



# Cooking with Oba-Chan: Okinawan Goya

Brendan Hotta  
Zoom  
December 5, 2024

# For Today's Class...

- Please turn your camera ON
- Mute when you are not speaking
- Recording and screenshots



# Brendan Hotta

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- Program Associate
- Joined Keiro in August 2024
- Involved in:
  - Events
  - Classes



# Our Mission

*"To enhance the quality of senior life in Our Community"*

*How we deliver our mission is evolving*



# What Does Keiro Do?

*Older Adults*



*Caregivers*



*Community*



# Quality of Life



# Overview

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- What Goya and Okinawa Mean to my Family
- Blue Zones
- The Importance of Food and Diet
- Making a Meal for Yourself
- What is Goya?
- Let's Cook

# Goals

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- Understand the importance of food and diet and how they affect our bodies
- Learn about Goya, its health benefits, and how it ties into the Okinawan diet
- Feel confident in your ability to share recipes and experiences with your family and friends
- Learn to cook a healthy and hopefully tasty dish for yourself and others





# Goya Prep

Goya prep:

Wash goya and cut in half vertically

Clean out the insides with a spoon, clear out the white center and the seeds.

Cut the ends of the goya off and discard

Now you may cut the goya into slices, about 5 mm in size

Once cut up, place goya in water that has been lightly salted

For a stir fry dish or cooked goya, you may heat the water to a light boil/simmer and let the goya sit in the hot salted water for about 10 minutes to drain out the bitterness

For a raw dish, like salad, place in cold water and salt and let sit for at least 30 minutes to drain out bitterness

# Ingredients

## Goya Champuru (Stir-fry)

### Ingredients:

- Goya (Bitter melon) - 1 medium sized
- \*Optional\* Protein of Choice (below are most common):
  - Pork - ½ lb per 1 medium sized goya
  - Spam - ½ can per 1 medium sized goya
- Tofu - 1 Container
- Egg - 2~3
- Shoyu - 2 ½ tbsp
- Salt
- Pepper
- Any neutral cooking oil - 1 tbsp
- Dashi Stock Powder (Hondashi)
- MSG (Aji-No-Moto)

## Goya Salad:

### Ingredients:

- Goya (Bitter melon) - 1 medium sized
- White onion - ½
- Salt
- Pepper
- Red wine vinegar - 1 tbsp
- Tuna (Canned) - 1 can
- Lemon juice - 2 tbsp
- MSG (Aji-No-Moto)
- Vegetable Oil - 1 ½ tsp
- Mayo (Optional)



# What Goya and Okinawa Mean to my Family

# Oba-Chan & Oji-Chan



# Our Roots





# Blue Zones

- Blue Zones -  
A geographic area  
where people live  
longer and healthier  
lives than average.

Buettner, D. (2024, August 6). *Food guidelines*. Blue Zones. <https://www.bluezones.com/recipes/food-guidelines/>





# The Importance of Food and Diet



# Food and Diet

- Food and diet have a directly proportional relationship with one's health
- Factors to consider when thinking about food and diet:
  - What are you eating?
  - How balanced your diet is?
  - What kind of diet are you eating?
  - How much are you eating? *Hara Hachi Bu*



# Food Science and Worldly Diets

- Food science has evolved a lot over the years, you may have heard of all kinds of new diets especially in recent years.
- Mediterranean Diet
- Okinawan Diet





# Making a Meal for Yourself



# Cooking for Yourself

- Mental health benefits:
  - Stress Relief
  - Creativity and Expression
  - Memory Exercise
  - Socialization





# What is Goya?





Has anyone ever had goya,  
and did you like it?

# What is Goya?

- Goya also known as bitter melon or Nigauri in Okinawa
- Staple food of Okinawa
  - What's so great about Goya?
- Superfood?



# The Benefits of Goya

- Goya has many health benefits:
  - Momordicin
  - Digestive Health
  - Insulin Production
  - Nutrients:
    - Vitamins A, C, B(1-3, 9), Minerals, Antioxidants





# Works Cited

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# Let's Cook!



# Questions?



Thank you!




# Quality of Life Classes

## Cooking with Oba-Chan: Okinawan Goya Quality of Life Survey

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**B** *I* U  

 Thank you for participating in our **Cooking with Oba-Chan: Okinawan Goya** Quality of Life Class.

 Please take a moment to complete this short survey to help our team improve our programs. Your input is deeply appreciated and helps us plan for future classes. Thank you for your feedback and time.

 If you have any additional questions or comments please email [programs@keiro.org](mailto:programs@keiro.org).

# Keiro Quality of Life Classes

December 2024

➤ **Navigating Local Transportation  
with Confidence**

Thursday, December 12, 2024 | 2:00 - 3:00 p.m.

Visit [keiro.org/qol](https://keiro.org/qol) to register for FREE and for class descriptions.



# Keiro Connect

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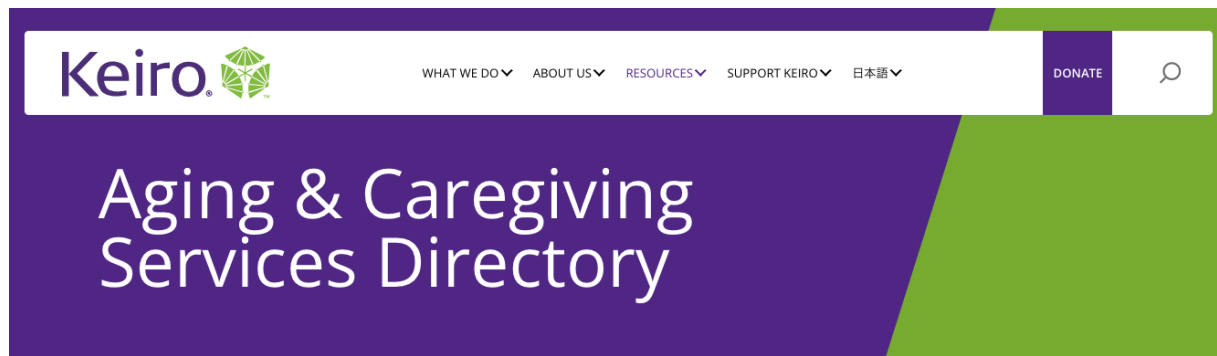


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