

OKONOMIYAKI & WAKAME SOUP



EQUIPMENT

Cutting board

Knife

Large skillet

Medium saucepan (for soup)

Spatula

Mixing bowls

Mixing spoons

Measuring spoons and cups

Plates and bowls for serving

INGREDIENTS

1 cup flour

1/2 teaspoon salt

1/2 teaspoon baking powder

3/4 cup water

2 eggs

3 cups cabbage shredded (bags of coleslaw blend or red and green cabbages and carrots can be used)

1/2 red pepper, cut into 1/4-inch strips

1 carrot, cut in julienne strips (you can purchase pre-cut in bags)

1/2 bunch scallions

10 uncooked shrimp, peeled and deveined, or 2 slices bacon or

Canola oil for frying

1/3 cup ketchup

3 tablespoons grated apple

2 tablespoons Worcestershire sauce

1 teaspoon soy sauce

1 4-inch strip konbu (kelp) or 1

tablespoon powdered kombu dashi or hon dashi

2-3 tablespoons wakame

4 fresh shiitake mushrooms

Optional okonomiyaki toppings

Mayonnaise

Bonito flakes

Aonori - dried flaked seaweed

Red pickled ginger strips - Kizami

Shoga (not sushi ginger)

You can purchase Okonomiyaki Sauce



OKONOMIYAKI RECIPE

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, you can use a packaged coleslaw mix ideal. Try getting the green and red cabbage and shredded carrots mixture if available.

Makes two 6-inch pancakes (serves about 4)

FOR THE BATTER

- 1 cup flour
- 1/2 teaspoon salt
- 3/4 cup water
- 2 eggs

FOR THE FILLING

- 2-3 cups shredded cabbage
- 1 carrot, shredded
- 1/2 bell pepper, cut in 1/4-inch strips
- 4 scallions, sliced
- 10 uncooked shrimp peeled/deveined or 2 slices uncooked bacon
- 2-4 tablespoons canola oil, for frying

- In a mixing bowl, combine the flour, salt, water, egg. Whisk together until well combined.
- Add the cabbage, red pepper, carrot, scallions
- Gently mix in the vegetables until well combined.
- On medium heat preheat a frying pan. Add the oil and heat for 30 seconds. When the oil is shimmering add half the vegetable batter, mounding the vegetables slightly. Let cook for 2 minutes. Add shrimp or bacon if using.
- Raise the temperature slightly and cook for about 2 minutes until the bottom begins to brown. With a spatula, carefully flip the pancake and cook for 3 minutes on the other side. With the flat part of the spatula, periodically lightly press on the top of the pancake.
- Flip the pancake and cook for an additional 3 minutes. Continue to flip the pancake every 1½ minutes until the center is firm and appears done.
- Remove the pancake to a plate. Typically, okonomiyaki sauce and mayo (if using) are brushed on the top of the pancake while hot. Spread a small amount of mayonnaise on the sauce if using. Then sprinkle on the shredded seaweed and katsuobushi (bonito flakes) if using. Cut the pancake into slices or small squares and serve. Or make several smaller sized pancakes and arrange the sauce and toppings in individual dishes with serving spoons and a brush for the sauce and let each person prepare their own.

Toppings

Homemade Okonomiyaki Sauce

Okonomiyaki sauce is commercially available however it is very simple to make your own. You can also use just plain BBQ sauce or ketchup

- 1/3 cup ketchup
- 1-2 tablespoons Worcestershire sauce
- 3 tablespoons grated apple or apple juice
- 1 teaspoon soy sauce

- In a medium size bowl, combine all the ingredients and mix well. Adjust the seasonings as you like.

Optional Toppings

Mayonnaise, Bonito flakes, Aonori - dried flaked seaweed, Red pickled ginger strips - Kizami shoga (not sushi ginger)



WAKAME SOUP RECIPE

This light soup is a perfect accompaniment for the hearty Okonomiyaki pancake.

Serves 4

- 4 cups water
 - 1 4-inch strip kombu (dried kelp) or 1 tablespoon powdered kombu dashi or hon dashi. If you do not have any of these you can use chicken or beef bullion
 - 2 tablespoons dried wakame, roughly chopped
 - 4 fresh shiitake mushrooms (or any kind of mushroom), thinly sliced
 - 1 scallion, thinly sliced on the bias
 - Dash soy sauce
 - 1/4 block of tofu - cut into 1/2-inch squares (sauce)
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- In a saucepan add 4 cups water. Place the strip of kombu in the pan and let soak for 20 minutes. Turn to medium heat and heat the water with the kombu strip until the water just begins to come to a boil. Remove the kombu and set aside. If you are using kombu powder or hon dashi, when the water just comes to a boil add the powder and mix thoroughly.
 - Add the sliced mushrooms and cook for 2 minutes.
 - Add the dried wakame and simmer an additional minute.
 - Add tofu if using. Cook an additional minute.
 - Garnish with scallions and serve in bowls.

OuchiGohan!

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