place the dried mushrooms in 1 ½ cup of water for more than about half an hour until they soften. Chop off the stem and cut in half. The remaining liquid will be used in the soup.
- 2 Chop the chicken into bite-sized pieces and sprinkle with saké.
- 3 After peeling the taro, rub with salt to remove slime, then wash with water.
- 4 Peel the carrot and slice into 1-inch chunks.
- 5 Peel the lotus root and slice into chunks less than 1 inch.
- 6 Peel the burdock and cut into bite-sized pieces.
- 7 Slice the konnyaku into ½ inch pieces.
- 8 Cook the chicken in a frying pan just enough to give it some color, then place it in a large saucepan.

- 9 Sauté the vegetables in the same pan that you used with the chicken. When they are coated with oil, place them in the saucepan together with the chicken.
- 10 Add the soup and cook under a strong fire until it comes to a boil.
- 11 Cook under medium heat, scooping out the film that forms on the soup.
- 12 Take a sheet of aluminum foil and put a hole in the center. Use it as a lid and let the stew simmer for 20-25 minutes. Stir occasionally, making sure not to let the stew spill out.
- 13 When the volume of the soup has been reduced by about half, turn the heat back up. Add sesame oil for fragrance and serve.



🍴 Tsukemono (Japanese pickles)

Kouhaku Namasu, Red and White Salad

Throughout Japan, favorite regional vegetables are pickled with salt, vinegar and rice bran. These pickles, or *tsukemono*, are like Western pickles in that they are served as a side dish. *Kouhaku namasu* combines lightly preserved *daikon* radish and carrots for a delicious red and white dish that is a staple of New Year's meals. It's very easy to make and can be stored in the refrigerator for about a week. It goes nicely with a little sake as well.

Ingredients:

Daikon radish 7.5 inches
Carrot ½ (2.5 inches)
Salt 1 tsp.

Solution:

Rice Vinegar 3 tbs.
Sugar 1 tbs.
Soy sauce ¼ tsp.

Directions:

- 1 Peel the daikon and carrot. Make slices about 2.5 inches long.
- 2 Put sliced daikon and carrots in a bowl. Sprinkle salt on them. Lightly knead it and let sit for 10 minutes.
- 3 When daikon and carrot have become pliant, squeeze out excess moisture by hand. Mix in the rice vinegar, sugar and soy sauce, and let it sit in the refrigerator for about 10 minutes. It's now ready to serve.



🍴 Miso soup with clams

Japanese soups use dashi (see preceding pages) as their base. Add miso to the mix and you have miso soup, the most popular soup in Japanese cuisine. In Japanese homes, miso soup is often chockful of all sorts of vegetables and seafood. Lots of families use ingredients familiar to Westerners such as onions, potatoes and carrots, but today we want to show you how to make miso soup with Manila clams. In Seattle, these clams are cultivated in the Puget Sound just like local oysters, so we're lucky enough to call the Manila clam a local delicacy.

Ingredients:

Manila clams 1lb
Dashi stock 3 ½ cups
Miso 1-2 tbs

Directions:

- 1 Wash the clams in water, rubbing the shells clean.
- 2 Put the clams in the dashi stock and heat. When the clams have opened, add miso paste to dissolve in the soup, then turn off the heat. The clams have a salty taste, so you can go easy on the miso. Adjust the miso amounts to suit your taste.



Mizkan Vinegar

Mizkan is the largest vinegar brand in Japan. It started production in 1804, using byproducts from sake brewing to make rice vinegar. Its simple and high-quality rice vinegar is ideally suited to Japanese cuisine because it is less acidic than wine and cider vinegar.



Hashi Wines

Hashi wines are made to go with Japanese cuisine. The whites are crisp and don't overpower; the reds play off of teriyaki dishes, tonkatsu and other heartier fare. The wines offer a subtle accent to the complex flavors at play in a typical Japanese dinner.

Serving Sustainable Sushi

Bruce Rutledge talks with Hajime Sato of Mashiko Japanese Restaurant in West Seattle



Anchovies, fresh smelt and catfish are just a few of the unusual delicacies you'll find on the menu at Mashiko, a sushi bar in West Seattle. Since mid-August Chef Hajime Sato has turned his restaurant into one of only a handful of sustainable sushi shops in the country.

The fast-talking Sato speaks passionately about the issue of over-fishing as we chat over

tea and rice crackers at his restaurant. He stresses that once he started looking at sustainable alternatives, "the choices on our menu have grown."

Over-fishing has greatly depleted the world's supply of yellowtail (*hamachi*), *unagi* (freshwater eel) and bluefin tuna. The situation with eel is so bad, Sato explains, that "the angula japonica strain best known in Japan is almost gone."

At Mashiko, you won't find *unagi*; instead Sato serves catfish. "They are similar," he explains. "They both live in the mud." He makes a black cod stock with soy sauce and sugar and marinates the catfish for three days. He says most of his customers have been open-minded enough to try it and the other alternatives he's come up with such as US farmed amberjack (*kanpachi*) instead of *hamachi*.

Sato stresses that it's in the sushi fan's best interest to think about sustainability when ordering. "If we stop eating *unagi* for five years, then we will be able to eat as much as we want after that," he says.

Sustainable sushi is a relatively new idea. Casson Trenor, a sustainability advocate, wrote a guide called *Sustainable Sushi: A Guide to Saving the Oceans One Bite at a Time* in 2008 and was named by Time magazine as one of its Heroes of the Environment for 2009. Sato consults Trenor, as does Tataki, a sustainable sushi restaurant in San Francisco. Sato also consults the Monterey Bay Aquarium, which has been active in getting out the word about which fish are being depleted from overfishing. The aquarium puts out a handy scorecard with a red box filled with fish to avoid (imported shrimp and crab, octopus, bluefin, to name a few), a yellow box for good alternatives (North American shrimp and crab, wild salmon, albacore tuna from Hawaii) and a green box for the best choices (farmed oysters, black cod from Alaska and British Columbia, sea urchin roe from Canada). The lists are

updated at www.seafoodwatch.org. Sato makes a point of giving one of these to every table of diners at Mashiko.

Sato says that true Edomae sushi is not about shipping frozen bluefin tuna thousands of miles and selling it for tens of thousands of dollars at an auction. It's about finding what's plentiful and local and serving it in the most mouthwatering way possible. "Edomae is about fish that is caught locally, the stuff right in front of you, seasonal stuff. Even *toro* (fatty tuna) has only been a sushi favorite for 40 or 50 years. The same goes with *unagi*. They are not really that traditional."

