

Okonomiyaki:

Savory Japanese Pancakes

お好み焼き



Okonomiyaki is a food of ordinary Japanese people which is comparable to hamburgers to Americans. The name *Okonomi* means “what you like,” so the name implies the casualness, and there are endless ways to make *Okonomiyaki*. It is a healthy Japanese pancake which is mostly filled with thin sliced cabbage and put together with flour and egg and combined with a variety of ingredients such as thin sliced pork. Japanese love this dish because it is healthy and perfect for a party to cook at the table top and share with everyone. It can also be eaten as a snack, lunch or dinner.

GLOSSARY

GREETINGS

Itadakimasu—Japanese greeting before the meal. It expresses gratitude to the person who prepared the meal, the person who grew the ingredients, and the privilege to be able to have food.

Gochisosama— Japanese expression of thanks after a meal.

FOOD

Buta Tama—*Okonomiyaki* with pork.

Dashi—broth made with *Katuobushi*, or *Kobu* or both. It can be made with *Shiitake* mushrooms.

Ebi Tama—*Okonomiyaki* with shrimps.

Okonomiyaki—Japanese savory pancake.

INGREDIENTS

Aonori—dried and powdered seaweed.

Beni Syooga—red or pink colored pickled ginger.

Buta—pork.

Ebi—shrimp.

Dashi—broth made with *Katuobushi*, or *Kobu* or both. It can be made with *Shiitake* mushrooms.

Katsuobushi— Japanese name for dried, fermented, and smoked skipjack tuna or bonito fish.

Konbu or Kobu—seaweed often used to make broth, sold dry.

Okaka or Kezuribushi— dried, fermented, and smoked skipjack tuna or bonito fish flakes.

Okonomiyaki Sauce—special sauce for *Okonomiyaki*.

Tenkasu—fried *tempura* batter.

Tonkatsu Sauce—special sauce for pork cutlet.

Yamaimo—Chinese yam.

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MENU*Buta Tama—Okonomiyaki with pork.**Ebi Tama—Okonomiyaki with shrimps.***INGREDIENTS—4 Servings**

1 ½ Lb Cabbage—about 8 Cups
 ½ bunches Green Onions, thinly sliced
 4 oz Pork Berry, thinly sliced
 4 oz Shrimps, cut to ½" size
 2 Tb *Beni Shooga*, thinly sliced
 2 Tb Vegetable Oil

Batter with Yamaimo (Chinese yam)

1 Cup *Yamaimo* grated (Chinese Yam)
 about ½ Lb
 1 ½ Cups Flour
 1 Cup *Dashi* (broth) or water
 (1 Tb *Dashi* Powder – optional)
 4 Eggs
 2 Tb *Beni Shooga* (pickled ginger),
 thinly sliced
 1 tsp Salt

Dashi (broth)

2 ¼ Cups Water –for 2 Cup of broth
 3" x 3" *Kobu*
 1 Cup *Katsuobushi*

Batter with Okonomiyaki Flour Mix

2 Cups Flour
 1 ½ Cups Water
 4 Eggs

Garnishing

Aonori (dried seaweed flakes)
Tonkatsu Sauce
Okonomiyaki Sauce
 Japanese Mayonnaise
 4 Packages *Okaka*



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DIRECTION

1. Slice cabbage into about ¼" x 2" and soak it in cold water for 5 minutes and drain it. (Take the hard part of the cabbage.)
2. Cut the green onion into thin slices.
3. Slice the pork as thin as thin sliced bacon and cut it into the half length. (It is easier to slice thin when it is half way frozen.)
4. Peel the shrimps, take the black gut part and cut it into about ½" size.
5. Slice the pickled ginger into thin slices.
6. Rinse the Chinese yam, and peel only the required portion. Since the yam is so slimy and slippery when it is peeled, the unpeeled part is used to hold when it is grated.

Dashi

1. In a soup pan put water and *Kobu* 30 minutes to one hour ahead of time.
2. Turn on the heat to boil but turn it off just before the boiling point, then take *Kobu* out.
3. Turn the heat back on and boil the water.
4. Put *Katsuobushi* into the boiling water and boil it about 5 seconds then turn off the heat.
5. Take the *Katsuobushi* by a mesh ladle.
6. Cool it down to room temperature.
- ✓ There is premade, no additive *Dashi* available on e-bay. It is very convenient and the quality is comparable to traditional *Dashi*. I recommend "Riken *Katsuo Dashi* Stock."

Batter with Chinese Yam

1. In a large bowl, mix *Dashi* (or substitute it with mix of water, and *Dashi* powder) and salt with a whisk.
2. Add flour, and the Chinese yam and mix it well.
3. Beat the eggs and mix it gently.

Batter with Okonomiyaki Flour Mix

1. In a large bowl, mix water, *Okonomiyaki* flour with whisk.
2. Beat the eggs and mix it gently.

To Grill

Prepare on the Table

1. A burner and frying pan or a skillet.
2. Have 2 spatulas, a small mixing bowl, and 1 cup measuring cup.
3. Mix batter, sliced cabbage, green onions and pickled ginger.

Aonori, *Tonkatsu* Sauce, Japanese Mayonnaise and *Okaka* to garnish the *Okonomiyaki*.

Buta Tama—Okonomiyaki with Pork

1. Heat the frying pan at high heat.
2. Spread 1tsp of vegetable oil with a paper towel to heat.
3. Put about 2 cups of the sliced cabbage in a mixing bowl, and add sliced green onion and pickled ginger.
4. Add about 1 cup of batter over it. Mix gently.
5. When the pan is hot, pour the mix in the pan at about 1" thickness, and lay 3 – 4 pieces of sliced pork on it.
6. Turn down the heat to medium high and cook it for about 3 minutes.
7. Turn it over and pat it down lightly, then cook it about 5 minutes.
8. Turn it over one more time and cook it about 3 minutes.
9. Turn off the heat and while it is in the pan, garnish it with *Aonori*, *Tonkatsu* Sauce, mayonnaise and *Okaka* to garnish, the *Okonomiyaki* in that order. Cut it by the spatula to serve.

Ebi Tama—Okonomiyaki with Shrimps

1. Heat the frying pan at a high heat.
2. Spread 1tsp of vegetable oil with a paper towel to heat.
3. Put about 2 cups of the sliced cabbage in a mixing bowl, and add sliced green onion, pickled ginger and shrimp.
4. Add about 1 cup of batter over it. Mix it gently.
5. When the pan is hot, pour the mix in the pan at about 1" thickness.
6. Turn down the heat to low medium and cook it for about 4 minutes.
7. Turn it over and pat it down lightly, then cook it about 5 minutes.
8. Turn it over one more time and cook it about 3 minutes.
9. Turn off the heat and while it is in the pan, garnish it with *Aonori*, *Tonkatsu* Sauce, mayonnaise and *Okaka*, in that order. Cut it with the spatula and serve it.

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UTENSILS & EQUIPMENTS



Hot plate ZOJIRUSHI
EA-BM30-TA
Brown plate three
\$218.12 @ Amazon



Daikon Grater



Gas Portable Burner \$26

INGREDIENTS



Japanese Mayonnaise



Okonomiyaki Sauce



Tonkatsu Sauce



Okaka / Kezuribushi



Aonori (seaweed)



Tenkasu



Beni Shoga



Okonomiyaki Flour Mix

STORES

Kim's Oriental Market
Mississippi Market
Shanghai Market
United Noodles Asian Supermarket

KIMIKO MOLASKY

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