

## Wa-Shokuiku “Learn. Cook. Eat Japanese!” - Popular Japanese Food

### Recipes

1. Okonomiyaki (Japanese Savory Pancake)
2. Ramen

### 1. Okonomiyaki (Japanese Savory Pancake)

Okonomi means “as you like it” and yaki means grill or fry. This vegetable pancake can have anything you want in it.

Makes 4 6-inch pancakes or 8 individual mini pancakes  
Serves about 4

#### Batter

- 1 cup flour
- 1/2 teaspoon salt
- 1 cup water

#### Filling

- 1 package - 4 cups, shredded coleslaw mixture (Try getting the green and red cabbage and shredded carrots mixture if available)
- 1 red bell pepper, seeded and cut into 1/2 - inch slices
- 1 carrot, cut into thin slices julienne (sengiri)
- 4 scallions
- 1-2 tablespoons pickled red ginger – kizami beni shoga (optional and available at Asian grocers)
- 2 eggs
- 2 tablespoons oil

#### **Toppings – These are traditional toppings for the pancake but they are optional.**

Aonori – seaweed shavings (available at Asian grocers)

Katsuo flakes – dried bonito flakes (Available at Asian grocers)

Okonomiyaki Sauce – is a sweet and savory Worcestershire flavored sauce. You can make your own or buy in a store (recipe below).

Mayonnaise – is used as a spread and adds a creamy texture to the sauce. It is used in combination with the Okonomiyaki Sauce.

1. In a mixing bowl, combine the flour, salt and water. Whisk together until well combined. Pour half the batter into another bowl. It may seem thick but the liquid from the vegetables will thin it out as it cooks.
2. Add half the cabbage, red pepper, carrot, scallions, red ginger and one egg to a bowl.
3. Gently mix the vegetables, ginger and egg until combined.



4. On medium heat preheat a frying pan. Add the oil and heat for 30 seconds. When the oil is shimmering add the batter and vegetables from one bowl. Spread evenly into a 6-inch circle.
5. Raise the temperature slightly and cook for about 2 minutes until the bottom begins to brown. With a spatula, carefully flip the pancake and cook for 3 minutes on the other side. With the flat part of the spatula, periodically press on the top of the pancake.
6. Flip the pancake and cook for an additional 3 minutes. Continue to flip the pancake every 1½ minutes until the center is firm and appears done.
7. Remove the pancake to a plate. Typically the okonomiyaki sauce and mayo (if using) are brushed on the top of the pancake while hot. Then sprinkle on the shredded seaweed and katsuobushi (bonito flakes). Cut the pancake into 6 slices and serve. Alternately make several smaller sized pancakes and arrange the sauce and toppings in individual dishes with serving spoons and a brush for the sauce and let each person prepare their own.

### **Homemade Okonomiyaki Sauce**

- 1/2 cup ketchup
- 2-3 tablespoons Worcestershire sauce
- 2 tablespoons apple juice

In a medium bowl, combine the ketchup, Worcestershire sauce and apple juice.

To season the pancake:

1. Brush the okonomiyaki sauce on top of the pancake.
2. Spread on the mayonnaise.
3. Sprinkle on the seaweed flakes.
4. Sprinkle on the bonito flakes. Watch them dance!

## **2. Ramen**

Our ramen is made with fresh or dried noodles and low sodium beef broth. This reduces the amount of sodium and preservatives often found in commercial ramen packages.

Serves 4

**Suggested toppings:** Spinach, hard boiled egg, bean sprouts, corn kernels, Nori (roasted seaweed)

\*Other toppings such as shredded cooked chicken or roast pork slices can also be included.

### **Ingredients**

- 1 pound fresh or dried ramen noodles (available at well stocked supermarket or Asian grocery store)
- 1 pound fresh spinach
- 2 hard boiled eggs, peeled
- 1/2 pound fresh bean sprouts



- 1 teaspoon sesame oil (Use if there are no sesame allergies in your family)
- 1 cup corn kernels
- 4 2-inch nori strips
- Shichimi – spicy condiment topping (optional)

### **Soup**

- 4 cups low sodium beef broth
  - 1 tablespoon soy sauce
  - 1 teaspoon sesame oil
  - Salt and pepper to taste
1. In a large sauce pan heat 4 cups of water and bring to a boil.
  2. Add the spinach to the water and cook for 1 minute. With long tongs remove the spinach and place in a bowl with cold water. Leave the cooking liquid in the pot.
  3. Set a strainer over a bowl or in a sink and pour the spinach into the strainer. Discard the cold water and place spinach in a bowl. Press out the water and sprinkle with a pinch of salt.
  4. In the same boiling water as the spinach, add the bean sprouts and cook for one minute. Remove with tongs to a strainer and place in a bowl. Drizzle on a teaspoon of sesame oil (if using) and a pinch of salt. Set aside.
  5. In the same water as the spinach and sprouts were cooked, add the noodles and cook according to directions for either fresh or dried noodles.
  6. Drain noodles and rinse with warm water. Place noodles in individual bowls.
  7. Cut hard-boiled eggs in half. Set on a plate.
  8. Divide and arrange the toppings on the noodles.
  9. In a medium sauce pan add the beef broth, soy sauce, sesame oil (if using), salt and pepper. Bring to a simmer.
  10. Ladle hot soup over the ingredients into the bowl.

Ramen/noodle etiquette –In Japan it is POLITE to slurp and make noise while you are eating noodles. Slurping helps to cool down the noodles and the sound shows the chef/cook that you are enjoying your meal!