



# Okonomiyaki

*Japanese savoury pancake*

Recipe by Kate Caire of Carnation Kitchen



**Serves 4**



**25 minutes**

## INGREDIENTS

### Batter

- 2 cups self raising flour
- ½ cup rice flour
- 2 eggs
- 1 ½ cup chicken stock or water

### Toppings

- ½ cabbage
- 8 slices of ham
- 4 spring onions, finely sliced and separated into whites and greens
- Bonito flakes (paper-thin dried tuna flakes)
- Nori (seaweed flakes/sheets)
- Kewpie mayo
- Okonomi sauce

## NOTES

- You can add whatever toppings you like, such as egg, bacon, shrimp, corn, etc.
- You can find bonito flakes (also known as katsuobushi or okaka) and okonomi sauce at Asian grocers, and in some supermarkets. Alternatively, you can make your own okonomi sauce by mixing approximately equal quantities of Worcestershire, tomato and soy or oyster sauce.
- If you don't have Kewpie, regular mayonnaise is a suitable substitute.

## DIRECTIONS

1. Add both flours into a medium bowl, then crack the eggs in the middle, and mix together well using chopsticks.
2. Tip in the stock (or water) and mix together to create your batter.
3. Mix in your chopped cabbage and the whites of the spring onion.
4. Heat a frypan or grill to medium heat, and add 2 cups of the cabbage batter to the pan. You are aiming for an 18-20cm diameter disc. The mixture should be thick enough so that it doesn't spread, and should stay about 1.5-2cm high.
5. Chop your ham into 1cm squares and sprinkle on top of the mixture in the pan, then place a lid on top and cook for 7-8 minutes on medium. The lid is important as it helps to steam and keep it nice and fluffy.
6. After the 7-8 minutes, flip the pancake and cook for a further 7-8 minutes.
7. Once cooked, place on a plate (ham side up) and add a generous layer of okonomi sauce, followed by kewpie, then spring onion, bonito flakes and nori.



## Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

