

Okonomiyaki (Japanese pancakes)

Season: Winter/Spring

Makes: 30 tastes in the classroom
or 6 at home

Okonomiyaki or Japanese pancakes are a delicious treat designed to be shared. They are easy to make and you can substitute other vegetables depending on what you have growing in the garden.

Fresh from the garden: cabbage, carrots, eggs, kale, nagaimo or sweet potato, spring onions

Equipment:

measuring cup and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
grater
large bowl
medium bowl
small bowl
whisk
mixing spoon
4 egg rings
frying pan
egg flip
paper towel
serving platter

Ingredients:

½ small head of cabbage, finely shredded
2 carrots, peeled into long thin ribbons with a vegetable peeler
1 large nagaimo (or sweet potato if unavailable), grated
4 kale leaves, stalks removed and finely shredded
6 x 70 g eggs
¼ cup dashi or fish sauce
spring onions, finely sliced
1 cup flour
2 tbsp sesame seeds
4 tbsp sunflower oil, for frying
4 tbsp kecap manis (sweet soy sauce)
3 tbsp Japanese mayonnaise or home-made mayonnaise
2 tbsp pickled ginger (optional)

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the shredded cabbage, carrot ribbons, nagaimo, kale and half the spring onions into a large bowl.
3. Crack the eggs into the medium bowl and whisk to combine, then add the dashi.
4. Shake the flour and half the sesame seeds across the cabbage and other veg and toss to combine, then drizzle the egg mixture over the top and stir to combine.
5. Place enough sunflower oil into your frying pan to cover the base, and heat over medium to high temperature. Place the egg rings into the pan.
6. Using a tablespoon, place a large spoonful of pancake mixture into each egg ring and cook until golden and crispy on the bottom. When ready, remove egg ring and flip and push your pancakes up against the side of your frying pan to create a nice round shape. Cook the other side, then reserve on paper towels and keep warm in the oven. Repeat the process using the remaining oil and batter.
7. Serve warm with kecap manis drizzled over the top, then create a criss-cross pattern with the Japanese mayonnaise.
8. Lastly, sprinkle with sesame seeds, top with pickled ginger (if using) and scatter the remaining spring onions over the top. Serve warm.

