

TRAVEL DIRECTIONS

EATING IN JAPAN

THE MOST COMMON JAPANESE FOOD ITEMS

1. **TONKATSU** - Fried Pork Cutlet. A very tasty dish that appeals to the Western palate. Inexpensive to moderate price.
2. **TEMPURA** - Vegetables and fish in a light batter, deep fried. One of the most famous of all Japanese dishes and another which usually appeals to the Westerner's sense of taste. Inexpensive to moderate price.
3. **SOBA and UDON** - Japanese noodles. One of the best food items for those on a budget. Soba are noodles made from buckwheat flour, while Udon are noodles made from wheat flour. They are served in many different ways, but the most common is in soup, usually with other ingredients. They are served fried like in Yakisoba, or fried noodles. Very similar to Ramen, one of the best foods for the newcomer to try out. Inexpensive.
4. **YAKITORI** - Pieces of chicken or pork skewered on bamboo sticks and cooked over charcoal. After cooking they are dipped into a special sauce. Another good dish that will appeal to the newcomer. Inexpensive to moderate.
5. **OKONOMIYAKI**- A thick pancake-like dish made of a delicious mixture of batter, vegetables and small pieces of meat or fish. It is a tasty food that, in some places, the customers cook at their own table, adding spices as they desire. It is very easy for a newcomer to enjoy; easy to cook. Inexpensive to moderate.
6. **ODEN** - A type of Japanese food containing radishes, potatoes, eggs, tofu (bean curd), seaweed, fish cake, and sometimes octopus, cooked for hours in a delicious broth. Often sold from small street carts (yatai) outside train stations. Especially popular in the winter. Inexpensive to moderate.
7. **CHUKARYORI** - Chinese food. This is the most abundant "foreign" food in Japan. It is even more common than what is served in most of the Japanese specialty restaurants. When you can't find anything else, you can always count on finding a Chinese restaurant. There are quite a variety of Chinese dishes, as well as a great variety of Chinese restaurants, from a tiny place only selling Chinese noodles (ramen) to big high-class restaurants with very fancy décor. Chinese restaurants are one of the best places for a beginner to learn about popular items including chahan (fried rice), ramen (noodles), gyoza (fried crescent-shaped dumplings), harumaki (spring rolls) etc. Inexpensive to expensive.
8. **DONBURI** - Rice topped with meat or vegetables. Inexpensive.
9. **SUKIYAKI** - Thinly sliced beef, sautéed for just a few seconds in a hot sukiyaki pan. A soup base broth is then added. After the beef is cooked, a selection of vegetables will then be added to the pan. Once the food is cooked, the Japanese then dip the food into a small cup containing raw egg. Almost always, the cooking is done entirely by the customers to suit their own tastes. This is probably the best-known Japanese food abroad. Usually served in a specialty shop but also found as a menu item in general restaurants. Since beef is quite expensive in Japan, sukiyaki tends to be fairly expensive.

Similar to sukiyaki is a dish called SHABU SHABU, which is thin strips of beef and vegetables, cooked in a pot of boiling broth, which is clear and slightly seasoned. As in the case of sukiyaki, the customers usually cook their own food right at the table. Moderate to expensive.



Updated June 2011

Map is not to scale. All information is subject to change without notice. If you observe any information which needs updating, please call the Information and Referral Desk of the Fleet and Family Support Center, Fleet Activities Yokosuka, Japan at 243-6716 or 243-3372. Thank you.

TRAVEL DIRECTIONS

EATING IN JAPAN

10. **SUSHI** - Small bite-sized blocks of rice topped with raw fish. This is probably the most popular food among the Japanese. Sushi actually refers to the style of the food, not the contents, and does not necessarily mean raw fish.

11. **BENTO or O-BENTO** - Japanese box lunch. Many are sold in train stations for travelers, in which this case they are called Ekiben. Bento lunches come in a great variety but usually include a large portion of rice and an assortment of different kinds of pre-cooked meat, fish vegetables, and pickles. Bento are always made fresh the morning they are sold. There is no attempt to keep them warm, so the contents are always cold when you get them. The Japanese don't mind this and neither will you once you get used to it. You will see regular bento sold at roadside stands and grocery stores, while ekiben will be sold on station platforms where long distance trains stop, as well as inside some long distance trains. Inexpensive to moderate.

