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Inside This Issue:

Letter from the Editor. 2

Meet the New Officers/Chairs. 2-3

News from the Consulate 3

SakeOne Spring Blessing 4

Mogo Mogo Onomatopoeia. 4

Jorinji Miso of Portland 5

The Only Woman in the Room . 6

Hanamikai Celebration 7

What the Bunka?! *Sakana* 8

Tabemashou! *Maki*. 9

Yuck! Odd Food Survey 10

Life After the B.O.E 10

Iron Chef 11

Iron Chef Competition Recipe. . 11

Upcoming Events. 12

Iron Chef 2010

By Stephanie Smith Photos: Bob Schnyder

Competition goes inter-chapter; PNWJETAA Victorious!



8th Annual Iron Chef Competition – JETAA Portland vs. PNWJETAA!

A sunny Saturday was our setting for the 8th annual Iron Chef. This year's fanfare wasn't just any old city-wide culinary competition. In addition to our regular competition, this year we stepped up our game by adding a secret ingredient competition to challenge the Pacific Northwest JETAA Chapter.

Veteran Yakitori chef, Mark Olenich, set up his *yatai* and fired up the hibachi he hand-carried back from Japan in the backyard of Demaree Raveaux, former JETAA officer, who hosted the event along with her boyfriend A-Key-Kyo drummer Takehiro Kumazawa and their puppy Maya.

With *yakitori* smells wafting onto the covered porch, attendees teased their appetites with *edamame*, *yakisoba*, and a variety of *nama-biirus* while judges Kuma, Keiko Buckendahl, and Maki Narita-Weisman deliberated over the delicious feast.

Mark Olenich reigned victorious as Iron Chef Main Dish winner, hands-down. One dish that made me *natsukashii* for Okinawan-style pork was the main dish 2nd place winner, Jordan Weisman who prepared *butakakuni*. Winner of the side dish category was Sean Buckendahl, who prepared *unagi-gohan*, an amazing *chirashi-zushi* style dish. Second place winner was newly appointed JETAA VP, Veronica White, who won with her home-style *nikujaga*.

After stuffing ourselves like a pig in Hawaii, attendees got to feast on several outstanding Japanese-inspired desserts. After the judges votes were counted, Scott Smith, chef of the famed Nagasaki *omiyage Casutera*, did not receive a prize this year, even though his cake was devoured. Second place went to Gloria Jung, former JETAA officer, who prepared *Macha* cupcakes filled with *azuki* sweet bean paste and topped with *macha* icing. Finally, an *ookii omedetou* is due to this year's dessert (and largest) category winner, Rachel Johnson, who made the "easy to make" (or so she says) Butter Mochi! She was even will to share the winning recipe:

<http://allrecipes.com/Recipe/Ono-Butter-Mochi/Detail.aspx>

Thank you to all of this year's entrants, Iron Chef Judges, and attendees. We will see you again next year for some more delicious competition!

(Continued on page 11)

Join us for the Annual

Sayonara BBQ

Saturday, July 17th
@Stephanie & Scott Smith's
(see website for address)
1-5PM

Enjoy burgers and hotdogs,
drinks and dessert with other
alum and see off our new JETs
from Portland!

Letter from the Editor -Daniel Mick

This is unfortunately the last newsletter I will be editing for the foreseeable future. Work, school, and other commitments have not left me enough time to give this project the time it deserves. I had a blast serving you the last year! The newsletter will be continuing on a quarterly basis but needs a new editor.

Editing the newsletter has been a fun creative outlet; introduced me to numerous Japanese related events, businesses, associations, and individuals; and helped me feel connected to Japan and JET. I hope those are benefits that one of you would like also! Contact Kimberly Miyake if you are interested in being the new editor (it's not difficult, and I'll give my assistance too)

president@jetaaportland.com



Meet the New Officers!

April election means new dedicated officers to serve YOU!

Kimberly Miyake, President
Okayama-ken, 2000-2003

Blood Type: O+

Konbini snack you miss most:
Onigiri

Best thing about being back:

People don't follow me around the supermarket asking me what gaijin eat.

Hardest thing about being back:
Lack of onsen

What you're doing now:
Enjoying my time off!

What you hope to contribute to JETAA this year:
Get more people involved!

Interested serving and having fun?

JETAA Portland has three positions open:

Secretary

Social Chair

Newsletter Editor

Tabemashou! Chair

Contact Kimberly Miyake about helping out with JETAA Portland!
president@jetaaportland.com



Veronica White, Vice President
Hyogo-ken, 2007-2009

Blood Type: A+

Konbini snack you miss most:
Melon-pan

Best thing about being back:

No more hot and humid summers!

Hardest thing about being back:

I miss Japanese food, especially sushi!

What you're doing now:

Job hunting and studying for the JLPT

What you hope to contribute to JETAA this year:

Promote and organize events and encourage more people to get involved.



