



JAPANESE CABBAGE PANCAKE (OKONOMIYAKI)

Season:	Any
From the garden:	Cabbage, spring onion, eggs, carrot
Type:	Dinner
Difficulty:	Moderate
Country of origin:	Japan
Serves:	8 pancakes
Source:	budgetbytes.com

Equipment

- *chopping board and knife
- *grater
- *whisk
- *food processor
- *large mixing bowl and spoon
- *measuring cup and spoons
- *fish slice
- *frying pan with lid

Ingredients

- * $\frac{1}{2}$ large cabbage
- *2 medium carrots
- *3-4 spring onion
- *3 eggs
- *2 tbsp soy sauce
- *1 tbsp sesame oil
- * $\frac{1}{2}$ - $\frac{3}{4}$ cup plain flour
- *Kewpie mayonnaise, sweet chilli sauce
and toasted sesame seeds to serve

Method

- 1.wash the cabbage, cut it in quarters and remove the core
- 2.shred it finely by hand or use a food processor
- 3.grate the carrot and finely slice the spring onion
- 5.add the soy sauce, sesame oil and eggs into a large bowl and whisk until well combined
- 6.mix the flour into the wet ingredients and whisk. Add some water if necessary

- 7.add the cabbage, carrot and spring onion into the batter and mix until all the vegetables are covered in the batter**
- 8.heat a small amount of oil in a frying pan and add a $\frac{1}{8}$ of the batter into the pan, put the lid on the pan and over a medium heat cook the pancake for around 3-5 minutes until brown at the bottom**
- 9.flip the pancake over and cook on the other side**
- 10.keep the cooked pancakes warm under a tea towel while you cook the rest**
- 11.toast the sesame seeds in a dry frying pan until golden brown**
- 12.serve the pancake with a drizzle of the mayonnaise and chilli sauce and a sprinkle of sesame seeds**

Skills: *measuring, shredding, frying, grating*