

Good Enough 2 Eat

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Japanese Style Okonomiyaki

This is a pancake like dish served at festivals and fairs throughout Japan. It is a very attractive contrast between the soft texture of cabbage in a crispy fried batter. Simply prepare some cabbage by shredding it finely. I like to grate some parsnip into the mix as well. You'll also need 3 eggs, spring onions, plain flour, bonito flakes and thick Okonomiyaki sauce which can be bought from reliable supermarkets everywhere.

Start by sifting the flour and make a batter by adding it to some milk to the eggs. To this I add the parsnip and handfuls of the cabbage. Mix well combining with chopped spring onions. Add more milk if necessary until you get a nice combined firm but moist mixture.

Okonomiyaki is easily cooked on any hot plate and that's what makes them so popular at fairs and street parades. I cook them on a barbecue. Simply take a spoonful of the mixture and fry on top of a hot plate with a little oil until cooked and firm to the touch. You can add bacon to the Okonomiyaki is preferred. Turn the pancakes over and continue to heat. When ready smother the Okonomiyaki sauce over the top and sprinkle with the dried bonito flakes. Continue to cook the Okonomiyaki until ready to serve.

They can be served on their own or accompanied with other barbecued food such as prawns and lobster. Okonomiyaki is a simple easy to cook festival dish that really is good enough to eat!