Beth Schnyder, Treasurer
Nagasaki-ken, 1993-1996

Blood Type: A

Konbini snack you miss most:
Salmon onigiri,
Tomato Pretz, hot
honey lemon drink

Best thing about being back:

Not hearing how I'm so great at using chopsticks nearly every time I eat.

Hardest thing about being back:

Missing my students and friends and the celebration of the seasons in Japan

What you're doing now:

Since JET I've worked for several Japanese companies. Currently, I'm home to raise Claire (5) and Madeline (2).

What you hope to contribute to JETAA this year:

I enjoy preparing the new JETs for their adventure in Japan and being involved in the local Japanese community in PDX.



JETAA Portland Contacts

Officers:

<i>President</i>	Kimberly Miyake	president@jetaaportland.com
<i>Vice President</i>	Veronica White	vp@jetaaportland.com
<i>Treasurer</i>	Beth Schnyder	treasurer@jetaaportland.com
<i>JET Coordinator</i>	Matt Turner	culture@cgjpd.org

Committee Chairs:

<i>Cultural</i>	Amanda Gray	cultural@jetaaportland.com
<i>Community</i>	Stephanie Smith	community@jetaaportland.com
<i>J-Kaiwa</i>	Vicki Bridges, Scott Klein	jkaiwa@jetaaportland.com
<i>Sports</i>	Britt Sexton	sports@jetaaportland.com
<i>Career</i>	Red Gillen	career@jetaaportland.com
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The JETAA Portland Newsletter is published by the Portland Chapter of the JET Alumni Association. Information presented and views expressed herein do not necessarily reflect those of the JET Programme, the government of Japan, or any of its entities. For comments and questions please contact the JETAA Portland President. Please direct newsletter comments and submissions to the JETAA Portland Newsletter Editor. Keep up on all current JETAA Portland activities and events by visiting the official website at www.jetaaportland.com

Meet the New Committee Chairs!

April elections means new dedicated chairs to serve JETAA. Give them your feedback!

Amanda Gray, Cultural Chair

Fukui-ken, 2003-2006

Blood Type: ??

Konbini snack you miss most: Konbini somen, or saba onigiri with lemon!

Best thing about being back: More space, no kanji, closer to family

Hardest thing about being back: More stress, less vacation/travel to reconnect with Japanese friends

What you're doing now: Marketing Analyst. (My main role is tradeshow logistics).

What you hope to contribute to JETAA this year: More community involvement with Japan affiliated organizations in Portland and memorable cultural activities!



Vicki Bridges, J-Kaiwa Co-Chair

Aichi-ken

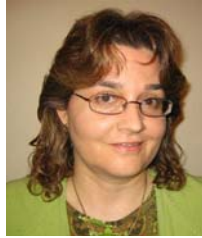
Blood Type: O+

Konbini snack you miss most: Hiyashi chuka

Best thing about being back: Being near family
Hardest thing about being back: Missing friends in Japan, no ONSEN like there!

What you're doing now: Helping Japanese high school students make it through a year of school here in Oregon

What you hope to contribute to JETAA this year: Through J-Kaiwa, I want to maintain chances to use Japanese so we don't forget it and continue making Japanese friends and networking.



Bob Schnyder, Webmaster

Nagasaki-ken, 1993-1996

Blood Type: AB

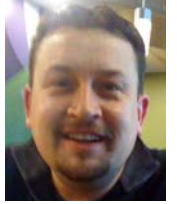
Konbini snack you miss most: Late night shiichikin onigiri and CC Lemon

Best thing about being back: Mexican food (there was none where I lived)

Hardest thing about being back: No corn and mayonnaise pizza.

What you're doing now: I own a strategic marketing consulting firm focusing on Internet marketing

What you hope to contribute to JETAA this year: 1) To make the JETAA Portland website a resource for all members, 2) To make the Obon party a big success so we have a large Summer JETAA event.



Stephanie Smith, Community Chair

Aomori-ken, 2003-2006

Blood Type: O+

Konbini snack you miss most: Doritos (I know they are American!)

Best thing about being back: No smoky rooms

Hardest thing about being back: No onsen

What you're doing now: Married, house shopping, teaching nihongo

What you hope to contribute to JETAA this year: To further spread the word about Japanese cultural events in the area



Scott Klein, J-Kaiwa Co-Chair

Tokyo, 1989-1992 (Friend of JET)

Blood Type: O+

Konbini snack you miss most: Shiichikin/Tsuna onigiri

Best thing about being back: The freedom of driving!

Hardest thing about being back: Missing friends in Japan

What you're doing now: IT business analyst for UPS

What you hope to contribute to JETAA this year: Broaden participation at JETAA events, and find a new nijikai spot! Ideas...?