Sushi fans everywhere would do well to heed Sato's words. If we want our grandkids to know the taste of bluefin tuna or freshwater eel, and not just sardines and jellyfish, sustainable sushi will need to become the norm. **i**

Mashiko Japanese Restaurant

4725 California Ave SW, Seattle | (206) 935-4339

Other Healthy Choices:

Kamada Soy Sauce

Kamada Foods has been brewing high-quality soy sauce on the island of Shikoku since 1789. Japanese cuisine lovers in the U.S. can order Kamada's dashi soy, salad soy and ponzu soy through the company's online store (<http://www.kamadafoods.com/>) and have it delivered to their door.



Hikari Miso **Organic**

Hikari's all-natural organic miso paste is made with just soybeans, rice, salt and water. While many miso brands use alcohol to add to the paste's shelf life, Hikari's miso does not, choosing instead to strive for a high-quality natural taste.



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(206) 382-0662
601 S King St # 202, Seattle

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(206) 624-1201
520 S Main St, Seattle

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(206) 453-3881
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219 Broadway E, Seattle

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2501 Eastlake Ave E, Seattle

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206-623-8868
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206-625-9604
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2101 N. 55th St. #100, Seattle

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89 University St, Seattle

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Vi Bacchus Sake Bar & Bistro

(206) 328-5275
1401 Broadway, Seattle

Wasabi Bistro

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2311 2nd Ave, Seattle

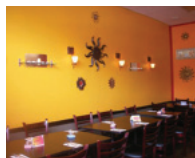
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Sakuma Japanese Restaurant

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Blue C Sushi - Westfield Southcenter

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468 Southcenter Mall, Tukwila

Marinepolis Sushi Land -Southcenter Mall

(206) 816-3280
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339 Strander Blvd, Tukwila

Miyabi Restaurant

(206) 575-6815
16820 Southcenter Parkway, Tukwila

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103 102nd Ave SE, Bellevue

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I Love Sushi -Bellevue Main

(425) 454-5706
11818 NE 8th St, Bellevue

Izakaya Sushi - at The Landing

(425) 228-2800
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SAKE

Saké Serving Temperature: Heated vs. Chilled

By Johnnie Stroud, owner of Saké Nomi

酒
呑

Many people's first exposure to saké in the US is the piping hot concoction served in Japanese restaurants or sushi bars. It is easy to understand why that tends to leave a bad taste in their mouths. As a visiting brewer from Japan recently observed (with a cringe), most Japanese restaurants in the US heat their saké hotter than their miso soup!

The custom of heating saké in Japan actually originated in China and was tied to the belief that it was healthier to consume warm food and drink. Long ago, before technological advances allowed high-grade saké production, a lot of strange, musty flavors and earthy odors were probably very common in saké. It must have been a happy discovery by early saké brewers and drinkers that heating the brew could eliminate many of these flaws. Fast forward to today's premium saké: To make high-quality saké, brewers have taken tremendous care, fermenting long

and slow at the lowest possible temperature, to create distinct flavors and aromas. To then heat up the result of their labors – during which the painstakingly cultivated bouquet evaporates – would be an affront to their craft and a terrible waste. Saké lovers generally drink their beverage chilled to better appreciate the beautiful flavors and aromas.

One of the great pleasures of saké drinking can be savoring the subtle changes in flavor as the liquid warms (or cools) in the glass, searching for the sublime moment when a particular saké is at its best. Another wonderful aspect of saké appreciation is realizing that no two brews display identical characteristics at the same temperature. In fact, many premium saké undergo amazing transformations within just a few degrees of temperature difference. Don't get me wrong: Lightly or gently warming saké brings out the best in many

types and can be a fantastic way to enjoy the brew during autumn and winter's chill. The key terms here are *lightly* and *gently*. Saké is a living thing, and its fragility should always be kept in mind. When warming saké, I generally find the range between *hitohada* ("a person's skin temperature") and *nurukan* ("lukewarm") is best – no warmer than 100° F. So, by all means, drink your saké at the temperature you find most appealing, but please don't overheat!

Johnnie Stroud, is the owner of Saké Nomi, the saké shop and tasting bar in Pioneer Square.

Saké Nomi
76 South Washington Street,
Seattle, Washington 98104
Tel 206-467-SAKE



Best warmed:

TENGUMAI YAMAHAI
SHIKOMI JUNMAI
"Dance of Tengu"

Brewery: Shata (established 1823)

Region: Ishikawa

Type: Junmai (Yamahai)/60%

Dark gold/amber tint and earthy, brown sugar nose. Soft mouthfeel with funky, tangy sweetness on top and bitterness around the edges. Yamahai acidity and astringency becomes mellow and round, with sweetness coming forward as the saké warms. Named after the legend of a long-nosed Tengu goblin dancing late at night to drums in a dense forest near the brewery.



Best chilled:

KIKUSUI JUNMAI GINJO
"Chrysanthemum Water"

Brewery: Kikusui (established 1881)

Region: Niigata

Type: Junmai Ginjo/55%

Sweet aromas of rose and Mandarin orange. Quiet impact. Dry and slightly puckering, with mild acidity and a clean finish with a touch of spice.



DINE OUT Shiro's Sushi Restaurant

Shiro's Sushi Restaurant

(206) 443-9844 | 2401 2nd Ave, Seattle
<http://www.shiros.com>

It has been 15 years since Chef Shiro Kashiba opened his unpretentious sushi restaurant that bears his name in Belltown to a steady stream of loyal customers visiting from New York and Los Angeles. Kashiba opened Shiro's after selling to the Westin Hotel chain the Nikko Restaurant, an establishment he had run for 20 years on King Street. Shiro's success today is firmly rooted in the early years he spent as an apprentice in Tokyo's Ginza district, where he developed his technique as a sushi craftsman and a keen eye for selecting the best ingredients.

"If you are planning on coming, please come around 5 o'clock right when the restaurant opens so that you can secure a spot at the counter," says Fujiwara, the restaurant manager. The best way to enjoy sushi is to sit right in front of the sushi chef, ask about what's local and fresh, then eat the sushi he makes right as it is delivered from the chef. Most regular customers ask for the chef's choice, known in Japanese as *omakase*. For a budget of \$50-100, the chef will select fresh ingredi-

ents with which to make sushi or sashimi. If possible, save up for the \$100 course to indulge in the ultimate at Shiro's. This is a good time to set aside your favorite rolls and go for the nigiri sushi. Perhaps you would like to mix in a few *temaki* to enjoy the aroma of seaweed. Do not be embarrassed to ask a sushi chef about ingredients or how to eat at a sushi restaurant. Having a conversation with a sushi chef about food is another enjoyable aspect of dining at a sushi bar. "The restaurant opens at 5 pm every evening, but the chef's work day begins in the morning," says Fujiwara. "Everyday, the chefs including Kashiba himself, visit their local suppliers to select the best ingredients available that day. We are proud to say that Shiro's may be the only restaurant in the Seattle area that pays this much attention to material quality."

