

Okonomiyaki – a recipe from Kyoto, Japan

Matrix Code: COOKBOOK.38 for StartOver.xyz game. (Rev: 9 November 2022 by Clinton)

DESCRIPTION:

A crispy-fried vegetable pancake topped with outstanding condiments – a Japanese winter feast fit for a [Gaiavillage](#)! Estimate: 1 or 1.5 Okonomiyaki per person. One large Chines Cabbage serves 4-6 [Archans](#).

INGREDIENTS:

Vegetables:

- Thin-sliced peeled whole yellow onions. Use 3 onions per cabbage. (Thin-sliced, not chopped, can be half or whole onion rings)
- Thin-sliced Chinese Cabbage (one large Chinese Cabbage serves 4 to 6 [Archans](#).)
- Grated carrot (one large)
- Grated Winter Squash (300 grams)
- Thin sliced greens such as Bok Choy, or Spinach (300 grams)
- Chopped Pickled (or fresh) Ginger (75 grams)



Batter:

- ✓ White Flour (1/2 cup per pancake is 3 cups per Chinese Cabbage)
- ✓ Cold water
- ✓ 8 eggs per Cabbage!
- ✓ Salt (optional)

CONDIMENTS:

- Fukushima-Free Nori Seaweed
- Mayonnaise
- Chopped Spring Onions
- Katsuo (dried bonito flakes - optional)
- **SECRET SAUCE:** (mix together in a small bowl)
 - ✓ 1 part Heinz Ketchup
 - ✓ 1/5 part Worcestershire Sauce



PREPARATION:

- In a small mixing bowl, beat eggs until yellow. Add salt if desired. (The original recipe has no salt in the batter because the condiments are salty.)
- Measure the flour into another small mixing bowl, then slowly add water and mix ever-so-gently with a whisk until smooth like pancake batter. Do NOT beat or mix like bread dough.
- Gently stir the beaten eggs into the flour and water mixture. This is your Batter.

Mix together the sliced Vegetables in a large mixing bowl with a wooden spoon.

Stir the Batter into the Vegetables until all the veggies are coated.

Fry one at a time in a hot cast-iron frying pan in coconut oil until golden brown and the veggies are soft. CAREFUL WHILE FLIPPING AS THE OIL IS SUPER HOT!!! Keep finished Okonomiyaki on a plate in a warm oven until all are cooked.