Red Gillen, Career Chair

Nara/Tokyo, 89-93/95-9, 01-02 (FrofJET)

Blood Type: Red

Konbini snack you miss most: Ozeki One Cup

Best thing about being back: All the space. Oh yeah, and the beer.

Hardest thing about being back: Despite what everyone says, Portland needs better Japanese food.

What you're doing now: Senior Analyst at Celent covering the mobile banking industry

What you hope to contribute to JETAA this year: Helping members get a little closer to finding a satisfying job.



Britt Sexton, Sports Chair

Hyogo-ken, 1994-1997

Blood Type: Red

Konbini snack you miss most: Salmon onigiri

Best thing about being back: All the food I missed in Japan

Hardest thing about being back: No ofuro or onsen

What you're doing now: Marketing & Sales for a Japanese Toner Manufacturing Company

What you hope to contribute to JETAA this year: Keep JETAA active & fun. Gambaro!



News from the Consulate

You're familiar with the Consulate because of all the work they do supporting new JETs, for instance, the upcoming Pre-Departure Orientation, Japanese lessons, and Sayonara BBQ. But did you know they also help hold events?

Check out: **FUROSHIKI: Boundless curiosity from the world of square-cloth.**

Dating back to the Edo Period furoshiki, literally meaning bath mat, is a square cloth dyed in a striking array of colors and patterns from subtle to vibrant. Originally used to wrap and carry items, the furoshiki is now used as gift wrappers, table coverings and decorations. It is the original tote bag, only infinitely more versatile and steeped in rich history.

This is an intimate lecture and workshop led by Akiko Sakai, Naomi Ando, and Keiko Fukuda, who are all instructors from the Furoshiki Study Group in Tokyo, Japan. *Admission is Free. Space is limited. Reservation is required.*

Monday, July 12, 2010, 2pm World Trade Center Portland, Plaza Conference Room, 121 SW Salmon St., 2WTC Portland, OR 97204

RSVP to culture@cgjpd.org (Reservations open June 10th)

Sponsored by Portland General Electric Supported by Japan-America Society of Oregon

Spring Kura Blessing at SakeOne

Annual blessing of the brewery and celebration

By Veronica White



SakeOne, the world's only American-owned-and-operated sake brewery, celebrated its annual blessing of the kura (brewery) with a Shinto ceremony on Saturday, March 27. The ceremony was presided over by Reverend Koichi Barrish of the Tsubaki Grand Shrine of America, located in Granite Falls, Washington.

Sake has long been an important part of Shinto purification rituals, and this ceremony was no different. After leading the audience in a Japanese blessing, Reverend Koichi Bar-

rish blessed all four corners of the kura - north, south, east, and west - by using a whole bottle of sake to purify each corner. The ritual ended with a toast featuring a sake crafted specifically for the Tsubaki Grand Shrine called Junmai Ginjo Genshu.

After the ceremony, guests were invited to tour the inside of the kura where they could sample a variety of free sake. Appetizers such as crab wontons and fried salmon rolls were provided by the pan-asian restaurant



Wassabi, located in Hillsboro. Rounding out the event was a lively performance by Takohachi Taiko and a skillful kendo demonstration by Okuban Kendo.

For those interested in visiting SakeOne, complimentary kura tours are available daily at 1, 2, and 3pm. The sake tasting room is also open daily from 11am to 5pm. Reservations are available for groups of ten or more.

“Mogo Mogo” モゴモゴ *By Daniel Mick* Japanese Onomatopoeia/Phenomime/Psychomime

The Japanese language has a unique feature of symbolic words that represent more than just sounds, as English onomatopoeia does, like, whizz, bang, pop, etc. Wikipedia classifies these as:

***Phenomime** or onomatopoeia (擬声語 *giseigo* or 擬音語 *giongo*); words that mimic actual sounds.

***Phenomime** (擬態語 *gitaigo*); words that mimic non-auditory senses

***Psychomime** (擬態語 *gitaigo* or 擬情語 *gijōgo*); words that represent psychological states or bodily feelings. While onomatopoeic words abound in every language, phenomimes and psychomimes are much more rare.

<http://www.nihongoresources.com/dictionaries/onomatopoeia.html>

めそめそ / メソメソ - sobbing in self-pity / whimper, sniffle

らんらん / ランラン - intense fiery eyes

しやりしやり / シヤリシヤリ - tangy taste, crisp feel

でれでれ / デレデレ - fawning / a flirt

びちびち / ビチビチ - flopping, smacking

ぐーぐー / グーグー - snoring

まごまご / マゴマゴ - confused, not knowing what to do

のろのろ / ノロノロ - slow, sluggish / slowly



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Jorinji Miso

By Daniel Mick

Small batch, handmade, non-GMO miso, made right here in Portland!

