

# Top-class production in Okinawa! Nishihara is the place for Okinawan Tofu!

Okinawan tofu is the soul food of Okinawa residents. Nishihara Town, which is rich in water, has top-class production of Okinawan tofu! Try Nishihara-born Okinawan tofu full of pride and love!



Tofu is an essential food on Okinawan tables. Okinawan tofu, made by slowly cooking soy milk with nigari, has the natural flavor of soybeans and a firm texture. It holds well in stir-fries like Champuru, simmered dishes, and soups, and has long been loved as Okinawa's soul food. Nishihara Town is known as the "town of Okinawan tofu," with many tofu makers and one of the highest production volumes in the prefecture. Recently, events like the "Tofu Festa," where people can taste and compare tofu from different makers, have made the town even more lively.



## Eat and compare the Okinawan tofu made in Nishihara!

Many tofu makers in Nishihara Town make special Okinawan tofu with their own style. When you try and compare them, you will be surprised by the different tastes and textures.

**[Where to buy]**  
You can find them at supermarkets in Okinawa and at the Nishihara Sawafuji Marche.



### Ikeda Foods

The third-generation Ikeda-ya sells homemade tofu in a mobile shop. They use Japanese soybeans and special salt to make big fresh Okinawan tofu. The taste is gentle, so even kids can eat it happily.



### Wakugawa Foods

Founded 65 years ago, this long-established tofu shop makes Okinawan tofu with skilled methods. The rich taste of soy milk is amazing at the first bite. No wonder many fans only eat tofu from here.



### Maesato

Maesato's Okinawan tofu, known from TV commercials, has a mild taste and is easy to eat. It is good for champuru, and the flavor is strong, so you can enjoy it by itself too.



### Tamashiro Tofu shop

Founded 50 years ago, this tofu shop keeps selling traditional Achi-ko-ko tofu. All Okinawan tofu is handmade and lightly salted, so it goes well with champuru, stews, and other dishes.



### Kanehide shoji

In 2022, Kanehide won the Okinawa Prefecture product award for their original Okinawan tofu. It is a little firm with a bouncy texture and does not break easily in cooking.

## Enjoy the Tofu menu

CAFE SOYLAB

This cafe, run by tofu expert Mizudo Ran, serves healthy tofu dishes.

The "Today's One Plate Lunch" has Okinawan tofu hamburger, okara salad, and soy milk soup, all made with fresh Ikeda tofu.

There is a big kids' room, so families with small children can eat comfortably.



☎098-943-2230

Address: 86-1 Ikeda, Nishihara  
Hours: Lunch: 11:30 a.m. - 3:30 p.m. (Last order 3:00 p.m.)  
Morning (reservation required): 9:30 a.m. - 11:00 a.m.  
Closed: Sundays Instagram @soylabo\_yuuen



map