12. **YO-SHOKU** - Western-style foods. There are a lot of restaurants, which serve either a few Western-style foods or specialize exclusively in Western foods. In general these foods are called by their American or European names, but the words will be pronounced in a Japanese way or abbreviated so that you may not readily recognize them. The food themselves may not be what you expect, for often the Japanese have changed them somewhat to "improve" them or, make them more suitable to their own tastes. Enjoy trying out some of these items cooked in the Japanese way.

13. **YAKINIKU** - Korean Barbecue. There are many restaurants serving Korean Barbecue. Korean Barbecue is thinly sliced meat (sometimes fish) that has been marinated. You cook this yourself over a grill and dip it in the special sauce they give you which looks like soy sauce, but is spicier. Plates of meat and vegetables are ordered a la carte (separately). Meat that can be ordered includes rosu (lean beef), karubi (beef with more fat), reba (liver); in some places you can get ika (squid) as well. Yasai yaki (mixed vegetables) in another favorite dish you can order and cook yourself. Cold side dishes include the famous kimchee (spicy hot Korean cabbage) and namuru (marinated vegetables).

Soups can be a meal of their own, depending on size, kuppua is an example of this. It is a glorified beef soup which includes rice, an egg scrambled on top, and vegetables. Wakame supu (seaweed soup) is not as filling, but just as good; it is another side dish.

If you order just meat and vegetables, you will probably want to order a bowl of rice, it doesn't usually come with the meal.

14. **OTHER JAPANESE FOODS** - The above items only scratch the surface of Japanese foods and the list does not include any of the other good foods available. After trying a few of the menu items listed above you should have enough experience to go ahead on your own trying out new foods.



Updated June 2011

Map is not to scale. All information is subject to change without notice. If you observe any information which needs updating, please call the Information and Referral Desk of the Fleet and Family Support Center, Fleet Activities Yokosuka, Japan at 243-6716 or 243-3372. Thank you.

TRAVEL DIRECTIONS

EATING IN JAPAN

1. Handy Japanese Words and Phrases

NOTE: Pronounce all syllables with equal stress. Consonants are generally Sounded as in English. Vowels are pronounced at follows

a - as the a in father
i - as the i in he
u - as the o in to
e - as the e in bet
o - as the word owe

A. Words

check -----	anjo	drinking water-----	mizu
chopsticks -----	hashi	black tea-----	ko-cha
meal ticket -----	shokken	coffee-----	ko-hi
salt -----	shio	coke-----	ko-ra
pepper -----	ko-sho	beer-----	bi-ru
soy sauce -----	sho-yu	sake-----pronounced *(O) sake	
spoon -----	su-pun	sauce-----	so-su
knife -----	naifu	plate-----	sara
fork -----	ho-ku	napkin-----	napu-kin
hand towel -----	o-shibori	menu-----	me-nyu
toothpicks -----	yo-ji	rest room-----	otearai or toire
japanese room ---	zashiki	yes-----	hai
japanese tea ----	o-cha	no-----	ii-e

- *Some Japanese words may be preceded by the honorific, or more polite "O"

B. Phrases

The following are model sentences.

How much is _____?
_____wa ikura desu ka?

How much is it?
Ikura desu ka?

Please give me _____?
_____kudasai.

Where is _____?
_____wa doko desu ka?

Do you have _____?
_____wa arimasuka?

I don't understand.
Wakarimasen.

This is very delicious.
Kore wa totemo oishii desu.

What is this called?
Kore wa nan desu ka?

Thanks for a good meal.
Gochiso-sama deshita. (This is usually said when you are ready to pay the bill)



Updated June 2011

Map is not to scale. All information is subject to change without notice. If you observe any information which needs updating, please call the Information and Referral Desk of the Fleet and Family Support Center, Fleet Activities Yokosuka, Japan at 243-6716 or 243-3372. Thank you.

TRAVEL DIRECTIONS

EATING IN JAPAN

2. Common Japanese Food Items

A. Rice Dishes

Donburi-----	A bowl of rice topped with some kind of meat or vegetable.
Oyakodon-----	A bowl of rice topped with egg and chicken.
Tendon-----	A bowl of rice topped with tempura.
Katsudon-----	A bowl of rice topped with egg and pork cutlets.
Raisu-----	Rice
Kama-meshi-----	Rice, meat, and vegetables steamed in a bowl.

