



RECIPE

Okonomiyaki

POPULAR



INGREDIENTS

Makes 2 6-inch pancakes / Serves about 4

Batter

- 1 cup **flour**
- 1/2 teaspoon **salt**
- 3/4 cup **water**
- 2 **eggs**
- 1/2 teaspoon **baking powder** *Optional

Filling

- 2 cups shredded **cabbage**
- 1 **carrot**, shredded (and or 1/2 bell pepper)
- 4 scallions, sliced
- 2-3 strips of **bacon**, cut in half
(or 1/2 cup cooked chicken, ham slices or any meat) *Optional
- 2 tablespoons **canola oil**

Homemade Okonomiyaki Sauce

- 2 tablespoons **ketchup**
- 1-2 tablespoons **Worcestershire sauce**
- 2 tablespoons **grated apple** (or apple juice)
- 1 tablespoon **water**

Topping *Optional

- **Shredded seaweed**
- **Katsuobushi** (Bonito flakes)
- **Mayonnaise**
- **Aonori** (Seaweed flakes)



Okonomi means “as you like it” and yaki means grill or fry. This pancake can have anything you want in it. For the shredded cabbage and carrot, a packaged coleslaw mix found in many supermarkets is ideal.

METHOD /Sauce



Option: Otafuku okonomi sauce is very popular and available online or Asian/Japanese grocery stores.



In a medium size bowl, combine all the ingredients and mix well

*You can adjust the amount as you like. *Or, you can use just ketchup or BBQ sauce.



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METHOD / Okonomiyaki



1. Make batter

In a mixing bowl, mix the flour, baking powder (if using), salt, water and eggs.

2. Add vegetables

Add the cabbage, red pepper, carrot, scallions; mix gently until well combined.

3. Grill

Preheat frying pan over medium heat and add oil. Add half of the mixture; spread into a 6-inch circle.

Add meat, (if using) to the top of the uncooked pancake. Cook until the bottom is browned, about 3 min.



4. Flip

Flip the pancake with a spatula and cook the other side for 3 min. Flip the pancake and cook for another couple of minutes. Flip again, if necessary.

5. Add sauce and other toppings

Remove the pancake to a plate. Typically okonomiyaki sauce and mayo (if using) are brushed on top of the pancake while hot. Then sprinkle on the shredded seaweed and bonito flakes if using.