Thanks to the Puget Sound, Shiro's can bring fresh local fish to its customers. "I feel lucky that I can run a restaurant like this in Seattle, and the customers are lucky, too," says Kashiba.

Shiro's is worth at least one visit if you haven't tried it already. Once you've had a taste of Shiro's, you will be sure to be back for more.



Beautiful to behold, delectable to taste. You can down several bottles of sake just looking at the sushi and sashimi. The *amaebi* (sweet shrimp) is delivered alive and is sometimes still flinching when delivered to your table. The head is fried or included in the miso soup.

(Left) Fried rexsole with chili ponzu sauce: \$7.05

(Right) Smelt with salmon and plum sauce: \$7.75

Ingredients for the fried menu are all fresh and local fish. The fried food at Shiro's is not greasy. Though it's fried, it doesn't drown out the subtle tastes of the white fish. The fish bones are cooked through to perfect savoriness, so make sure to clean your plate.



Try Traditional Japanese Recipes!

Simmered Kabocha Squash with Chicken

Japanese pumpkin, also known as kabocha squash, has a dark green skin with orange color inside. It has an exceptional naturally sweet flavor, even sweeter than butternut squash. By cooking slowly “*nimono* style, “ skin part, which is very nutritious can be also eaten.



Ingredients (4 servings)

Kabocha (Japanese pumpkin)	1/3
Ground chicken	1/2 lb
Dashi soup	1 cup
Sugar	1 tbs
Sake.....	1 tbs
Soy Sauce	1 tbs
Vegetable oil.....	1/4 tbs

Directions

1. Cut pumpkin into bite-sized pieces.
2. Grease a medium size frying pan with oil, and add ground chicken. Sauté until chicken has no more pink.
3. Add pumpkin, dashi soup, sugar, sake and soy sauce, and then cook on medium high until it comes to a boil.
4. Turn the heat down to low, then cover with aluminum foil with a hole in the center.
5. Cook until pumpkin is soft. Serve pumpkin and chicken on a plate and coat with sauce left in the pan.



Kabocha is rich in beta carotene, with iron, and vitamin C.



Check out more recipes online
www.ibukimagazine.com



Chirashi Sushi Vegetarian Style

Chirashi is a bowl of sushi rice mixed or topped with ingredients. It is often eaten at home while nigiri sushi is mostly eaten at restaurants. It is easy to make and can be very healthy when dressed with a variety of vegetables and seafood.



Ingredients (4 servings)

Sushi rice

Rice (uncooked)	1½ cup
Sushi vinegar	4 tbs
Carrot	1/2
Burdock (gobo)	1/3 (8 inches)
Lotus root	1 (6 inches)
Dried shiitake mushrooms	5
Sake	3 tbs
Soy sauce	2 tbs
Sugar	1 tbs

Directions

1. Place the dried mushrooms in one cup of water for more than half an hour until they soften. Save remaining liquid, as it will be used as dressing.
2. Steam rice according to the directions of your rice cooker (or see our recipe page <http://ibukimagazine.com/recipe> to cook with a regular saucepan).
3. Slice lotus root thinly. Cut mushrooms into half, then slice thinly. Cut carrot and burdock into 1-inch length thin slice.
4. Sauté Lotus root, mushrooms, Carrot and Burdock, then add remained liquid from shiitake mushroom, sugar, sake and soy sauce. Cook on medium heat until vegetables are soft.
5. When rice is cooked, add sushi vinegar and mix well. Add cooked vegetables and mix together.
6. Serve on a rice bowl or a plate. Top with snow peas, edamame, or nori as you like.

TIP

If you don't have sushi vinegar, add 2 tbs sugar and ¼ tbs salt to 4 tbs rice vinegar to make substitute for sushi vinegar.

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Tea Ceremony

Urasenke Foundation Seattle Branch

(206) 324-1483

2360 43rd Ave East, #113, Seattle

Tea ceremony in Japanese garden

Did you know that there is a beautiful Japanese garden in the Washington Park Arboretum? It is a 3.5-acre formal garden designed and built under the supervision of world-renowned Japanese garden designer Juki Iida in 1960. On the weekends, you can experience Japanese tea culture, or chado (茶道 the Way of Tea), in the tranquil Shoseian (松声庵) teahouse inside the garden. The simple yet elegant teahouse constructed of Western red cedar and mud walls is approached by granite stepping-stones that wind through a deep carpet of moss beneath mature Japanese maples. For a moment, you might feel like you had walked into Kyoto. At the door, you will be greeted warmly by Ms. Bonnie Soshin Mitchell, dressed in traditional Japanese garb. She apprenticed under the renowned tea master Daisosho Sen Genshitsu, 15th generation head of the Urasenke tradition of chado, from 1975 to 1981 in Kyoto. After her training, and at Dr. Sen's behest, she returned to Seattle to teach a course in chado and Japanese aesthetics at the University of Washington and serve as the director of the Seattle branch of the Urasenke Foundation, one of the main schools of the Japanese tea ceremony. Visitors can participate in chado tea gatherings and introductory demonstrations hosted by Mitchell and her staff.

Shoseian visitors are served powdered green tea and seasonal Japanese confections in the 6-tatami-mat room while they learn about the principles of chado — (和wa) harmony, (敬kei) respect, (清sei) purity and (寂jyaku) tranquility — and about Ichi-go Ichi-ei (一期一会), which literally means "one time, one meeting," but more importantly signifies the appreciation of every encounter, each of which will come but once. This is expressed in the elements in the tearoom as well from the hanging scrolls and tea bowls, to the flowers and confections that harmonize with the season for each occasion. After splashing some water in the garden, Mitchell waits for visitors for the 40-minute ceremony. A warm offering for the winter and a cool one for the summer are simple principles of hospitality and the ultimate show of respect toward the guests.



Ms. Bonnie Soshin Mitchell.



Powdered green tea and seasonal Japanese confections.

Urasenke Foundation Seattle Branch www.urasenkeseattle.org



© Y.Shimizu/© JNTO

TRAVEL

Kyoto's Hidden Treasures

By Steve Corless

Every pleasure trip to Japan should include time in Kyoto, Japan's capital city from 794 to 1868. Kyoto's importance as a cultural center helped spare the city from wartime bombing, making it one of the few large cities in the country with many historic structures remaining. The city and its environs boast 17 UNESCO World Heritage Sites. But Kyoto is also a modern, bustling city. The historical, cultural and architectural treasures

here are surrounded by, and sometimes in competition with, the busy city. The best way to experience Kyoto's cultural treasures is to avoid the crowds and modern distractions as much as possible.