B. Noodles

(O) soba-----	Japanese buckwheat flour noodles.
Kake soba-----	Plain soba noodles with broth.
Gomoku soba-----	Noodles with five ingredients (meat, egg, vegetables, etc)
Tempura soba-----	Noodles and broth topped with tempura.
Yakisoba-----	Fried noodles.
Udon-----	Thin/flat wheat flour noodles.
Tempura udon-----	Noodles and broth topped with tempura.
Kake udon-----	Plain udon noodles with broth.

3. How to order Yakitori

Yakitori is served in two ways: in a combination of meat varieties on one stick or one type of meat on one stick. In the first kind, the menu will simply list yakitori and you order the number of sticks you want. However, most yakitori specialty restaurants sell the second type. You can order a specific kind of meat and the number of sticks you want for each. It is helpful to know the Japanese counting words for ordering yakitori by the stick:

One stick.....	<u>ippon</u>	four sticks.....	<u>yonhon</u>
Two sticks.....	<u>nihon</u>	five sticks.....	<u>gohon</u>
Three sticks....	<u>sambon</u>	six sticks.....	<u>roppon</u>

The following is a list of popular types of Yakitori:

Tori-niku-----	(chicken)-----	鳥肉
Hatsu-----	(pork heart)-----	ハツ
Torimotsu-----	(chicken liver)-----	とりもつ
Shiromotsu-----	(pork intestines)-----	白もつ
Re-ba-----	(pork liver)-----	レバー
Suzume-----	(sparrow)-----	すずめ
Sasami-----	(white chicken meat)---	ささみ
Bara-----	(pork fat)-----	バラ
Tan-----	(pork tongue)-----	タン



Updated June 2011

Map is not to scale. All information is subject to change without notice. If you observe any information which needs updating, please call the Information and Referral Desk of the Fleet and Family Support Center, Fleet Activities Yokosuka, Japan at 243-6716 or 243-3372. Thank you.

TRAVEL DIRECTIONS

EATING IN JAPAN

4. Types of Sushi

Here is a list of the most common types of sushi, and a few additional related terms. All of the types of sushi listed here should be available at any sushi restaurant.

Tamago-----	egg (omelet)-----	たまご or 玉子
Maguro-----	lean tuna (raw)-----	まぐろ or 鮪
Toro-----	fatty tuna (raw)-----	トロ
Tako-----	octopus (boiled)-----	たこ or 蛸
Ebi-----	shrimp (cooked)-----	えび or エビ or 海老
Ika-----	squid (raw)-----	いか
Hirame-----	flounder (raw)-----	ひらめ
Awabi-----	abalone (raw)-----	あわび
Tekkamaki-----	lean tuna rolled up in rice & dried seaweed-----	鉄火巻き
Norimaki-----	sweet pickled gourd strips rolled up in rice & dried seaweed---	のり巻き
Kappamaki-----	strips of cucumber rolled up in rice & dried seaweed-----	かっぱ巻き
Chirashi zushi-----	a bowl of seasoned rice covered with slices of many-----	ちらしずし
	different kinds of raw or marinated fish	
Nigiri zushi-----	standard combination sets of different types of sushi,-----	にぎりずし
	in several price ranges	
Wasabi-----	very spicy, green horseradish-----	わさび
	Added to most types of nigiri zushi	
(**NOTICE: to order your sushi without wasabi, just say “SA-BI-NU-KI”)		
Nami-----	(regular) the cheapest set-----	並
	assortment of nigiri zushi	
Jo-----	(choice) a better assortment of-----	上
	nigiri zushi, more expensive than Nami	
Toku Jo-----	(deluxe) the best assortment of-----	特上
	nigiri zushi, and the most expensive	

5. Common Chinese Food Items

Ramen-----	Chinese style noodles-----	ラーメン
Gyoza-----	Small meat filled dumplings-----	ギョーザ
Chaahan-----	Fried Rice-----	チャーハン
Subuta-----	Sweet and sour pork-----	すぶた or 酢豚
Harumaki-----	Spring rolls (egg rolls)-----	春巻
Wantan-----	Dumpling soup-----	ワンタン
Shumai-----	Steamed pork dumplings-----	シュウマイ
Tamago supu-----	Egg soup-----	玉子スープ
Yasai itame-----	Fried vegetables-----	野菜炒め
Anman-----	Steamed bun filled with sweet bean paste---	あんまん
Nikuman-----	Steamed bun filled with pork and vegetable mix---	肉まん
Namuru-----	Cold marinated vegetables-----	ナムル
Yasai yaki-----	Mixed vegetables for barbecuing-----	ヤサイヤキ
Kuppa-----	Beef soup with rice, egg-----	クッパ
	and vegetables	
Wakame supu-----	Seaweed soup-----	ワカメスープ



Updated June 2011

Map is not to scale. All information is subject to change without notice. If you observe any information which needs updating, please call the Information and Referral Desk of the Fleet and Family Support Center, Fleet Activities Yokosuka, Japan at 243-6716 or 243-3372. Thank you.

