



Momotaro Foods
桃たろうフーズ

The Japanese Food Network

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**A bit more effort recipe 12 – Okonomiyaki Hiroshima fu
(‘pancake’ with Hiroshima regional toppings)**



Description:

This is another one of those great communal meals where everyone cooks the food together. Okonomiyaki is a universally loved Japanese family dish, with every region having its own speciality. We have chosen two recipes, this one being a regional variation from Hiroshima, and the other a standard version (see Recipe ME11).

Ideally, you should cook this dish on a table top grill.

Ingredients (for 4 people):

125 gm roast pork (or unsmoked bacon)
150 gms squid or prawn or both
About 8 cabbage leaves
2 or 3 spring onions
200 gms bean sprouts
510 gms (1 packet of three portions) yakisoba noodles
100gms Okonomiyakiu flour
100 ml water
1 egg for flour mix
4 eggs for pancakes

15 ml (1 tablespoon) vegetable oil (not necessary if using a non-stick hotplate)

For the condiments:

At least 2 tablespoons Aonori seaweed (or powdered nori)

30 ml (2 tablespoons) dried bonito flakes

Beni shoga (pickled ginger)

Okonomiyaki sauce

Mayonnaise

Method:

- 1. Prepare the instant noodles (take out of packet, place in sieve, pour over boiling water and separate out the noodles) and set aside**
- 2. Slice the pork or bacon into 3mm slices, the cabbage into thin slivers and finely chop the spring onions**
- 3. Mix the flour, egg and water in a bowl**
- 4. Add the pork/bacon, cabbage, spring onion, bean sprouts and squid/prawn and mix well**
- 5. Heat the hotplate, and, if not non-stick, add a small amount of oil, spreading it around**
- 6. Ladle the mixture onto the hotplate in four separate areas (If you have the space) and cook for about 5 minutes**
- 7. Turn over the pancake and cook for a further 2 to 3 minutes. Turn out on four heated plates**
- 8. Add a little more vegetable oil and fry the yakisoba noodles for a minute or two. Remove and set aside**
- 9. Fry the four eggs separately then put a pancake on top of each, followed by the noodles**
- 10. Turn this over, heat for 1 minute then serve**
- 11. Serve with the nori, bonito flakes, tonkatsu sauce and mayonnaise for diners to add to taste and the beni shoga on the side**