A great way to see some of the city's

gardens and historic buildings without the daytime crowds is to visit during one of the "light up" illumination events. Many of the city's castles, temples, shrines and gardens host seasonal illumination events starting at 6:00 pm and running until as late as 10:00 at night. The gardens and architecture seem to have a magical aura, and visitors tend to speak quietly and stroll slowly through the illuminated grounds. Check with your hotel concierge or tourist office upon arrival in Kyoto to learn about "light up" events during your time in the city.

Another activity best done in the evening is a stroll through the Gion district. This neighborhood has two *hanamachi geiko* communities (geisha are referred to as *geiko* in Kyoto) and numerous *ochaya* teahouses. A lucky visitor should have several opportunities to see the geiko or *maiko* apprentice geisha walking between teahouse engagements in the neighborhood.

For those seeking a full-immersion Zen experience, what could be better than an overnight stay in a Bud-



©Akira Okada/©JNTO



©City of Kyoto/©JNTO



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dhist monastery? Mt. Koya is home to more than 120 temples, monasteries and the headquarters of the Shingon school of Japanese Buddhism. Mt. Koya, or Koyasan, is a couple of hours from Kyoto but worth the trip. Temple lodging ranges from the luxury level (hot springs and *kaiseki* dinner) to fairly spartan. Whatever your budget, an overnight stay in a temple is sure to be a welcome escape from the city and a memorable introduction to an important element of Japan's culture and history.

Kyoto has many Western-style hotels that cater to both foreign and domestic travelers, including a Westin and the popular Hyatt Regency. For a traditional Kyoto *ryokan* inn experience, one night in the historic Hiiragiya ryokan offers an unparalleled aesthetic and culinary experience. For those planning on spending an extended period in the city, consider staying in a traditional Kyoto *machiya* wood-frame townhouse in the heart of the city.

Steve Corless is an independent travel consultant based in Seattle. Steve spent 15 years in Japan working in sales and marketing and as a US foreign service officer in Tokyo and Osaka.

Ask Steve about Japan Travel
steven@magnoliamsco.com



Hiiragiya Ryokan

Photos courtesy of The Ryokan Collection
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TOKYO LIFE

What do girls do for fun?



Tokyo City Life is a new column where Tokyo residents are interviewed about their lives in the capital city and places they like to visit. Our first Tokyo guide is Yuri, a 27-year-old single woman who works as a dental hygienist in Meguro, Shinagawa ward.

Q: How long have you lived in Tokyo?

A: I grew up in Funabashi, a residential town about 40 minutes by train from the city. I attended a local school so my visits to Tokyo were limited to the occasional trips with friends. I started going to work in Tokyo when I was 21 years old.

Q: Meguro, where you work, is close to Shibuya and Roppongi and is a fashionable area.

A: Yes, there are lots of great restaurants in the Meguro area. There are lots of swanky Italian restaurants, but my favorite is Marutomi Suisan, an izakaya (Japanese-style pub) that offers delicious fish at very cheap prices. I stop by after work two to three times a week. The sashimi is fresh and wonderful, but I recommend the seafood dish you get to cook

at your own table. I go there with many friends and order a lot of different dishes and enjoy the variety.

Q: What do you do after work?

A: I go out to dinner with friends or go on dates. I don't have a boyfriend right now.

Many department stores are open until about 10 pm, so at times I go shopping on the way home. Sometimes I work out at the gym in my dental office building. Japanese gyms have great baths. This may not sound so attractive to Americans, but a relaxing bath at the end of the day gets rid of stress.

Q: What about your weekends?

A: In the summer, I went to the beach often. I body surf. The Shonan area beach on the western side of Tokyo, has lots of fashionable cafes and bars. There are lots of outdoor clubs and poolside concerts. To the east, the Chiba beach area is quieter, with small local ports where one can eat delicious fish. I go snowboarding in the mountains in the winter.

Q: Tokyoites love to travel, both locally and internationally. Do you travel much?



Marutomi Suisan @Meguro Station
(81) 3-5795-2660 | <http://marutomi.foodex.ne.jp>

This stall-like place is always bustling with people. "What kind of fish do you have?" "Today, this fish is cheap and delicious." Customers and servers go back and forth like that. This is an unpretentious place where you snack on delicious fish, then knock back a good drink.

Shonan and Chiba beaches are only an hour or two away from the city. The summers in Tokyo are hot, so lots of families and young people go to the beach to cool off. The photo at left shows a music event held at the Shonan area.





MADO Lounge

@Roppongi Station

(81) 3-3470-0052

<http://www.ma-do.jp>

This restaurant and bar lounge is located on the 52nd floor of the Roppongi Hills skyscraper. Live music and club events are often hosted here, attracting the young professional crowd.

© MADO Lounge

A: I live amid buildings and asphalt. I crave traveling just to refresh myself. For an overnight trip, I frequently go to Hakone or Izu because they are so easy to get to. I go to the onsen (hot springs) with my girlfriends, dine on kaiseki cuisine, enjoy sake. We immerse ourselves in girl talk, then fall asleep on traditional futon mats. Most girls in Tokyo, including myself, don't own a car, so we often travel by train. Train trips are very convenient and comfortable in Japan. The bento lunch boxes we buy and eat in the trains are something we look forward to -- each one reflecting the colors and tastes of the region.

Q: Can you recommend a night spot?

A: The MADO Lounge on the 52nd floor

of Roppongi Hills. It has a restaurant and a bar/lounge. You can see the beautiful Tokyo cityscape with a view of Tokyo Tower from the lounge.

Q: What do you find attractive about Tokyo?

A: Ginza, Akasaka, Roppongi, Shinjuku — Tokyo is an amalgam of urban areas that are slightly different from each other. It's safe, therefore a good place for a woman to have fun. You can even nap on the midnight train home. Some trains even have Women Only cars, which makes traveling by train even more comfortable. I think Tokyo is a big city that's kind to women.

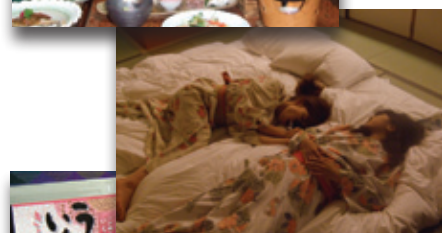


Domestic travel in Japan usually means a trip to the **onsen hot springs**. Enjoy soaking in the unique baths of each region, where the water smells and looks different.

At ryokan (traditional Japanese inns), throw down a futon on the tatami-mat floor to go to sleep. Borrow one of their kimonos

to sleep. Below left is an ekiben, a bento or boxed lunch that is purchased in a train.

Tokyo is a city that never sleeps. Nightclubs and bars abound; subways and trains run until about 1 am. Taxis are easy to catch after that. The photo to the right shows girls having fun in a Tokyo subway station. Maybe too much fun?





