

# HALAL

HEALTHY RESTAURANT



FIN

COLLEGE OF INTERCULTURAL  
COMMUNICATION

学部公認学生団体

LINK CIC × SEAGULL

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# → WHAT IS SEAGULL ?

SEAGULL is a Southeast Asia-based student organization accredited by the College of Intercultural Communication at Rikkyo University.

## A comment from the SEAGULL representative

We have been to create a more convenient environment for students with special needs. Until now, we have focused on considering the introduction of halal food into the school cafeteria and creating a halal map and vegearian map. From now on, we would like to proceed in three directions: diversity of on-campus food, dietary support and lifestyle support.

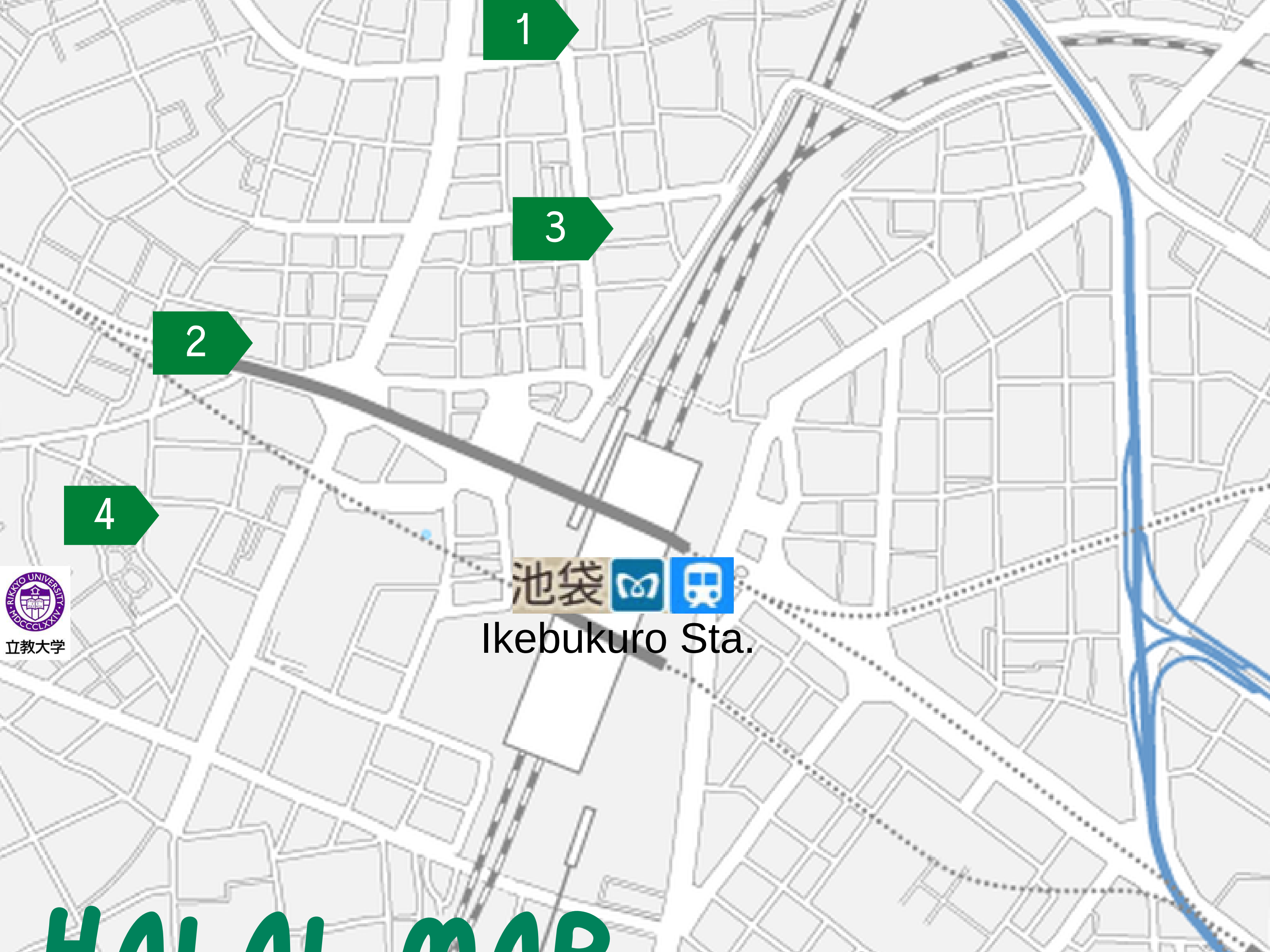
## A comment from initial members of SEAGULL

Our purpose in establishing SEAGULL is to support those in need in food, and to improve the emphasis and interest in minorities in society. It is of utmost importance to speak up and voice our options for ourselves and others anytime, anywhere.

