

Okonomiyaki "Japanese Savoury Pancake" with meat buta-tama

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
2,826 kJ / 674 kcal

Fat: **36.4 g** Protein: **28.3 g**
Carbohydrates: **56.7 g**

INGREDIENTS

2 portion(s)

6	chive stems
100 g	pointed cabbage
2	spring onions
For the batter:	
200 ml	Dashi broth (or vegetable broth)
1	fresh egg
90 g	regular plain flour
10 g	cornflour / potato starch
1 tsp	baking powder
3 tbsp	vegetable oil
2 tbsp	fried onions
80 g	pork shoulder, sliced very thin (raw)
2	fresh eggs
4 tbsp	<u>Kikkoman Teriyaki BBQ-Sauce with Honey</u>
1 tbsp	mayonnaise

PREPARATION

Step 1

Wash the chives, dab dry and finely chop. Clean the pointed cabbage, cut into strips of approx. 3 cm and wash. Clean spring onions, cut into 2-3 mm thin rings and wash.

Step 2

For the batter, whisk Dashi broth and an egg in a bowl. Mix flour and cornflour/potato starch, add with baking powder to the dashi-egg mixture and mix well to avoid lumps. Add the pointed cabbage and spring onions to the batter and mix well.

Step 3

Heat 1 tbsp of oil in a frying pan (24 cm Ø), add half of the batter-vegetable mixture to the pan, spread the vegetables evenly and fry over medium heat for about 2-3 minutes.

Step 4

During this time, sprinkle with 1 tbsp of fried onions. Spread half of the meat slices evenly on top, turn over in the pan and fry for another 2-3 minutes on medium heat (reduce heat slightly). Slide the okonomiyaki onto a plate.

Step 5

Heat ½ tbsp oil in the pan again and add a beaten egg. Immediately place the fried okonomiyaki on top with the meat side down, fry for another 2-3

minutes and keep warm. Prepare a second pancake in the same way.

Step 6

Heat ½ tbsp oil in the pan again and add a beaten egg. Immediately place the fried okonomiyaki on top with the meat side down, fry for another 2-3 minutes and keep warm. Prepare a second pancake in the same way.