ART

Nothing Drab about This Shopping Bag

Bruce Rutledge talks to Seattle artist Enfu

Eighty-one years ago, Fujimatsu Moriguchi drove his delivery truck around Tacoma's thriving Japan Town to sell fishcakes to Japanese fishermen, farmers and loggers. He'd stop by the Sisson House where the laborers stayed or drive down to the sawmills and fishing camps to sell the laborers lunch. Pretty soon, those fishcakes were flying off the back of the truck. Moriguchi couldn't have known it at the time, but he was planting the seeds of what would grow over the next eight decades into a family empire.

Of course, Moriguchi's immediate future was not so bright – the Great Depression was lurking around the corner, giving way to the hard-scrabble 1930s and the indignity of a World War II internment camp, where he and his family were eventually shipped. Still, Moriguchi must have been tenacious, for upon being released from the camp in Tule Lake, California, he and his family settled in Seattle and began their business from scratch once again. Today, his sons and daughters run the robust Uwajimaya supermarket chain in

Seattle, Bellevue, Renton and Beaverton, Oregon.

The humble beginnings of the Uwajimaya supermarket chain are celebrated in a new “eco-bag” created by Seattle artist enfu. The new vinyl shopping bag, on sale since September, shows far more than fishcakes flying out of the back of the delivery truck. And Mr. Moriguchi evidently handed the keys to someone called Niko-Niko Boy, a fellow with a perpetual smile.

Enfu is attempting to link Moriguchi's humble start to today's Uwajimaya, which is a bastion of Japanese food, trinkets, exotic vegetables, hard-to-find fish and cutely wrapped candies.

“At first I had Niko Niko Boy riding a rice cooker like it was a rocket, but it didn't work because I wanted it to be horizontal and it felt vertical,” enfu says over a bowl of pho at his favorite lunch-time hangout on the Eastside. In the end, Moriguchi's delivery truck provided the

Niko-Niko Boy by Enfu

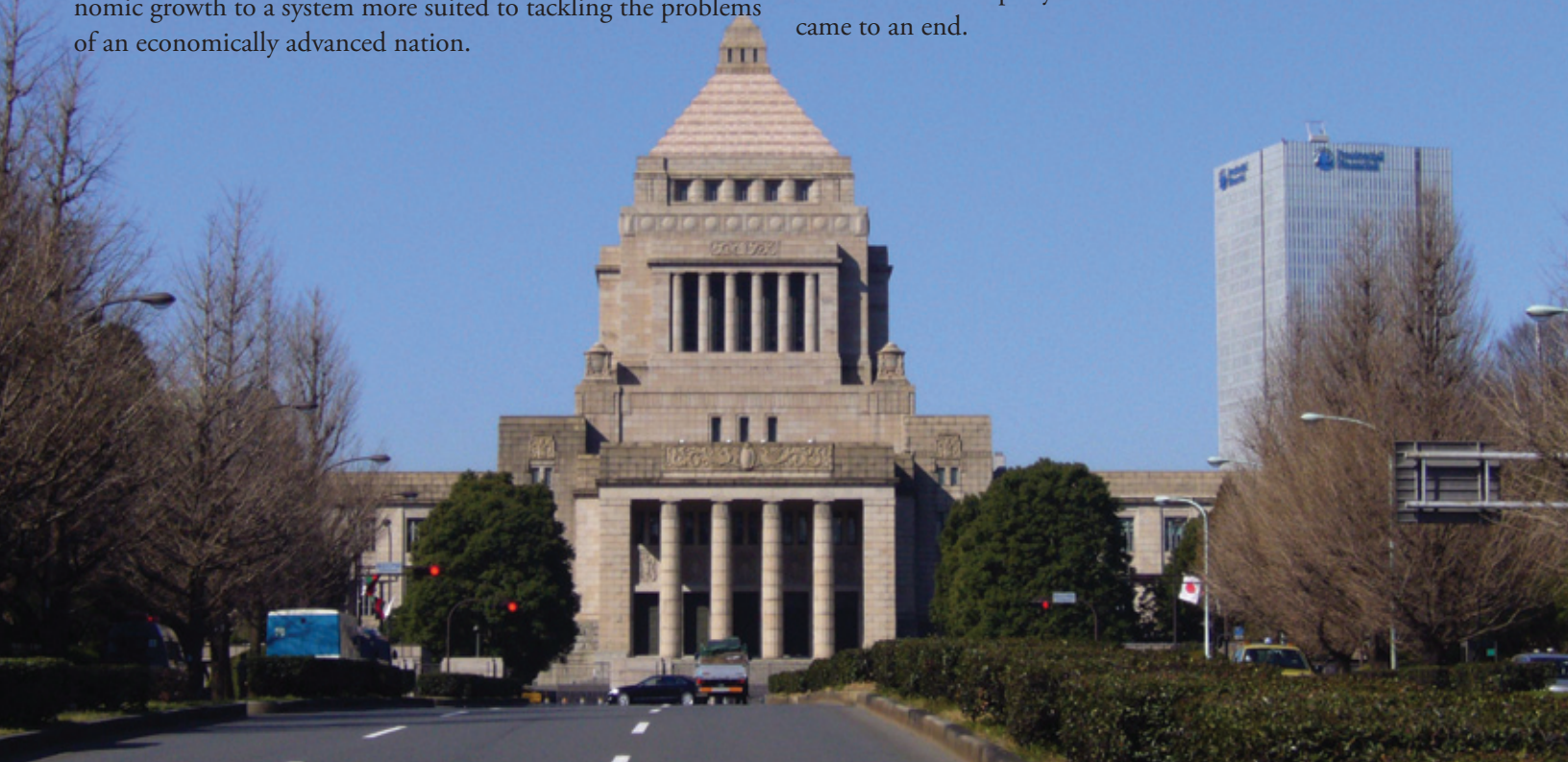
Political Change in Japan: Outgrowing the 1955 System

By Misa Murohashi, translated by Bruce Rutledge

In late August, the main opposition party, the **Democratic Party of Japan (DPJ)**, scored an impressive victory over the **Liberal Democratic Party (LDP)** in the lower house election. On September 16, the DPJ ushered in political change in the form of Prime Minister **Yukio Hatoyama** and his new Cabinet. According to several newspaper polls, the new Cabinet's approval rating was more than 70%, the second highest such rating, topped only by the Koizumi Cabinet of 2001, which ranked in the 80% range. The Hatoyama Cabinet even outpaced the Cabinet of Morihiro Hosokawa, which ended 38 consecutive years of LDP rule in 1993.

This time, political change was triggered by the global recession and resistance to the LDP's push during the Koizumi years for policies that embraced market fundamentalism. The trend was for voters to favor the more liberal DPJ, but taking a longer view, it was also about moving away from the so-called 1955 System, which refers to the year when two parties merged to make the LDP. To put it roughly, Japan has been moving from a political system suited to the postwar years of long-term economic growth to a system more suited to tackling the problems of an economically advanced nation.