## DO YOU KNOW HALAL ?

Foods and dishes  
permitted to be eaten  
in Islam

No pork and alcoholic  
beverages



# HALAL MAP

## 1 Marhaba

2-63-6, Ikebukuro, Toshima,  
171-0014

☎Sun 11:00-21:30

Mon-Sat 11:00-15:00&17:00-22:30

## 2 Safei

2-13-8, Ikebukuro, Toshima,  
170-0014

☎11:00-22:30

## 3 Ariya

2nd floor of 1-43-3,  
Nishiikebukuro, Toshima,  
171-0021

☎11:00-06:00

## 4 Malaychan

3-22-6, Nishiikebukuro, Toshima,  
171-0021

☎Sun 11:00-22:30

Mon 17:00-22:30

Tue-Sat 11:00-14:30&17:00-22:30



# 1 MARHABA

Discoveries from Pakistani Cuisine

## Interview

Q. Why did you decided to serve Halal food?  
Because many Muslims live in the area close to this restaurant.

Q. What kinds of condisderation do you have for Muslims?

We take into consideration the animal food used.

Q. What is attractions of Islamic culture that you would like to share with our readers?  
The custom of taking care of Islamuc guests and friends

Q. What is similarities or differences between your cuisine and Japanese cuisine?  
The cooking is basically the same, boiled, fried, etc., just with or without whether or not the ingredients used are considered.



Marhaba was established in 1990 and have served authentic Pakistani Cuisine in Japan. The interior of the restaurant was calm and relaxing, with brown based interior design. The walls were painted with patterns reminiscent of a mosque and decorated with photographs and drawings of Islamic structures. Also, ornaments featuring elephants and camels decorated the store. Among them, the elephant-shaped vase was my favorite. It was placed right next to our seats, and its splendor caught my attention.





## Review

We ordered set A from the lunch menu, which was a good deal as it filled me up for 800 yen. It comes with curry, naan or rice, and salad. We had a choice of a number of curries and ordered "roti", a Pakistani bread made from wheat malt. The curry was spicy compared to the Japanese ones, so the drink called "Lassi" was a must. It was filled with chicken, beans, and other ingredients, and paired very well with the sticky naan and roti. Especially, the roti was new to me and I could not imagine the flavor. It looked flatter than naan and the dough was slightly brown. It did not have any strong or distinct flavor, so it did not interfere with the taste of the curry and was easy to eat. Through this project, I was able to taste authentic Pakistani cuisine that I had never had before. I think I could deepen my own insight by encountering dishes I did not know well about. In addition, I had the impression that curry was an Indian dish, but was surprised to learn that the local dish of Pakistan is also curry. According to my research, Pakistani cuisine is a blend of various culinary traditions from the Indian continent and Central Asia with elements of the Mughal Empire. It was more interesting to learn that this style of cooking was born in Pakistan, which is located between Central Asia and India. It was very good and I would like to visit this restaurant again.

## Comment

Halal food and Islam had never been very familiar to me before, but I felt a sense of familiarity as I saw similarities, such as the cooking method being the same as Japanese cuisine and the Islamic characteristic of taking care good care of guests and friends being similar to the Japanese spirit of hospitality. This was a great experience for me to get in touch with Islamic culture through food. Finally, I would like to thank the staff of Marhaba restaurant for their cooperation.



Marhaba

2-63-6, Ikebukuro, Toshima, 171-0021



## 2 SAFEI



Enjoy the special flavoring of northwestern China with all the halal menus!

## Appreciation

LISA: Until now, the only thing I know about halal food is "food eaten by Muslims", and I imagined food that is eaten in the desert region of the Middle East. Therefore, when I visited 薩斐(Safei) and looked at the menu, I was very surprised that there were many completely new dishes that were different from the halal food I imagined and the Chinese food I knew.

All the dishes looked really delicious, and it was difficult to choose dishes because I was fascinated by new dishes using lamb or beef that I had never eaten before, noodle that could be chosen in thickness, and Chinese "OYAKI" that could be eaten in units of numbers.