Add Jorinji Miso to your list of amazing locally made Japanese foods. Earnest and Sumiko Migaki are passionate about their small-batch miso and the proof is in the product: they have a delicious range of misos, and their miso is being carried by a variety of grocers and is the miso of choice for a growing number of restaurants.

A third generation Portland born native, Earnest met Sumiko teaching corporate English in Japan. Sumiko and Earnest received a miso making kit from a local miso maker as a wedding present before their return to the US. Unlike, say, nori or ocha, miso is heavy and expensive to ship from Japan. So the Migaki's were eager to utilize their kit to make their own quality miso at home.



Limbo Market, New Seasons Markets, a half-dozen food coops, and is served at Biwa, TodBotts Triangles, Ruby Dragon, and Townshends Tea.

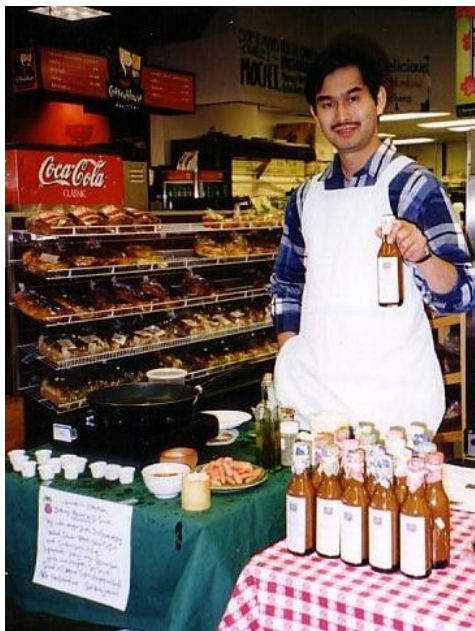
Jorinji miso is made solely by Earnest and Sumiko. Production is limited to their handmade efforts, but they have still doubled their production in 2010 from the year before. They have considered and continue to desire expanding their operations with more automated production equipment. However, specialty equipment is required and must be shipped from Japan making it prohibitively expensive. Another barrier is securing a business loan. A knowledgeable banker must be found that understands and trusts the process and potential of a miso-making business. Finally, because Jorinji doesn't use preservatives there are restrictions on interstate shipping because of package expansion.



The miso maker they received the kit from was kind enough to reveal his production methods to them explaining the process through a tour so they could best make miso while at home. They also read a lot of books on making miso.

Their first batch was made in '94 as soon as they moved back. Despite being just "okay", friends loved it and offered to buy more. They made increasingly more in their free-time until '96 when they dedicated themselves to miso-making. What started out as a hobby is now the Migaki's passion.

The owner of Boo Han Oriental Market helped urge Jorinji Miso into larger distribution when the owner asked if he could distribute the miso. Jorinji is only distributed locally, but is carried by Uwajimaya, Hiroshi's Anzen,



Earnest and Sumiko's greatest desire is to equip and enable local chefs by providing high quality products so Japanese cuisine can be created and explored. While they don't have extra freetime to commit to other projects, they shared of a vision for a micro-business community, one that would share facilities, resources, and ideas to help each other introduce new business and product ideas.

The back of every Jorinji miso package contains additional homey information ranging from the history of miso, Japanese language, folklore, the process of production, health benefits, traditional advice and wisdom, local pride, company history, and cooking tips! Below are a couple cooking tips I liked:



Miso Grilled Eggplant. 3 Japanese eggplants, Olive oil, Miso Paste A (Jōrinji Miso 2 tbsp, sugar 1 tbsp, sake 1 tbsp). Mix Miso Paste A well. Slice eggplants in halves, then poke a fork into the sections so they grill well. After frying both sides in olive oil on a frying pan, take them out and spread the Miso Paste A over the top. Grill them in an oven toaster for 2~3 minutes until the Miso is baked.

Avocado Miso Soup. One taste is worth a thousand words. Dice an avocado (serves 2) into bite-sized pieces and add them into your Miso Soup. Voila! You can add other ingredients like negi, tofu or wakame in the mix. We're sure you'll love it!

Baked Shishito with Cheese. Slice Shishito into halves, and spread a bit of Miso onto the sliced sections. (Don't remove seeds) Place Shishito, cut side-up, onto an aluminum sheet. Spread cheese over the top of Shishito, then bake in an oven toaster for 3-4 minutes until the cheese is melted. *Shishito is a non-spicy, small type of green pepper.

The Only Woman in the Room

By Beth Schnyder

How an American Woman Won Equal Rights for the Women of Japan

It was truly an honor for the JETAA Portland book club to read the “*The Only Woman in the Room*,” a memoir by Beate Sirota Gordon and then attend her lecture presented by The Center for Japanese Studies at PSU. Mrs. Gordon is a vibrant and enthusiastic 86 years old and spoke for nearly two hours sharing the story of her life, but most importantly, telling how she wrote the Equal Rights Clause of Japan’s Constitution when she was 22 years old. Of the 20 Americans that wrote the Japanese Constitution, she is the only one still living. It was a privilege to hear her story. She is an inspiring woman!