The 1955 System refers to the year when the Socialist Party united under one umbrella an array of political parties once riven by divisions, while the conservative Democratic Party and Liberal Party combined to make the Liberal Democratic Party, thus bringing about a two-party structure. The debate at the time centered on the Constitution, which was written while Japan was under the influence of the US-led military occupation. The Liberal Democratic Party wanted to revise the Constitution, but the Socialist Party fought to preserve it because of its clear repudiation of war. In the 1958 election, the LDP, unable to reach its goal of constitutional revision, won 60% of the seats and secured its place as the ruling party. From then on, the LDP, while never able to revise the Constitution, continued to rule year after year. The LDP supported the presence of the US military in Japan, relying on the US to take care of security issues while it focused Japan's national spending on economic policies. This put the country on the path of economic growth and created a wide base of support for the party. Meanwhile, the Socialists continued to oppose the US military and support the Constitution. The party went into decline after the Cold War came to an end.



By 1955, Japan's economy had recovered to prewar levels. After that, it began to achieve miraculous growth. By 1968, Japan's gross national product (GNP) trailed only the US among capitalist economies. The oil shock and a rapid rise in the value of the yen in the first half of the 1970s brought an end to that miraculous growth when, in 1974, the Japanese economy experienced a contraction. But after that, the economy settled into a period of stable growth. The LDP continued its long reign during this period by closely cooperating with bureaucrats and large corporations, protecting export-related businesses and supporting large-scale public-works projects. It also took a protective stance toward local farming. The party successfully raised the overall standard of living, controlled the wealth gap and kept regional differences from arising. These were the positive attributes of the 1955 System. Americans might tend to see the DPJ as the liberal party and the LDP as the conservative party, but historically the LDP has been an aggressive proponent of large public-works programs (i.e., "big government") and has taken a middle road on economic policy. The LDP changed course and focused on "small government" in 2001 with the induction of the Koizumi administration.

The negative side of the 1955 System started to appear in the second half of the 1970s, beginning with the Lockheed scandal of 1976, which tied then Prime Minister Kakuei Tanaka to bribery and influence-peddling. After that, other large corruption scandals were revealed, implicating elements of the LDP, the bureaucracy, some corporations and organizations in the politics of greed. The party had held onto political power for so long that it had started to rot. The LDP's over-reliance on the bureaucrats called into question its independence. The voters watched as their elected leaders — who were supposed to be drawing up laws and policies — planned things with the bureaucratic leadership. The people began to criticize this system as "bureaucratic politics." Additionally, the party was criticized because the factions within the LDP created an opaque governing style where the voters' opinions weren't reflected and each faction positioned itself to get its candidate nominated as prime minister. The Bubble economy of the late 1980s burst in 1991, quickly leading to a long stretch of difficult economic times. This led to dissatisfaction with the LDP's economic policies, which was compounded by the distrust voters were feeling toward the party. Yet political change was not on the horizon just yet because the Socialists were collapsing and the opposition parties were splintered. No viable alternative appeared. Also, the new electoral system with multiparty districts tended to favor

the ruling party.

Around 1990, the necessity for election reform and political reform was clear, and young lawmakers within the LDP began to push it. From this point, attempts to get out from under the 1955 System started to occur at a more frequent pace. In 1993, when some bills related to political reform were scrapped, young lawmakers within the LDP, including current Prime Minister Hatoyama, broke from the party, submitting a resolution of no confidence in the LDP government. The defiant lawmakers formed two new parties. In the next election, the LDP lost its majority, and a coalition was formed by the two new parties and other opposition parties to usher in the Hosokawa administration. But just a year later, the LDP launched an unusual plan to regain power: It teamed with its one-time arch-enemy, the Socialist Party. Yet the political reform bills passed during the Hosokawa administration are directly linked to the regime change we saw in 2009. But the LDP would rule for 16 consecutive years before that would happen, largely thanks to the new voice of Junichiro Koizumi, who in 2001 vowed to destroy the old LDP, conduct structural reform without sanctuary, take a critical eye to public-works projects, which had become a hotbed of corruption, and deregulate the marketplace. In 1996, the DPJ was formed. While it battled against Koizumi's popularity, it kept its aim on regime change and gradually grew stronger. The Koizumi administration came to an end of its term in 2006, but after the next two prime ministers resigned, people started to sense the confusion at the heart of the LDP, leading to the events of this year. When you compare the events of 1993 to the events of 2009, it's clear that this time, the Japanese have taken a clear step away from the 1955 System.

Since the Bubble economy burst in the early 1990s, the economy has had trouble shaking off its slump, deficit spending has swelled, young people have no job security and the country is graying while young couples are having fewer children. It seems the country is plagued with a host of problems. Japanese society seems adrift and pent up these days. The recent political change isn't going to solve all this, but the people of Japan have high hopes because this change has come after waiting for such a long time. They are looking to the DPJ, which has no ties to the past, to organize a political system that solves problems in a timely manner and reforms the current system, which has calcified and no longer has room for public opinion as it's dominated by the bureaucratic leadership. The country also expects reform within the vastly depleted LDP. The Japanese are now hoping for the establishment of a mature democratic system.

By Julian Waters

MOVIES Happily Ever After



© Happily Ever After Film Partners.

“Happily Ever After” is a quirky film that I wanted to to classify as a comedy but as the story unwinds and the director takes the veil off the characters, the laughs turn to sorrow. Director Yukihiro Tsutsumi guides you through the daily lives of the main characters Yukie (played by Miki Nakatani) and her husband Isao (played by Hiroshi Abe). Yukie is a kind and loving ramen shop employee who has a likeable personality. Most people who meet her feel elated in her presence and want the best for her. Her husband Isao’s personality isn’t quite so flattering. He is an unemployed hot head who hangs out with low life friends all day drinking, causing trouble, and gambling away Yukie’s hard earned money. His

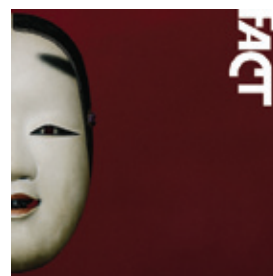
temper is like a ticking time bomb. Director Yukihiro Tsutsumi does such an impressive job of painting Isao as a deadbeat loser that I found myself wishing he would get run over by a truck so Yukie would be rid of him. Yukie’s friends can’t imagine what on earth she sees in this man and try to persuade her to leave him. But her love is unwavering. As Yukie’s early life is revealed you begin to realize why she can’t bring herself to leave him.