Through this experience of actually eating halal food and interviewing the restaurant staff, I felt that halal food had suddenly become close to me by realizing the variety of halal food, the new but delicious flavor, and the charm of quality assurance.

From now on, I strongly think that I want to experience more diverse halal foods, eliminate the stereotype of halal foods = a meal for Muslims, and let more people taste safe halal foods.

YEJIN: Until now, I have a strong impression that halal is a Muslim food, so it was very impressive that halal food is a safe food in China. Since halal is not acknowledged very much in Korea, I didn't have many chances to encounter halal food. However, when I actually ate it, I felt that I could eat it comfortably and deliciously. Especially, the main dish of this restaurant is really delicious, so I want to go there again. Also, the purchase of ingredients was made in accordance with the polite rules of Muslims, and I think it was an opportunity to experience a new food culture by knowing and eating it. With this experience, what I thought halal was difficult to access has disappeared, so I would like to include halal in my meal as an option in the future.



# INTERVIEW

Q. Why did you want to serve halal food?

A. Because the owner eats halal food!

Q. What are the similarities or differences with Japanese food?

A. I think it is similar to how it focuses on cooking methods.

Q. Is there a unique way to cook in this restaurant?

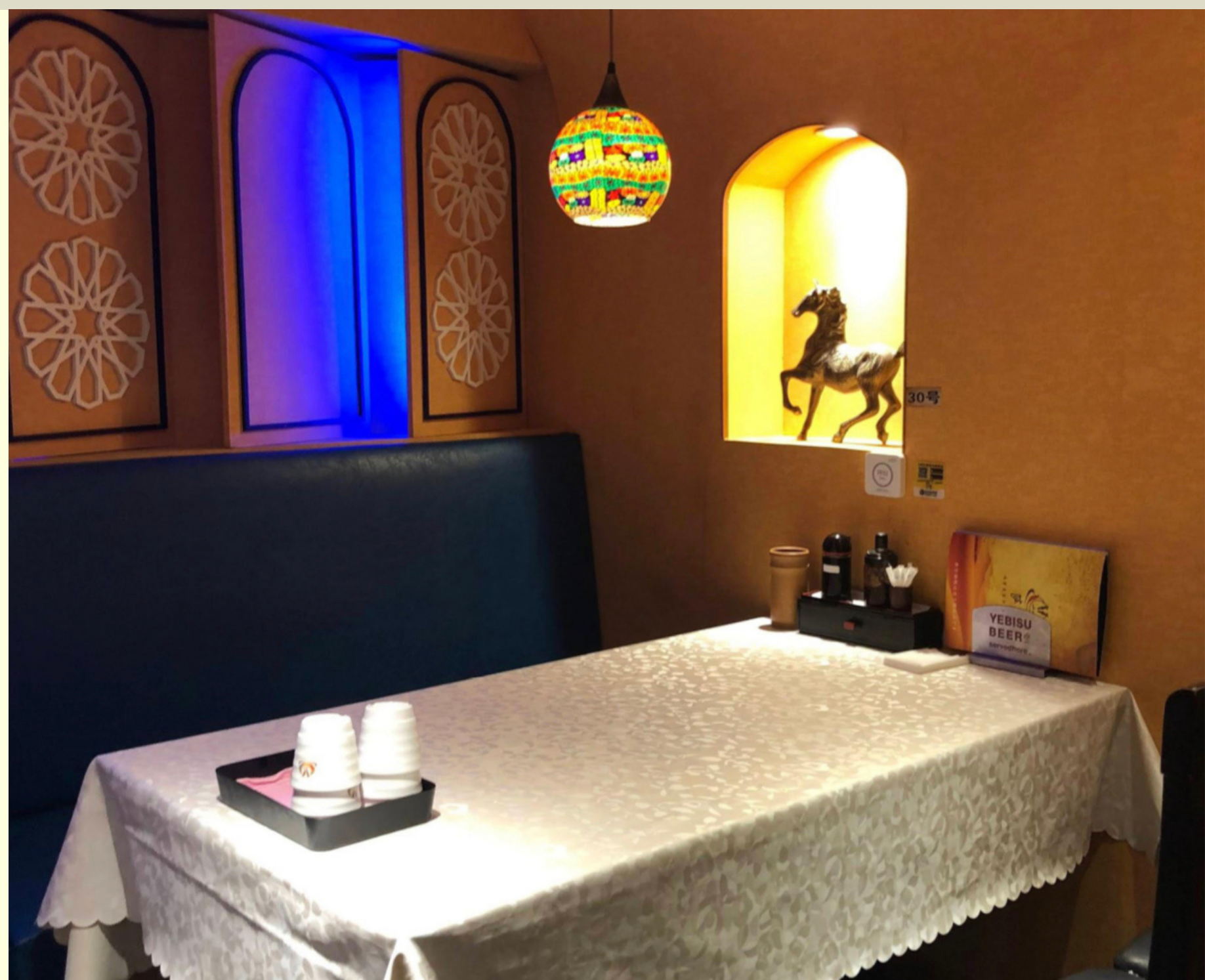
A. Noodles are the signature dish, and they are all handmade! Only the chef who have practiced for many years can serve it.

