



## JAPANESE CABBAGE PANCAKE (OKONOMIYAKI)

<b>Season:</b>	<b>Any</b>
<b>From the garden:</b>	<b>Cabbage, broccoli, eggs, carrot</b>
<b>Type:</b>	<b>Dinner</b>
<b>Difficulty:</b>	<b>Moderate</b>
<b>Country of origin:</b>	<b>Japan</b>
<b>Serves:</b>	<b>8 pancakes</b>
<b>Source:</b>	<b><a href="http://budgetbytes.com">budgetbytes.com</a></b>

### 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
- \*1 medium broccoli
- \*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 chop the broccoli (including stalks)
- 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 chopped broccoli 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***