Verdict: Enjoyable and fun, a sharp and entertaining drama/comedy with memorable characters. Grab some popcorn or wasabi snacks and watch this with a few friends. This film is not rated

MUSIC FACT



© Vagrant



The guys of FACT have been hard at work putting together the release of their first album debut for North America. This five-piece rock band from Japan

released their self-titled US debut on April 14. The third song on their cd “A fact of life” is just the thing to give rock lovers on this side of the pond something new to listen to. The guitar riffs are played by Kazuki and Takahiro while Tomohiro brings the bass with Hiro on vocals. The rhythm is kept in sync by their drummer Eiji, who has lightning quick hands. Check out track 16 – [Boom Boom Satellites Remix]. The d.j.’s and dance clubs are going to love this one.

FOOD TRENDS Bento Boxes

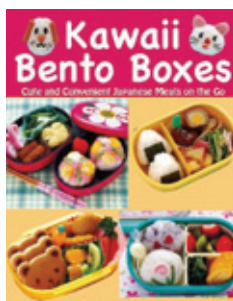


Photo Provided by Kinokuniya book store

Most people who enjoy Japanese food have heard of or maybe even ordered a bento box for lunch at restaurant. In Japan, a bento is also something you can make at home. Bento boxes typically consist of rice, meat and veggies. But lately many moms compete on the creativity of the bento boxes they send to school with their kids by arranging them into bunny rabbits, Hello Kitty and even video game characters. Bento box meals

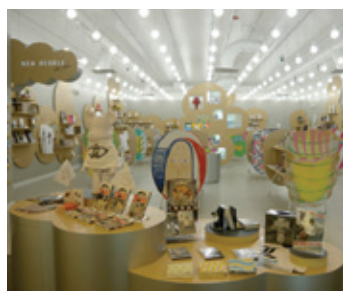


have risen in popularity in America so much lately that several new books devoted entirely to bento box recipes have been flying off the shelves of bookstores. Bringing your own homemade bento to work or school can be economical, healthy and fun. So the next time you pre-

pare a boxed lunch for your kids, spouse or even yourself, open up your bento box recipe book and add a touch of your own style to it.

PLACE New People

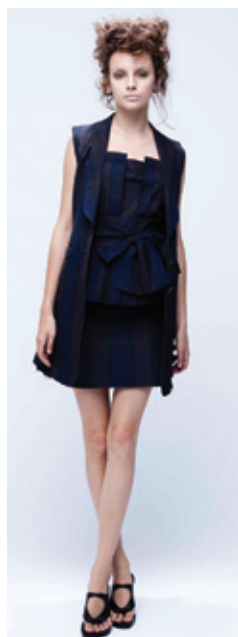
San Francisco already had a Japantown anchored by several Japanese shops, restaurants and Japanese themed stores. It now has a new attraction. It is called New People. I had the opportunity to visit the New People complex earlier in September and I have to say it is truly unique in so many ways. New People is the nation's first retail and entertainment complex dedicated to Japanese popular culture. A trendy 20,000-square-foot modern glass structure that would look at home in Roppongi Hills. It



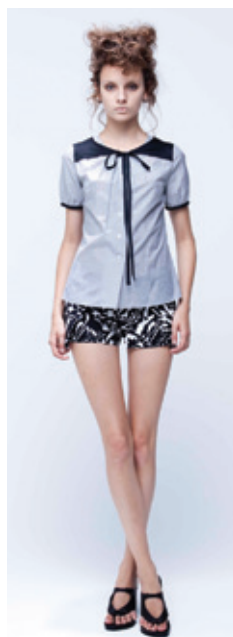
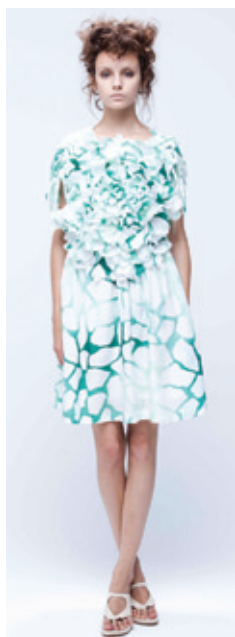
© New People / Viz pictures

carries fashion trends straight off of the streets of Harajuku. The complex has three stories that house anime, books, art, clothing and a small café on the ground floor. The boutiques carry a variety of trendy clothes including a popular Lolita line called "Baby The Stars Shine Bright" which was featured in the movie Kamikaze Girls. But wait; there's more. Take the elevator down one floor and you will find Viz Cinema, a 143-seat HD theater playing the latest Japanese films. The New People J-Pop center was brought to life by the extremely talented Seiji Horibuchi, the founder and CEO of VIZ Pictures and the founder of VIZ Media. When in town, you definitely do not want to miss this venue.

FASHION KINO



© KINO / Tomoe Ishikawa



GADGET Nissan EPORO Robot Car

Cute little Robot "Goes to School"

EPORO's drive control mimics the behavior of fish in schools, which do not collide with each other even when swimming close together. Generally speaking, fish change their direction so as not to collide with other fish, forming a school by maintaining a fixed distance with other fish in the vicinity and by moving closer to others if they draw too far away. Nissan made this drive control possible by using a Laser Range-finder laser reflector and UWB Communications wireless transmission technologies, and incorporated it into the EPORO. In the demonstration, several EPORO units traveled around a circuit by maintaining a uniform distance between each other and avoided collisions. The background behind the development of EPORO is Nissan's Safety Shield concept, which is high-level, active safety technology designed to protect people. In the future, Nissan will incorporate EPORO technology into its cars as it has shown to be useful in preventing collisions between vehicles.



© CEATEC Japan / Nissan

While reviewing Japan Fashion Week events both past and present, I came across a very interesting clothing line called KINO created by Tomoe Ishikawa. Her collections were fun and sophisticated. Tomoe Ishikawa is not new to the design world. After graduating from Vantan design institute, currently one of Tokyo's top design schools, she went on to work for World Brands in design planning for their INDIVI line. World Co. Ltd. is a large clothing company based in Japan that owns many top brands such as Indivi, Anetelier, Bon Mercerie, MEDITERRASSE and many more. In 2002 Tomoe Ishikawa started her own line, Kino Inc., designing clothing lines for both men and women. Many young professionals in Tokyo are drawn to her designs because they are stylish and current but not so trendy that you have to throw them out at the end of the season. I contacted Tomoe and asked her what she is currently working on for the upcoming 2010 spring/summer season and she was nice enough to give us a preview of the attractive and stylish summer garments shown here.

