



Bring taste of Japan to dinner plate with udon, fried rice and spring rolls

By Dick Sellers
FOR THE SPOKESMAN-REVIEW

Japanese culture has introduced many excellent food products and dishes to America's culinary palate. Most of us are familiar with surimi (imitation crab and lobster), ramen noodles, the hungry college student's best friend, and its convenient variant, Cup Noodles. Thank you, Nissin, but bring back the dried egg cubes that once enticingly adorned every cup of noodles when we opened it.

Many Japanese dishes are popular here in America, including teriyaki, tempura, sushi and sukiyaki. Our first dish, Yaki Udon, is also popular and can be found in Japanese and even some Chinese restaurants. Rice and noodles are staples in Japanese cuisine and figure prominently in today's recipes.

Udon may be the most intriguing ingredient. Sold in two forms,



PIXABAY

Fresh udon are plump and chewy, making them more durable for stir-frying and a good choice for Yaki Udon.

fresh and dried noodles, both have pros and cons. Fresh udon are plump and chewy. They're more durable for stir-frying, making them the better choice

for Yaki Udon. The dried version works well in dishes requiring little or no extra cooking.

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COLIN MULVANY/THE SPOKESMAN-REVIEW

No-Li's special 1AB First Amendment Beer brewed for The Spokesman-Review's launch of Comma.

BREWING READERSHIP

No-Li, Spokesman-Review collaborate on limited edition beer: 'What's more American than the First Amendment?'

By Elena Perry
THE SPOKESMAN-REVIEW

No-Li Brewhouse has whipped up a concoction that can quench one's thirst for tangy craft beer and timely local news in one 12-ounce can.

The craft brewers designed a specialty beer in collaboration with The Spokesman-Review in celebration of the announcement of a nonprofit that may soon absorb publishing rights for the newspaper as long-time publishers the Cowles family prepare to donate the asset.

1AB, or First Amendment Beer, is a juicy, hazy

IPA selected intentionally to appeal to drinkers ages 21 to 35. It leans toward fruity and refreshing, said brewmaster Ty Lindquist, who crafted the beer's recipe in collaboration with Spokesman-Review and nonprofit Comma staff.

"We want to help cultivate active adult readers of 21 to 35, and so we created a recipe of beer that was designed for 21 to 35, which is citrusy. It's a little lighter, it's sweet, it's sessionable," said John Bryant, No-Li co-founder and owner, using an industry term for drinks with lower alcohol content. "It's got a lot of flavor, an aromatic nose."

Lindquist used three main hops to craft the

"experimental" beverage: Nectarone, a tropical New Zealand hop; Citra, a common hop grown in the Yakima Valley that exudes tropical and citrus flavors; and El Dorado, which gives off pineapple and mango flavors. This is included with a proprietary juicy yeast and three malts: two-row pale, aromatic and Munich, all grown in Washington. Each component mixes in the brew with 6.1% alcohol content and an international bitterness unit of 30, relatively low for beers.

"This is made to be more of an aroma and flavor with the hops, as opposed to like a bitter coffee," Lindquist said.

"It's the wheelhouse of what that generation is looking for; it's the same generation we want to try to keep journalism alive in," Bryant added.

See **NO-LI, 3**

Documentary captures Rainier Beer's mountain fresh history

IF YOU GO

'Rainier: A Beer Odyssey'

WHEN: 7:30 p.m. Friday
WHERE: Garland Theater, 924 W. Garland Ave.
TICKETS: At the door or online at garlandtheater.org

By Rachel Baker
FOR THE SPOKESMAN-REVIEW

Giant beer cans floating a river. Giant beer bottles with legs. Giant beer bottles at the dawn of humanity. These are just a few sights from the documentary, "Rainier: A Beer Odyssey," which showcases the legendary

commercial of Seattle's beloved Rainier Brewery that ran from 1974 to 1987.

The documentary comes to the Garland Theater on Friday, with a showing at 7:30 p.m. The filmmakers will be in attendance and the theater will give out door prizes and offer Rainier specials.

Naturally the film has found traction with showings throughout our beer-loving state, and this will be its first showing at the Garland Theater.

"Rainier is our highest selling beer at the theater," said Jasmine Barnes, co-owner and general manager, who was told about the documentary by her fiancé's

father.

The documentary was released in 2024 and has gone on to be shown at the Tacoma Film Festival and Anderson Island Film Festival. Last week, it had several showings at the Seattle International Film Festival Cine-

See **RAINIER, 3**

Contact the features desk: (509) 459-5400 or features@spokesman.com

<div></div> <div>489-2148 2103 E. EMPIRE</div> <div>CRESTLINE AT GARLAND 9 a.m. - 8 p.m. DAILY, CLOSED SUNDAYS WE ACCEPT QUEST, DEBIT & CREDIT CARDS SALE DAYS APRIL 16 THROUGH APRIL 22, 2025 www.bargaingiantfoods.com</div> <div>ORIGINAL HAWAIIAN RECIPE MARINATED SIRLOIN MAUI STEAKS</div> <div>MAUI BREAST TENDERS 3.99 LB. 8⁹⁹ LB. MAUI RIBS 8.99 LB.</div>	USDA CHOICE BEEF T-BONE STEAK 9 ⁹⁹ LB.	DELI SLICED ROAST BEEF 3 ⁹⁹ LB.	FRESH REGULAR GROUND BEEF IN ONE 5 LB. PACK 3 ⁹⁹ LB.	FRESH BONELESS FRYER BREAST 2 ⁹⁹ LB.	FOOD CLUB BUTTER QUARTERS 1 LB. 2 ⁹⁹ EA.	WASHINGTON GROWN COSMIC CRISP APPLES 29 [¢] LB.	YUKON GOLD & RED POTATOES 15 LB. BAG 5 ⁹⁹ EA.	CALIFORNIA BRUSSELS SPROUTS 99 [¢] LB.
	ST LOUIS STYLE PORK SPARERIBS 2 ⁹⁹ LB.	MAUI CHICKEN BREAST TENDERS 3 ⁹⁹ LB.	USDA CHOICE BEEF CHUCK ROAST BONELESS 5 ⁹⁹ LB.	MAUI MARINATED PORK RIBLETS 2 ⁹⁹ LB.	JIF PEANUT BUTTER 16 OZ. JAR 1 ⁹⁹ EA.	FRESH SWEET CORN 69 [¢] EA.	CALIFORNIA GREEN CABBAGE 59 [¢] LB.	RADISHES & GREEN ONIONS 2/1 ⁰⁰
	FRESH LEAN PORK CHOPS 2 ⁶⁹ LB.	COOK'S BONE-IN HALF HAMS BUTT & SHANK 1 ⁹⁹ LB.	DAILY'S BIG BUY BACON 1 LB. PKG. 2 ⁹⁹ EA.	CRAV'N PIZZERIA PIZZA 12 INCH 3 ⁹⁹ EA.	MT OLIVE KOSHER DILLS 80 OZ. JAR 3 ⁹⁹ EA.	LARGE GREEN BELL PEPPERS 99 [¢] EA.	ON THE VINE TOMATOES 1 ⁴⁹ LB.	FRESH GREEN BEANS 1 ⁹⁹ LB.