Gordon, an Austrian, grew up in pre-war Japan and escaped the war by going to Mills College, an all-girls school in California. While in college she took a job with the Foreign Broadcast Information Service as the American version of “Tokyo Rose” intercepting transmissions from the Japanese. She told us that at the

time there were only 60 Americans who spoke Japanese. She also worked for the Office of War Information and TIME magazine in New York.

As soon as the war ended she appealed to the Army to allow her to return to Japan to find her parents, music teachers who were held prisoner since they refused to abandon their Japanese students as pre-war tensions mounted. Hired as a translator for the Supreme Commander of the Allied Powers, she was the first civilian woman to enter post-war Japan.

Directed by General MacArthur, her unit was given the top secret task of drafting the Japanese constitution in seven days. Gordon asked to write the section devoted to civil rights and wrote the articles detailing women’s rights and the right education. These articles grant today’s Japanese women the rights of marriage, divorce, voting, owning property, etc. which did not exist prior to 1946.

Mrs. Gordon did not speak publicly of her contributions for nearly 50 years. She only began speaking about her role beginning in 1995 when General MacArthur was asked about the civil rights clauses and he told reporters to “talk to Beate Sirota Gordon”.

After the war she married Joseph Gordon, who worked with her on the Constitution, and they moved to New York. She has spent her life working to support Asian performing arts. Although little known in the US, she is highly regarded by Japanese women.

In attendance for the lecture were Consul General Okabe and his wife along with Ambassador Tadashi Nagai (former Consul General of Portland 2002-2005).

The JETAA Portland book club meets once a month to discuss books about Japan or written by Japanese authors. Anyone interested in attending should contact Kim Miyake at president@jetaaportland.com Check out the JETAA Portland website for upcoming books titles. We hope you’ll join us!

*The JET experience is often life changing.
What direction do you choose next?*

A Master’s Degree in Intercultural Relations

“The MAIR program helped me to make sense of my myriad experiences in Japan: it gave me a new language for describing the culture that I’d encountered in Japan, my reactions to this culture, and how I’d changed in the process. I wouldn’t be where I am today, professionally or intellectually, without the MAIR Program.”

Adam Komisarof, Ph.D.,
JET Alumni, Saitama, 1990-1992
MAIR Alumni, 1990

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Hanamikai 2010

By Red Gillen

Attendees treated to tour of memorial plaza by former internee



On April 10th, the rain *kami* took a rest from their busy Spring season, allowing the sun to shine on this year's JETAA Portland Hanamikai.

With the change in the weather, a small group of JETAA Portland members and their friends got together to enjoy the view of (blossom-less) cherry trees on Portland's Waterfront Park. Although many of the food items served at the hanamikai came from the illustrious kitchens at Safeway, Misuzu Uehara did bring along some very popular, homemade teriyaki chicken.

This year's hanamikai offered more than just tasty pre-packaged food, however! The highlight was a visit by John Nakada, of the Oregon Nikkei Legacy Center. John came to the hanamikai to give the group a tour of the adjacent



Japanese American Historical Plaza, which was built in dedication to the Japanese-American internment camp victims of World War II.

John was especially qualified to give the tour as he himself was deported to internment camps as a young boy. Most hanamikai participants had never met a deportee in person before, so many questions from the group regarded day-to-day life in an internment camp. John was more than happy to answer all questions, and despite his experiences during the war, proclaimed many times that "America is the best country on earth". John's view is perhaps representative of the wartime generation of Japanese-Americans who wanted to be seen for what they were -- true Americans.



After the question-and-answer session, John then gave the hanami-goers his tour. Many in the group mentioned that although they had passed through the plaza area many times, they had not known its

meaning and significance. Much of the tour was spent reading and discussing internment camp experience poems engraved on stone markers.



Although this year's hanamikai was not a portable karaoke and Kirin party keg type of event, attendees were able to enjoy themselves through Portland learning and the pleasure of having met John Nakada, a living piece of history.

Author's note: JETAA Portland members wishing to learn more about the Japanese American Historical Plaza should take part in this year's rededication ceremony on July 30 (Sat)



Likes: reading, Japan, tea and snacks, conversation.

Looking for: JETAA Portland Book Club

The JETAA Portland book club meets once a month to discuss books about Japan or written by Japanese authors.

Kim Miyake at president@jetaaportland.com



Got amazing content to contribute?

Send stories, art, essays, pictures, ideas, comments, opinions, etc.

newsletter@jetaaportland.com

えと。。。あの。。。ええ。。。 Japanese Getting Rusty...?

