



Good for:

- Getting kids to eat cabbage
- Fast food
- Versatile with veg & toppings

Okonomiyaki (Japanese pancakes)

Serves: 4-6 **Time:** 30 minutes

These are delicious little pancakes that the whole family will love. Traditionally made with finely shredded cabbage, you can add carrot, parsnip or any other root veg- if you've got flour and eggs- you've got this! They sometimes contain pickled ginger (the stuff you get with sushi) but I find I only use a little and end up throwing the rest away - so this recipe is without.

The Japanese have many regional variations, using bonito (tuna) flakes, tiny bits of bacon and even cheese as a garnish. They also love a bit of sauce- Japanese Kewpie mayo (but you can use regular) and a special condiment, see the simple recipe to make your own.

Recipe makes 4-5 large pancakes or 20 smaller ones.

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Ingredients:

- 6 eggs
- 400g flour
- 400g stock
- ½ head cabbage (finely shredded)
- 1 small potato, peeled and grated
- 2 carrots, grated

From your store cupboard/fridge:

For the sauce (optional)

- 3 tbsp ketchup
- 1 tbsp brown sauce
- 1 tbsp Worcester sauce
- ½ tbsp soy
- ½ tbsp vinegar
- 1 tsp honey
- Oil

Don't forget to wash all veg thoroughly before using.

Allergens: Eggs, Gluten

Method:

In a large mixing bowl, whisk the eggs until combined. Whisk in the flour, then add the stock little by little (**you don't want to cook the eggs**) Then add the vegetables and mix well ensuring everything is coated with the batter.

Open a window and tie up your hair! Get a frying pan nice and hot with 3 tbsp oil, adding more with each batch if you need to.

If you're making small fritters (I prefer these, as do the kids) you can fit **around four in a normal sized pan**. Cook them on a medium heat for 3-4 minutes until golden and crispy then flip over for another 3 minutes. Repeat until you've finished the batter. If you're in a rush, use two frying pans and make big ones!

You can put these on a baking tray and top with strips of streaky bacon and cheese and stick them under the grill- or just serve with sweet chili sauce and plain yoghurt. **They are actually pretty fantastic on their own too.**

