

Okonomyaki (Japanese Pancakes)

Recipe source: modified from Japanese Pancakes SAKGP Shared Table

Fresh from the garden Sugarloaf cabbage, Tuscan Kale, spring onions, garlic chives, carrots, garlic chives

<u>Equipment</u>	<u>Ingredients</u>
Large bowls and colander	1 small head of cabbage, finely shredded
Small bowls	4 carrots grated
Measuring spoons and cups	8 kale leaves, stalks removed and finely shredded
Measuring jugs	8 x 70 g eggs
Chopping boards	1/2 cup miso paste (thinned with water)
Vegetable knife	6 spring onions, finely sliced
Scissors	Garlic chives, chopped
Large fry pan	1 ½ cups rice flour
Wooden spoon, Spatulas	3 tbsp sesame seeds (plus extra to serve)
Large serving spoons	6 tbsp sunflower oil, for frying
measuring cup and spoons	1 cup Okonomyaki sauce (see recipe below)
clean tea towels	Japanese mayonnaise to serve
Paper towel on oven trays	Bonita flakes (to serve, optional)
vegetable peeler, grater	Okonomyaki Sauce
whisk	7 tbsp Worcestershire sauce
Egg rings	3 tbsp sugar
	½ cup Tomato Ketchup or Tomato Sauce
	¼ cup Vegetarian Stir-Fry Sauce (or Oyster Sauce)

What to do

Cut the whole cabbage into quarters and shred finely.

Grate the carrots.

Wash and dry Kale leaves. Remove stalks using scissors. Finely cut the leaves.

Wash the spring onions and slice white and green parts into small pieces.

Use scissors to cut the garlic chives into small pieces. Set aside half for serving.

Place the shredded cabbage, grated carrot and kale and the spring onions and ½ the garlic chives into a large bowl.

Measure ½ cup Miso paste and add water to thin out. Mix well.

Crack the eggs into the medium bowl and whisk to combine, then add the thinned Miso paste.

Measure out 1 ½ cups rice flour and 3 tblsp sesame seeds.

Sprinkle the flour and sesame seeds across the cabbage and vegetables and toss to combine.

Drizzle the egg mixture over the top of the vegetables and stir to combine. Place enough sunflower oil into the frying pan to cover the base, and heat to medium temperature. Place the egg rings into the fry pan. Place a heaped tablespoonful of pancake mixture into each egg ring. Cook until golden and crispy on the bottom. When ready, remove egg ring and flip the pancake and push the pancakes up against the side of the frying pan to create a nice round shape. Cook the other side, then place the cooked pancakes on paper towel and keep warm in the oven. Repeat the process using the remaining oil and pancake batter. Serve Okonomyaki pancakes warm with drizzled over the top and create a criss-cross pattern with the Japanese mayonnaise. Sprinkle with sesame seeds and scatter over the remaining spring onions. Transfer to a Serving platter. Top with Bonita flakes (if using). Serve and ENJOY!

Okonomyaki Sauce

Combine ¼ cup Vegetarian Stir Fry Sauce and 3 tbsp sugar in a small bowl. Mix with a whisk until the sugar is completely dissolved. Add ½ cup Tomato Ketchup and 7 tbsp Worcestershire sauce. Mix it well, taste the sauce, and adjust it according to your liking. Place in bowl or squeeze bottle to serve with Okonomyaki.

Note:

Okonomyaki is Japanese for “grilled as you like it” —*okonomi* (as you like it) + *yaki* (grill). It usually has cabbage as the main ingredient but often is served with pork belly and seafood. It is served with Japanese Kewpie mayonnaise and Okonomyaki Sauce and can be topped with dried seaweed (*aonori*), dried bonito flakes (*katsuobushi*), pickled ginger, and spring onions and chives.