Local News and Events

EVENTS

"The Downfall of Osen" at SIFF Cinema

A classic silent film by Kenji Mizoguchi, with performance by Aonno Jiken Ensemble

When: Nov 15, 7:00-8:30pm

Where: SIFF Cinema, McCaw Hall at Seattle Center, WA

Admission: \$15



"The Downfall of Osen" is a silent film by revered Japanese director

Kenji Mizoguchi (1898-1956), creator of the award winning films "Sansho the Bailiff," "The Life of Oharu" and "Ugetsu." Aono Jikken Ensemble (AJE) will

present Mizoguchi's rarely-seen silent classic with a new live music/sound score. For "The Downfall of Osen," AJE will present a new bilingual interpretation, inter-title translation, voice characterizations and singing. AJE's musical score incorporates influences ranging from traditional Japanese to European and Latin styles.

Info: www.siff.net/cinema / www.aonojikken.net

NEWS

Professional Taiko drummer calls Seattle Home



© Richard Man

his own school, The School of Taiko, in Seattle and Bellevue, and is performing live at public and private events. More information about Ringtaro Tateishi and his School of Taiko can be found by visiting his school's web site - <http://www.japantaiko.com>.

Professional taiko drummer and instructor Ringtaro Tateishi is now in Seattle. He recently moved from Florida after a seven-year career playing at Disney World. Tateishi is internationally recognized as an artist and director of the world famous taiko group ONDEKOZA and has performed all over the world, including Carnegie Hall. He has now opened

Saké Shock at SakéOne

Sake tasting of Oregon local saké brewery

When: Oct 1- Nov 2, daily at 1, 2 & 3pm

Where: 820 Elm Street, Forest Grove, OR

Admission: \$10

Experience wonderful saké and food pairings at the tasting room of SakéOne, an Oregon craft brewery. The new Saké Shock flight explores saké paired with eccentric offerings such as Dagoba chili chocolate and toasted Spanish Marcona almonds. Learn why saké, a pure and simple beverage, offers unlimited possibilities.

Info: <http://www.sakeone.com>

Robiraki Chakai at Japanese Garden

Seasonal tea ceremony gathering

When: Nov 8, at 12, 1 & 2pm

Where: Shoseian, Seattle Japanese Garden, WA

Admission: \$20, Garden admission separate

Robiraki tea gathering signals the beginning of the tea New Year when the tea leaves harvested in May and stored until October are first sampled. A special confection and a frothy bowl of green powdered tea will be served in the tranquil setting of the Shoseian teahouse. Info: <http://urasenkeseattle.org>

Amateur Japanese Baseball Players Rented Safeco Field



© Kusa1

An amateur Japanese baseball player's dream came true on September 21. Yoshihiro Yoshizaki, president of Kusa1, has been dreaming about playing in a major league baseball stadium since he founded the nonprofit organization in 2001. Kusa1 is an organization that arranges amateur baseball games which are

played at professional big league stadiums in Japan. About 300 teams from all over Japan join the Kusa1 Japan league to play at a professional stadium once a year despite the expensive cost. After five years of negotiations with the Seattle Mariners, Yoshihiro eventually won a chance to organize a game at Safeco field. Twenty players from Japan played a local team from Seattle. "It was a great experience sharing the same excitement with American players who also love baseball," says Yoshizaki. Kusa1 will continue to make childhood dreams come true.

**NEWLY
OPENED**

Daiso Store - International district



The fifth store from the ¥100 Japanese chain in Seattle is conveniently located right next to Uwajimaya. The huge variety of products include Japanese dishes, home appliances, office supplies, snacks, toys and cosmetics mostly priced at \$1.50. Located at 610 5th Ave S, Seattle, WA.

En Salon — Bellevue

A new swanky salon is now open in North Bellevue. All of the hair stylists here are trained in Japan and are up to date on the latest Japanese fashion styles. Located at 13122 NE 20th Street, Suite 500, Bellevue, WA. Tel: (425) 883-1010

Izakaya Sushi — The Landing in Renton

This restaurant/lounge brings a unique combination of izakaya, conveyor-belt sushi and yakitori bar. The stylish interior and fresh sushi and yakitori menus have been attracting customers since the restaurant's opening. Located at 829 N 10th St Suite G, Renton, WA. Tel: (425) 228-2800

Tao Cuisine — Downtown Bellevue

Tao Cuisine, a Pan-Asian restaurant, recently opened inside the Marriott Hotel in downtown Bellevue. Tao has a variety of Asian food including Japanese, Korean and Thai dishes. Located at 850 110th Ave NE, Bellevue, WA. Tel: (425) 451-3888

Fuji Hibachi, Sushi & Steak House — Shoreline

Located at 16549 Aurora Ave. N., Shoreline, WA
Tel: (206) 533-8800

Groups and Associations

Japan Young Professionals Group (JYPG)

JYPG is a group of young professionals in the Puget Sound who share similar interests in Japanese business, culture, and society. They are a part of the Japan-America Society and host lectures inviting influential speakers from different industries and social networking events. All events are open to the public.

Info: <http://www.us-japan.org/jassw/programs/jypg.htm>



Cafe Soleil — Mukilteo

Café Soleil is a newly opened restaurant that serves Euro Japanese food. What is Euro Japanese? It originated during the Meiji Restoration in the late 19th century. European-style food has been arranged to fit Japanese tastes, and many unique menu items that didn't exist in the West have been created.

Omu-rice (rice omelet), hayashi rice and hamburg-rice (Salisbury steak) are typical Euro Japanese dishes and are popular at Cafe Soleil. The soup stocks and sauce they use are all natural



and home-made. Their signature omu-rice is a must try. The medley of tomato based chicken rice, half-done egg, and their homemade hayashi sauce melts in your mouth. Located at 9999 Harbour Place Suite 105, Mukilteo, WA.
Tel: (425)493-1847

Shun Restaurant — University district

Sushi fans of the former Shun restaurant in the University district are happy to hear that Shun Japanese Restaurant has reopened in a new building a stones throw from their previous location. Owner Chef Nishizawa's traditional yet unique menu has been refreshed as well. Located at 5101 NE 25th Ave, Seattle, WA. Tel: (206) 522-2200

Kanpai Toast Master

Kanpai is a Japanese-English bilingual club. The club is a group of people who help each other improve English and Japanese language skills by taking turns giving speeches and evaluations. The club's meetings and speeches are conducted in both English and Japanese. The club offers a wonderful learning environment for people who want to learn Japanese from natives, while teaching English to others. Info: <http://www.kanpaitm.org/>



Superior.

Tamanishiki, the highest quality short grain rice, is a combination of "Koshihikari" rice and "Yumegokochi" rice, and has a rich flavor and excellent texture.

Nozomi is the highest quality "Koshihikari" rice characterized by an excellent rice flavor and delicate texture.

Yume is the highest quality "Sasanishiki" rice. When cooked, Yume rice has a superb fluffy texture and mild flavor.



JFC INTERNATIONAL INC www.jfc.com Available at your local Japanese supermarket.