

# Okonomiyaki (Osaka style)

Author: Keefer Rourke

Preparation: Less than 15 minutes

Cooking: Less than 15 minutes

Yield: 4 servings

Cuisine: Japanese

Meal: Main Course



Okonomiyaki: 'Okonomi' meaning "your choice", and 'yaki' meaning "fried". This dish, as I have experienced it, is a cabbage pancake.

This recipe is vegetarian, but it is also apparently very good if you fry okonomiyaki on top of a weave of bacon. When you have finished cooking, you can also top your okonomiyaki with katsuoboshi (bonito flakes) for a fun fishy topping.

## Notes

For the gluten-intolerant:

- Soy sauce is typically fermented with wheat; ensure you are using proper "tamari" soy sauce, which is fermented with soy.
- Rice flour makes for a fine substitute to wheat flour

Other notes:

- Simple Okonomiyaki sauce is very similar to barbecue sauce, as such barbecue sauce is a fine substitute for the sauce recipe included here.
- Mix in other goodies such as shredded carrots, etc as you please!
- In the third image, the sauces are reversed (mayonnaise then okonomi sauce) to better show the pattern. Either sauce works as the base, but the order in the instructions is my preference

## Simple okonomi sauce

45 ml Ketchup

15 ml Worcestershire sauce

5 ml Soy sauce (tamari)

5 ml Honey

## Ingredients

2 Eggs

100 g Flour (all-purpose)

160 ml Water

$\frac{1}{4}$  Cabbage

2 Green onions

10 ml Chili flakes

10 ml Cracked pepper

5 ml Sea salt

15 ml Coconut oil

60 ml Japanese mayonnaise

½ Onion

60 ml Okonomiyaki sauce

## Directions

In a large bowl, combine flour, eggs, and water. Whisk until batter is smooth. Mix in chili flakes, cracked pepper, and sea salt, then set aside.

Finely chop 1/4 of a head of cabbage (approx. 400 ml) and add it to the batter. Grating also works too if you prefer a more uniform texture.

Finely chop green onions. Set aside the dark green parts of the onion, which will be used as a garnish later. Add the chopped green onions to the batter.

Finely chop half an onion and add it to the batter. Feel free to add anything else you like at this point (shredded carrots are a nice addition).

Fold the batter over itself using a spatula, ensuring that the chopped cabbage is evenly coated.

In a small non-stick frying pan, toast black sesame seeds on low heat for 2-5 minutes.

Add coconut oil to the pan, turn the heat up to medium. Add the batter and cabbage mixture to the pan, using a spatula to clean up the sides of the pancake.

Cook for approximately 5 to 10 minutes on each side, then transfer to a cutting board.

To make okonomiyaki sauce: combine ketchup, Worcestershire sauce, tamari soy sauce, and honey in a small bowl. Add some chili flakes or other spices to your preference.

Smother the okonomiyaki pancake with the sauce. Pipe Japanese mayonnaise on the pancake in a back-and-forth (chevron) pattern. Use a chopstick or butter knife to draw parallel lines through the sauces for a nice visual effect. Note, in the attached image, the sauces are reversed to better demonstrate the pattern.

Top the okonomiyaki with the reserved green onions.