Q. Do you have any stubbornness about the ingredients?

A. In Islam, there is a rule that people should not eat meat that is already dead, and they can only use meat that is tightened alive. Therefore, our ingredients are purchased from a specialized halal food supplier!

Q. What is the appeal of halal food you want to share to the readers?

A. Unlike in Japan, the image of halal food in China are “safe,” and “guaranteed quality,” and I think it is attractive because it has an image of high quality. Halal food, which has a religious meaning for Muslims, has a strong image in China as a safe and healthy meal.



Safei  
2-13-8, Ikebukuro, Toshima,  
170-0014



### 3 ARIYA



#### The Halal world from store interior and exterior

As the restaurant is described as "Seishin Gastronomy," Ariya offers Seishin cuisine. Seishin cuisine refers to the food eaten by Muslims, Hui living in China. The restaurant is decorated in blue, reminiscent of a mosque. Decorated with chandeliers, patterns of Islamic motifs, and Arabic tapestries, it has a luxurious atmosphere. Consideration was given to the exterior, with the silhouette of the mosque painted in gold and simultaneous Arabic and Chinese writing. The cooks were wearing Hui hats. Many customers speaking Chinese enter the restaurant to enjoy authentic Seishin cuisine.



## Cross-cultural experiences at restaurants

According to the description on the menu, halal stands for cleanliness and elegance. The followers of Allah, the founder of Islam created Chinese halal as a taste "remembrance" unique to Islam. In the Czech Republic, where I studied, there were many Vietnamese immigrants, and most of the Asian restaurants in the country were run by them. There are sushi that looked like creative cuisine or soups mixed with Vietnamese culture, and other menu items that are different from the Japanese cuisine I know. The interior of the restaurant was decorated with pictures and ornaments that looked like "Japan" from a foreigner's point of view. Of course, this is a good thing, as it creates a new culture and a new point of view. However, I felt that it lacked a little in terms of feeling the atmosphere of the local people.



However, the fact that the manager of this Ariya restaurant is from the Hui ethnic group, that the employees are Chinese, that the language spoken in the restaurant is Chinese, and that the interior of the restaurant resembles a mosque in the Hui Autonomous Region, made me feel as if I were in a foreign country. I thought that this would be a place where Chinese people living in Japan could feel at home, and a good base for Japanese people to feel different cultures as well.

Aliya's unique concept of halal Chinese cuisine in a foreign land, Japan, will continue to connect us with Chinese Islamic culture.



## INTERVIEW



## Interview

The reason why the Chinese serve halal food is that a few of them are “Hui”. Before visiting Chinese halal restaurant Ariya, I thought that Chinese restaurants only serve Chinese food, but it is actually not true. I came to acknowledge the existence of Hui by conducting this project. Also, the logo expresses not only the official halal food restaurant but also the nationality of hui. I strongly felt the passion of being hui at the same time.

※Hui:Islamic ethnic minority group of China

## China ×Halal

Q.Why do you serve halal food to people?

Simply because the manager is Hui.

Q.Do you have anything that you consider when you serve halal food to customers?

We are not going to serve foods including pork.

Q.Are there any meaning in the logo?

It is imaged by the mark, nationality of Hui,.