TRAVEL DIRECTIONS

EATING IN JAPAN

6. Common Korean Food Items (Korean Barbecue is Yakiniku 焼肉)

Rosu-----	Lean Beef-----	ロース
Karubi-----	Fatty Beef-----	カルビ
Kim'chee-----	Hot (spicy) Chinese cabbage-----	キムチ
Reba-----	Liver-----	レバー
Namuru-----	Cold marinated vegetables-----	ナムル
Yasai yaki-----	Mixed vegetables for barbecuing-----	ヤサイヤキ
Kuppa-----	Beef soup with rice, egg----- and vegetables	クッパ
Wakame supu-----	Seaweed soup-----	ワカメスープ

7. Common Western-style Food Items

Kare raisu-----	Curry rice-----	カレーライス
Ebi furai-----	Fried prawns-----	エビフライ
Omuraisu-----	Rice mixed with chicken or pork----- wrapped in a thin omelet	オムライス
Bifu shichyu-----	Beef stew-----	ビーフシチュー
Guratan-----	Macaroni or rice gratin-----	グラタン
Supagetti-----	Spaghetti-----	スパゲッティ
Sandowichi-----	Sandwich (also called "sando")-----	サンドウィッチ
Toosuto-----	Toast-----	トースト
Sarada-----	Salad-----	サラダ
Suteiki-----	Steak-----	ステーキ
Piza-----	Pizza-----	ピザ



Updated June 2011

Map is not to scale. All information is subject to change without notice. If you observe any information which needs updating, please call the Information and Referral Desk of the Fleet and Family Support Center, Fleet Activities Yokosuka, Japan at 243-6716 or 243-3372. Thank you.

TRAVEL DIRECTIONS

EATING IN JAPAN

COUNTING IN JAPANESE

It is simple to count in Japanese. You only need to memorize thirteen easy words in order to be able to count all the way to 99,999,999. Pronunciation changes occur in a small number of combinations. These are noted below and marked with an asterisk (*). When counting prices in Japanese, just add the word “en” to the number, as in “hyaku-en,” one hundred yen.

1.....ichi..... 一	100..... hyaku..... 百
2.....ni..... 二	200..... ni-hyaku..... 二百
3.....san..... 三	300..... *sam-byaku..... 三百
4.....yon..... 四	600..... *rop-pyaku..... 六百
5.....go..... 五	800..... *hap-pyaku..... 八百
6.....roku..... 六	1000..... sen..... 千
7.....nana..... 七	2000..... ni-sen..... 二千
8.....hachi..... 八	3000..... *san-zen..... 三千
9.....kyu..... 九	8000..... *has-sen..... 八千
10.....ju..... 十	10000..... ichi-man..... 一万
11.....ju-ichi..... 十一	20000..... ni-man..... 万
20.....ni-ju..... 二十	1000000..... hyaku-man..... 百万
21.....ni-ju-ichi..... 二十一	yen..... en..... 円 or ¥

Example of Prices:

¥ 250 (yen)-----	ni-hyaku go-ju en-----	二百五十円
¥ 1,000 (yen)-----	sen en-----	一千円
¥ 12,000 (yen)-----	ichi-man ni-sen en-----	一万二千元
¥ 123,456 (yen)-----	ju-ni-man san-zen yon-hyaku go-ju roku en-----	十二万三千四百五十六円

Note: There are two ways of writing prices using Japanese characters.

Note the following:

¥ 250 is 二百五十円 or 二	¥ 100 is 百円 or 一	
	五	〇
	〇	〇
	円	円



Updated June 2011

Map is not to scale. All information is subject to change without notice. If you observe any information which needs updating, please call the Information and Referral Desk of the Fleet and Family Support Center, Fleet Activities Yokosuka, Japan at 243-6716 or 243-3372. Thank you.