Join us at the next **J-Kaiwa!**

First Fri every month @Hawthorne Lucky Lab 7-9PM

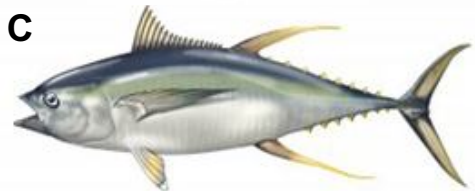
Jul 9 / Aug 6 / Sep 10

Come eat, drink, and brush up on that 'ol Nihongo you used to be so good at. Bring a friend!

What the Bunka?! Japanese culture in detail

By Daniel Mick

You can identify and eat its fishy flesh. But could you buy it whole at the fish market?



**Connect Japanese to English, then write the correct photo letter for each. Answers on p12.

___ Aji (鰯)

___ Awabi (鮑)

___ Buri/Hamachi (鰺)

___ Hirame (平目, 鰭)

___ Hokkigai (ホッキ貝, 北寄貝)

___ Hotategai (帆立貝, 海扇)

___ Iwashi (鰯)

___ Kaki (牡蛎)

___ Katsuo (鰹, かつお)

___ Kohada (小鰭)

___ Maguro (鮪)

___ Saba (鯖)

___ Sake, Shake (鮭)

___ Sanma (秋刀魚)

___ Sawara (鯖)

___ Tai (鯛)

M Unagi (鰻)

Snapper

Skipjack Tuna

Salmon

Surf Clam

Abalone

Yellowtail/Amberjack

Freshwater Eel

Sardine

Jack/Horse Mackerel

Spanish Mackerel

Flounder/Flatfish

Scallop

Gizzard Shad

Pacific Saury/Mackerel Pike

Oyster

Yellowfin Tuna

Chub/Blue Mackerel

Tabemashou! 食べましょう! Mar '10 Maki (Tigard)

Restaurant review group makes it Maki

By Daniel Mick

Do you like Japanese food? Exploring new restaurants? Sampling extensively from menus with others? Having fun writing food reviews? And doing it once a month? Well, the Tabemashou! Chair position is open and needing someone eager to take it on. Contact Kimberly Miyake if you're interested! president@jetaaportland.com

Maki

A large turn out in Tigard made this a great Tabemashou! since we got to sample so many dishes! Opinions were mixed on every dish and rating though as is reflected in the *akachochin* ratings. Since the ratings are averaged it becomes a little more subjective, but I'm comfortable with the scores being close to how I would have rated them myself, as I have for past reviews.

Maki proves the rule again that the more traditional establishments are in the suburbs. I assume its because there are more Japanese to support them and fewer all-Japanese-food-is-sushi bandwagoner Americans to dilute menus. We all enjoyed the general "authentic" vibe of the place.

Stand out dishes were the Poko Poko Ingen, grilled but crisp garlic sesame

green beans (we had two orders); Eringi, delectable butter-fried king oyster mushrooms; Saba Miso, grilled to perfection and covered with a fantastic sauce; Tako Karaage, non-tako lovers even liked; and the quality of the sushi.

Mixed review dishes were Zaru Soba, noted by several to be refreshing and not common in most Portland restaurants, but several found it bland; Yakisoba, heavy on the garlic and onions; and the Tofu Salad, chunky style but plain.

The most common complaints were Rolls/Handrolls, tiny-tiny-tiny; Hokke, exciting since it was *izakaya natsukashi* but was quite undercooked; and the Agedashi Tofu, fried nicely but gummy inside.

While the group only drank beer, the sake and shochu lists were healthy. Everyone was excited by several unique options on the menu but wishing there was more to it.

There were a handful of service issues even with the group dining family style. It is a small restaurant but should maybe have two servers.

Finally, we were consistently surprised at the tiny portion sizes for the prices. Maybe that's where WE were being silly Americans? But even the nigiri cuts and sushi rolls would be considered paltry in any other restaurant, in any country.



Menu Selection (3.6 avg)

Traditional but not US-dumbed-down. Several unique dishes. Was slim in several areas.



Food Quality (4.1 avg)

The food itself was outstanding; the preparation was lacking sometimes.



Service (3.1 avg)

Only one server, several mistakes, poor delivery timing.



Ambience (3.6 avg)

A pleasant blend of traditional Japanese décor and modern minimalist food and nature themed art.



Value (2.7 avg)

"Good food but too little food for too much money," was the consensus.



Tabemashou! Overall Rating:



Yuck!

You told us about the grossest foods in Japan...and the US!

The theme of this issue of the newsletter has revolved around food, lots of delicious food from the Iron Chef competition to Portland-made miso. But not all food is delectable, as many of us found while living in Japan.

