

Japanese pancakes, Okonomiyaki

Recipe for 4 persons

Description

Like a thick pancake, nourishing and full of vegetables.

Served with a salad and sesame vinaigrette.

Note

You can replace the dashi broth with water or milk. Think of varying the vegetables used to change it up.

Ingredients

Batter

- 360 Gr Flour
- 450 Ml Dashi broth
- 6 Unit(s) Egg
- 80 Gr Icname

Garnishes

- 2 Unit(s) Leek
- 0.50 Unit(s) Green cabbage
- 1 Tbsp Japanese pickled ginger
- 200 Gr Beef fondue
- 50 Gr Swiss cheese
- 4 Unit(s) Green onion

Finishing

- 100 Gr Okonomiyaki sauce
- 100 Gr Japan mayonaise
- 1 Bag(s) Chips of smoked bénite

Salad

- 4 Handful(s) Romaine salad
- 1 Tbsp Honey mustard
- 1 Tsp Red wine vinegar
- 1 Tbsp Sesame seeds
- 1 Tsp Roasted sesame oil
- 1 Unit(s) Lemon juice
- 45 Ml Vegetable oil

Preparation

- Preparation time **45 mins**

Preparation

Finely slice the leeks, cabbage and onions. Slice the marinated ginger.

Peel the icense. Grate it with the small holes of your cheese grater, you should obtain a sticky white paste.

Batter

In a mixing bowl, place the flour and form a well in the center. Pour the rest of the ingredients into the center of the well and with the help of a whisk, make gently circles starting from the center and working your way outwards. This will make it easy to have a smooth mixture without clumps. Let the batter rest for a few minutes at room temperature.

Garnishes

Once all of the vegetables are cut, combine them with the batter in the mixing bowl.

Cooking

In a skillet with vegetable oil, pour the pancake batter to cover the entire surface, roughly 1cm thick.

Top with the slices of beef as well as the grated cheese. Once you reach a nice coloration, gently flip it over to cook the other side. Let cook for roughly 3-5 minutes.

Transfer to a plate the same size as the pan and when ready to serve cut into pie shaped slices.

Finishing

On each point of pancake, add some japanese mayo as well as the sauce. Next, sprinkle with the smoked bonito shavings. Serve with the sasame vinaigrette salad.

Salad

Combine all of the ingredients of the vinaigrette in a mixing bowl. Toss the salad with the vinaigrette once ready to serve.

Bon appétit!