## Ariya

Nisshin building 2F, 1-43-3,  
Nishiikebukuro, Toshima, Tokyo  
〒171-0021

## Eating Chinese halal food!

We ordered lamb soup, Chinese sweet bun and beef and egg stir-fry. Instead of pork, lamb and beef was included in the dishes. Hearing of halal food, I wondered if it was home-cooked food from the Middle eastern. However, I realized they halal food can be Chinese food as well. The taste is a little bit strong for me but the restaurant is worth visiting for Rikkyo students(or whoever!). Because people can eat super tasty and large amounts of food for almost 1000yen! Check it out:)

# 4 MALAYCHAN



## Cross-Cultural Understanding Starting with Halal in Malaysia

## SEAGULL&LINK CIC

Malaychan serves halal-compliant Malaysian food. It has been in business for 34 years this year, and has a long history. All of the food is thoroughly Halal, which expresses the restaurant's wish that Muslims can come to the restaurant with peace of mind.

One of the characteristics of the halal food that Malaychan offers is that it uses only meat that has been certified as halal food. The restaurant is so particular about this that it still goes to the local market to purchase ingredients. The menu includes ingredient lists and descriptions of the dishes, so customers can choose with confidence

Nasi goreng is a dish similar to fried rice popular in Malaysian and Indonesian food stalls. In Indonesian, "nasi" means rice and "goreng" means stir-fry. Malay chan nasi goreng is made with Malaychan sauce. This sauce is made by boiling down shrimp extract and herbal ingredients and has a flavor similar to that of Nichi miso. Yakitori (grilled chicken) which is included in Nasi goreng sets is flavored with curry. Overall, the food is seasoned to suit the Japanese palate, and the volume is satisfying.

### review

The first time I tried Malaysian food, my image of ethnic food as having strong habits was overturned. Unexpectedly, it was very easy to eat, with a mild flavor that suited the Japanese taste buds. Thus, we must not forget that each country has its unique ethnic characteristics, even when we speak of ethnic food in a single word. Eating Malaysian food would be more enjoyable while being aware of the spices and seasonings used uniquely in each country. We hope you will try authentic Malaysian cuisine at Malaychan.



## Communication with foreigners

Malaychan actively employs international students on a part-time basis. According to the owner, "People have different experiences depending on their upbringing. For example, some people have never cleaned their rooms. She wants them to experience 'hard but important things' through their work." She says that people should have experiences that are relevant to their future, depending on their interests. She says that it is important not only to gain knowledge from books, but also to have practical experience of actually going abroad and communicating with people with different ideas.

According to the shop owner, "The real 'kindness' when conversing with foreign students and foreigners is to teach them correct Japanese. It is real kindness to correct them, rather than just 'I understand it somehow, so I'll just let it slide' by a few words". I myself thought that even if the Japanese was imperfect, 'it is good if the Japanese can understand you, and it is better not to point out details in order to give them confidence'. For example, there are many international students at Rikkyo University, and there are many opportunities to converse with them in Japanese. However, I rarely point out their Japanese. This is because it can be understood well enough as it is.

That is why this story was a new way of thinking for me. Talking to the shopkeeper gave me a new way of thinking and broadened my horizons.

During our visit to the halal food shop Malaychan, we felt that the owner was offering a friendly place for everyone, not just Muslim people. Before we could explain about this project, the owner spoke to us. Not only did he value communication with the international students working part-time, but she was also friendly towards her customers. This is not only to gain knowledge, but also to understand the person better through conversation. The conversation taught me the importance of communicating with people.

The food is very easy to eat and has a familiar taste. This time, I was able to enjoy the Malaysian atmosphere and learn about the importance of communication and cross-cultural understanding more than I was able to develop an interest in halal food. I would definitely recommend a visit.



### review

It has a non-habitant, gentle flavour. It has many ingredients such as spring onions, carrots and chives, and the texture of the prawns adds a delicious accent. Although it is Malaysian food, it has no peculiar habits and I felt that anyone could easily eat it. The noodles are hearty and filling, but not greasy and thin, so they are easily eaten.

Malaychan  
3-22-6, Nishiikebukuro,  
Toshima,  
171-0021





**At the end**

In this magazine, we introduced four restaurants from the Hala Food Map created by SEAGULL!

There are many more fascinating restaurants listed, so be sure to check out the Halal Food Map at the link below!

URL→ [mknpps0000010d3c.pdf \(rikkyo.ac.jp\)](https://www.rikkyo.ac.jp/~mknpps/0000010d3c.pdf)

☆This Halal Map was published in 2019, the new version will be updated this autumn.





SEAGULL × LINK CIC HALAL

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