If you have attended a JETAA Portland event in the last several months you may have received this survey:

JET/"Foreigner": What is the grossest food you ate in Japan? Circle or enter only one:

- Umeboshi (pickled plum)
- Basashi (raw horse)
- Natto (fermented soybeans)
- Shishamo (grilled pregnant smelt)
- Konnyaku (potato jelly)
- Uni (sea urchin)
- Azuki (red bean paste)
- Mochi (pounded rice cake)
- Sakana no ikizukuri (live fish sashimi)
- Other _____

日本人:アメリカで食べることがある一番気持ち悪い食べ物は何ですか?

(Japanese national: What is the grossest food in the US?)

18 people replied, 15 JETs and 3 Japanese. The results were decisive. The single grossest food in Japan is: UNI. Though a delicacy throughout the world including Japan, it seems we Americans simply don't appreciate what a treat the gonads of a bottom-dwelling spiny urchin are!

Results:

6 votes:

Uni (sea urchin)

3 votes:

Natto (fermented soybeans)

2 votes:

Horumon/Motsu nabe (intestines)

1 vote:

Azuki (red bean paste)

Shishamo (grilled pregnant smelt)

Umeboshi (pickled plum)

Basashi (raw horse)

Additional write-in votes:

Ankimo (monk fish liver)

Suzume (sparrow)

Konowata (pickled sea cucumber guts)

Hoya (sea pineapple/sea squirt)

What would YOU write-in?



There were only three Japanese replies, but all listed sweet foods. Most JETs can attest to the Japanese aversion to overly-sweet American treats.

Jin Nakamaru: Cake

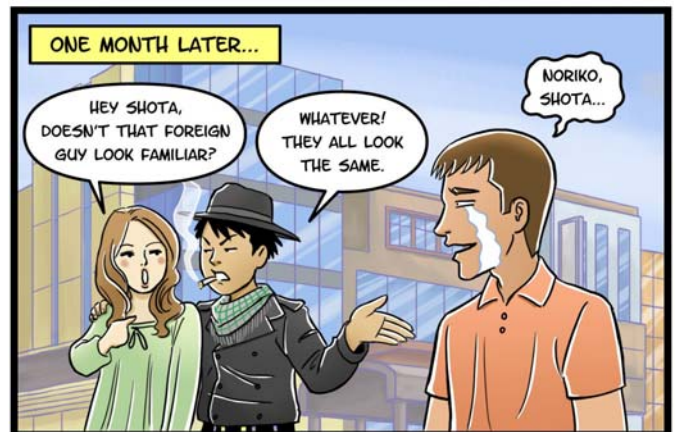
Maki Weisman: Twizzlers (>_<:))!!

Tomoko O'Rourke: Root beer, Pumpkin Pie



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BY DAVID NAMISATO (AOMORI-KEN, CIR, 2002-04)



They grow up so quickly.

Unfortunately, the survey did not ask to rank the top three worst. That would have provided some interesting results. Picking only one only indicates which is the grossest, not how gross it is relative to the others. At 40% of the votes uni is quite reviled though.

(Continued from page 1)

Sensei Sauce Competition

JETAA Portland and PNWJETAA went head to head competing with the secret ingredient Sensei Sauce, a product that is made locally in the Sellwood neighborhood by R. Jason Fortin-Luedtke. Sensei Sauce is an Asian sauce, handmade in small batches using fresh healthy ingredients and is available at local grocery stores or online. Sensei Jason gave out bottles of their newest product, a gluten free version of Sensei Sauce, for everyone that attended the Iron Chef event.

Leslie Siebert, last year's Iron Chef main dish winner, represented JETAA Portland. She and her husband Paul, made delicious Asian style lettuce wraps with a filling of chicken marinated and hand dipped in Sensei Sauce. Representing PNWJETAA, Cheryl Hou and Leela Bilow prepared Green Tea Sensei Sauce Ice Cream (renamed "Sensei Envy").

Sensei Jason attended as the judge to declare this year's winner. Although he loved the rich flavor of the lettuce wraps, he was so intrigued by the delicious Sensei Envy ice cream that he declared the PNWJETAA chapter as the winners.

We hope you'll try some yourself! Here's the recipe for Sensei Envy from PNWJETAA members Cheryl Hou and Leela Bilow:

Green Tea Sensei Sauce Ice Cream

Makes 4 Servings

- 3 Egg Yolks
- 1/2 Cup Granulated Sugar
- 4 Tsp Sensei Sauce
- 200 ml Whole Milk
- 100 ml Heavy Cream (the kind for whipping)
- 2 Tsp Granulated Sugar for heavy cream
- 1 Cup Strong Green Tea (You can use either loose-leaf tea or tea-bags. We used teabags for simplicity sake, though we ended up with about 5 teabags sitting in hot water. 1 1/2 Teaspoons green tea leaves, with 250 ml boiled, not boiling, hot water. Let this sit for at least an hour in the refrigerator; we left it in the freezer and literally had iced green tea.)

