

Japanese Savoury Pancakes (Okonomiyaki)

Season: Spring

Type: Main

Serves: 28 tastings

From the garden: Cabbage & silverbeet

Class focus: Cutting vegetables into thin strips



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Large frying pan x 2
Spatula x 2
Small soup ladle x 2
Serving plate x 5
Kitchen tong x 5

Ingredients:

2 cups self raising flour
4 eggs
2 cups water
1 teaspoon vegetable stock powder
1 cabbage (cut into thin strips)
6 silverbeet (leaves & stems, cut into thin strips)
 $\frac{3}{4}$ teaspoon salt
10 grinds of pepper

Canola oil for frying

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all ingredients except canola oil in a large mixing bowl and mix well.
4. Heat some (1 tablespoon) oil in 2 large frying pans over medium heat.
5. Using 1 small ladle of cabbage mixture per pancake, put 4 pancakes in a frying pan, flatten the pancakes slightly and cook until golden on both sides, about 2 minutes each side.
6. Serve into 5 serving plates with a kitchen tong in each.