



Cook Local Japan



Today's recipe

"Hiroshima-fu-okonomiyaki"

Pancake with pork and yakisoba.

It is a traditional dish in Hiroshima prefecture. It is characterized by a large amount of vegetables.

>> Serves: 2

>> 20 mins to prepare and 25 mins to cook

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

Available at Ⓢ Ingredients & Preparation

<input type="checkbox"/>	R		50g	bean sprouts	
<input type="checkbox"/>	R		150g	sweet heart cabbage	cut into 3 mm pieces

<input type="checkbox"/>	R		1/2 tbsp	oil	
<input type="checkbox"/>	R		50g	pork belly	cut into 2 mm slices
<input type="checkbox"/>	R		a pinch of	salt	
<input type="checkbox"/>	R		a pinch of	ground black pepper	

<input type="checkbox"/>	R		1/2 tbsp	oil	
<input type="checkbox"/>	R	J	1 pack	pre-cooked yakisoba noodles (egg noodles)	cut into 2 cm thick pieces
<input type="checkbox"/>	R	J	1 sachet	yakisoba sauce (comes with yakisoba noodles)	

<input type="checkbox"/>	R		80g	flour	
<input type="checkbox"/>		J	1/2 tsp	Japanese powder stock	
<input type="checkbox"/>			120ml	water	
<input type="checkbox"/>	R		1/2 tbsp	oil	
<input type="checkbox"/>		J	3g	katsuobushi (bonito flakes)	Microwave at 600w for 30 seconds. When cooled, crush them with your fingers to a powder.

<input type="checkbox"/>	R		1/2 tbsp	oil	
<input type="checkbox"/>	R		1	egg	beaten

<input type="checkbox"/>	R	J	2 tbsp	okonomiyaki sauce or takoyaki sauce	
<input type="checkbox"/>	R	J	2 tsp	mayonnaise	Preferably from a Japanese manufacturer because it tastes a little different.
<input type="checkbox"/>		J	1 tsp	aonori (dried seaweed flakes)	
<input type="checkbox"/>		J	5g	benishoga (Japanese red-pickled ginger)	finely chopped

Place / Prefecture

Hiroshima

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



Ⓢ Method

1 Put the **bean sprouts** and **cabbage** in a bowl and microwave at 600w for 2 minute.

2 Prepare a small frying pan about 20 cm in diameter and a plate larger than the pan. Heat the **oil** in a pan over a medium heat, add the **pork** and sprinkle with **salt** and **ground black pepper**. Fry until pork is cooked. Remove the pork from the pan and clean the pan.

3 *Cook's tip: It is easier to cook yakisoba noodles if they are preheated in a microwave oven 600w for 40 seconds.* Heat the oil in a pan over a medium heat, add the **yakisoba noodles** and **yakisoba sauce**, mix well and fry for a few minutes. Remove the yakisoba from the pan and clean the pan.

4 Mix the **flour**, **egg**, **Japanese powder stock** and **water** in a bowl. Heat the **oil** in a pan over a medium heat, add the batter in a thin circle and sprinkle with a half of **katsuobushi**. When one side is just cooked, flip over and cook the other side as well. Remove the pancake from the pan and clean the pan.

5 Heat the **oil** in a pan over a medium heat, add the **egg** in a thin circle. When the eggs are half-cooked, put **yakisoba**, **pork**, **bean sprouts**, **cabbage** and pancake on the egg. Then cover the pan and steam for 3 minutes. Remove the lid, place a big plate on top of the pan, quickly flip it upside down and serve the okonomiyaki on a plate.

6 Spread the **Okonomiyaki sauce** on the surface, then sprinkle with mayonnaise, **aonori**, **benishoga** and the rest of **katsuobushi**.