If you have an ice cream maker, great. If you don't you'll need the following items:

- 2 Gallon-size ziploc bags
- 2 plastic sandwich bags
- a good amount of salt (at least 2 cups)
- loose ice (enough to fill both gallon bags halfway)
- dishtowels

Steps:

Mix the egg yolks with sugar and soy sauce until it's a thick paste. Add milk to the egg mixture and strain. Cook over very low heat, stirring constantly with a wooden spatula until the mixture starts steaming and thickens slightly; we would recommend it be thick enough to coat the spatula.

Remove from heat and put pan in cold water. Let it sit for about twenty minutes to cool down and thicken. Mix in cold green tea.

Ice Cream Maker

Process mixture in an ice cream maker until partially frozen. Add heavy cream that has been whipped with sugar until soft peaks form. Continue processing until the mixture hardens.

Do-It-Yourself, Or, The-Little-House-On-the-Prairie-Way

Mix in the heavy cream that has been whipped with sugar until soft peaks form.

Evenly divide the liquid into the 2 sandwich bags. Seal tightly; press each bag to make sure there aren't any secret air holes where the liquid ice cream can leak out, or more importantly, where the salt water can seep in. Fill each of the gallon bags up 1/3 of the way with ice and add about a cup of salt to each bag. Seal and shake so the salt coats all the ice.

Seal up the ice bags with the ice cream sandwich bags inside and carefully, start kneading the sandwich bags inside. The ice cream will start to freeze within a few minutes, and the kneading will prevent ice crystals from forming (so it'll end up less of a granita and more of an ice cream!). Keep kneading! You'll notice a significant difference within ten minutes.

Now here's the important part! In our first batch, we noticed a strong garlic taste to the ice cream; but if you leave the ice cream in the freezer over-night (as we did for our second and third batches), and take it out the next day, the garlic mellows away into a soft, salty-sweet accompaniment to the green tea. Quite tasty!



June 2010



JETAA Portland
P.O. Box 8772
Portland, OR 97207

Fore!

Master's Golf Tournament Sunday, August 22nd

Compete for the Sugoi Green Jacket on the
McMenamin's Edgefield course
(No skills needed, it's a scramble!)

Join the cool kids.
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email is a link to "Manage/Update"
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L.Kohada (小鱈): Gizzard Shad	O.Aji (鱈): Jack/Horse Mackerel
C.Maguro (鰹): Yellowfin Tuna	H.Awabi (鮑): Abalone
P.Saba (鯖): Chub/Blue mackerel	N.Burt/Hamachi (鰯): Yellowtail
F.Hirame (平目, 鰭): Flounder/Flatfish	F.Hokkigai (北寄貝): Surf Clam
G.Sanma (秋刀魚): Pacific Saury	B.Hotategai (帆立貝, 海扇): Scallop
E.Sawara (鱈): Spanish Mackerel	A.Iwashi (鰯): Sardine
D.Tai (鯛): Snapper	K.Kaki (牡蠣): Oyster
M.Unagi (鰻): Freshwater Eel	L.Katsuo (鰹, カマツオ): Skipjack Tuna

Upcoming Events:

Visit www.jetaaportland.com for event details

- Sat 06/19 Pre-Departure Orientation
- Sat 06/19 Portland Taiko *Ten Tiny Taiko Dances*
- Wed 07/07 七夕, *Tanabata*/星祭り, *Hoshi Matsuri*, Star Festival
7/7, 8/7, or 8/16 depending on custom/calendar
- Fri 07/09 J-Kaiwa, 1900 @ Hawthorne Lucky Lab
- Sun 07/11 Shokoukai Softball Tournament, 8-5PM
RSVP to Matt Turner: matthew@cgjidx.org
- Mon 07/12 Furoshiki Folding, 2PM @ World Trade Center
RSVP to culture@cgjidx.org
- Sat 07/17 Sayonara BBQ 1-5PM
See jetaaportland.com for details
- Sun 07/18 Book Club, 1PM
- Mon 07/19 海の日, *Umi no Hi*, Marine Day
- Mon 07/26 土用丑の日, *Doyo no Ushi no Hi*, Midsummer
Day of the Ox/Unagi Day!
- Fri 07/30 Japanese-American Historical Plaza
Rededication, volunteers needed by 07/15
See jetaaportland.com for details
- ~08/15 お盆, *Obon*, Ancestor's Day
- Fri 08/06 J-Kaiwa, 1900 @ Hawthorne Lucky Lab
- Wed 08/11 Obon Celebration @ Japanese Gardens
- Aug 12-15 JETAA National Conference in NY
- Sun 08/22 Master's Golf Tournament @ Edgefield
- Sun 08/30 Book Club, 1PM
- Fri 09/10 J-Kaiwa, 1900 @ Hawthorne Lucky Lab
- Mon 09/20 敬老の日, *Keirō no Hi*, Respect for the Aged Day