

Ottobatake okonomiyaki (tongue twister alert!)

This Japanese favourite is quick to make, super tasty and SO EASY – even I had no trouble whipping it up! This savoury, wheat-based pancake was particularly popular during periods of hardship, such as after the 1923 Great Kanto Earthquake and during World War II, when other ingredients were scarce and expensive. *Okonomi* roughly means “what you like” and *yaki* means “to grill”, so *okonomiyaki* can include pretty much whatever you want it to – meat, fish, vegetables, or whatever you happen to have in the fridge. Here’s how we made ours:

Ingredients:

Wheat flour, water, eggs, cabbage, shellfish (mussels, prawns, etc.), pork, bonito flakes, okonomiyaki sauce (a bit like Worcester sauce but thicker and sweeter), mayonnaise

Rough method:

1. Shred the cabbage



2. Add water to the wheat flour and whisk until fully combined. Beat the egg and add to the mixture.



3. Pour liquid mixture over cabbage and add shellfish/meat/other ingredients



4. Mix together and add to a hot, oiled frying pan



5. Grill on a constant heat for several minutes before flipping. Grill for a few more minutes.



6. Transfer to a plate, add okonomiyaki sauce/mayonnaise/bonito flakes. Slice up and enjoy!



Itadakimasu!