

Okonomiyaki - Japanese savoury Pancake



eikon® e2s

02:15

This recipe is available for:

- eikon® e2s SP (1000W)

Accessories:

- e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)
- 4x Non-stick Mould 32Z4113

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- 275 °C
- Chilled 4°C
- 4 Pieces
- From Raw

Stage 1

Pre-cook in the mould

- 01:30
- 30 %
- 100 %

Stage 2

Place them upside down on the tray

- 00:45
- 100 %
- 50 %

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Ingredients

- 120 g Flour
- 120 g Bonito Broth
- 80 g fresh White Cabbage
- 2 pcs Egg
- 20 g Pork Belly
- 20 g Shrimps
- 1 tbs Okonomiyaki Sauce
- 1 tbs Mayonaise
- 1 tsp shredded dried Bonito
- 1 tbs dried Sea Weed Powder
- 1 tbs Oil

1. Food Preparation

Cut the pork belly and the shrimps into stripes. Cut the white cabbage into fine stripes. Mix a batter with the flour, the broth and the eggs and add the pork, shrimps and cabbage stripes into the batter. Divide the batter into 4 equal portions and place them in the mould.

2. Cooking Instruction

Cook as per oven profile. After the precooking in the mould brush the pancakes with the oil, place them on the tray and continue to cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and before you serve them sprinkle the sauce and the mayonaise over the pancakes and dredge the dried bonito and the sea weed powder over.