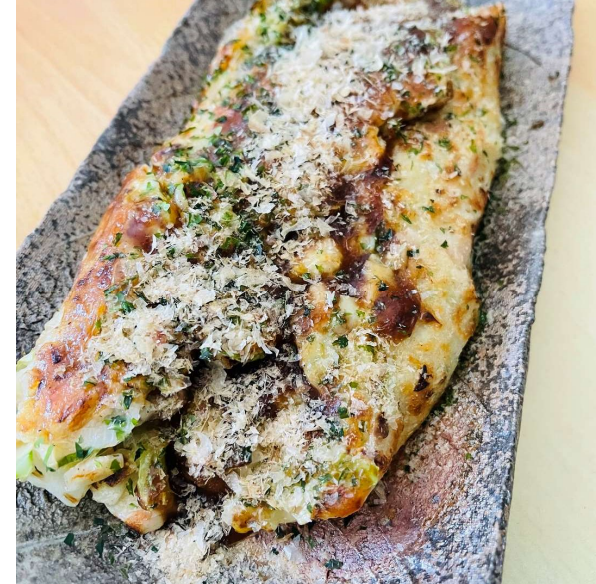




# Cook Local Japan



## Today's recipe

### "Enshu-yaki"

*Pancake with pork and colourful pickles.*

*It is a traditional dish in Hamamatsu, a city in the western part of Shizuoka prefecture.*

>> Serves: 2

>> 15 mins to prepare and 15 mins to cook

↓ Regular supermarket(R), Japanese grocery store(J)

## Place / Prefecture

**Shizuoka**

Why not visit the official tourism website (while eating this dish)?



## Available at ① Ingredients & Preparation

Available at	Ingredients & Preparation
<input type="checkbox"/> R	80g <b>flour</b>
<input type="checkbox"/> R	2 <b>egg</b>
<input type="checkbox"/> J	1 tsp <b>Japanese powder stock</b>
<input type="checkbox"/> R	150ml <b>water</b>
<input type="checkbox"/> R	100g <b>sweet heart cabbage</b> finely chopped
<input type="checkbox"/> R J	50g <b>salad onion (green onion)</b> thinly sliced
<input type="checkbox"/> J	20g <b>benishoga (Japanese red-pickled ginger)</b> finely chopped
<input type="checkbox"/> J	10g <b>tenkasu (tempura crisps)</b>
<input type="checkbox"/> J	30g <b>takuan (Japanese yellow-pickled radish)</b> diced into 5 mm pieces

## ② Method

- Mix the **flour**, **egg**, **Japanese powder stock** and **water** in a bowl. Then add **cabbage**, **salad onion**, **benishoga**, **tenkasu**, **takuan** in the bowl and mix well.
- \*Cook's tip: If making thinly sliced pork is too much trouble, you can buy fresh or frozen pork at Japanese grocery stores and Asian grocery stores. Heat the **oil** in a pan over a medium heat, add the batter in a circle, and then put the **pork** on top. When one side is just cooked, flip over and cook the other side as well. After the pork belly is well cooked, turn over again and spread 1 tbsp of **Okonomiyaki sauce** all over with a spoon.

<input type="checkbox"/> R	1 tbsp <b>oil</b>
<input type="checkbox"/> R	50g <b>pork belly</b> cut into 2 mm slices
<input type="checkbox"/> J	2 tbsp <b>Okonomiyaki sauce</b> or <b>Takoyaki sauce</b>

<input type="checkbox"/> J	1 tsp <b>aonori (dried seaweed flakes)</b>
<input type="checkbox"/> J	3g <b>katsuobushi (bonito flakes)</b> Microwave at 600w for 30 seconds. When cooled, crush them with your fingers to a powder.

- Fold the pancake into thirds and spread the rest of the **Okonomiyaki sauce** on the surface, then sprinkle with **aonori** and **katsuobushi**. Then serve on plates.