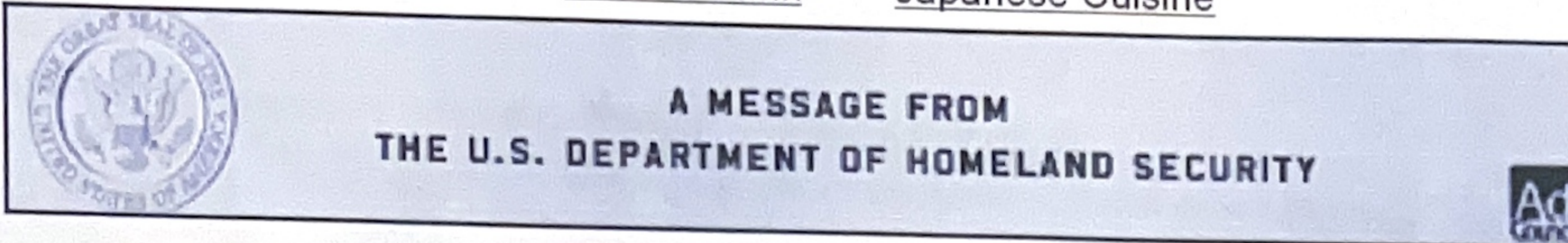


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About

Okonomiyaki Recipe - Japanese Recipe

From Setsuko Yoshizuka, Your Guide to Japanese Cuisine.

Okonomiyaki is said to be Japanese-style pizza. There are lots of toppings.

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Prep Time :

Cook Time :

Type of Prep : Fry, Heat, Mix / Beat

Cuisine : Asian, Japanese

Occasion : Birthdays, Family Dinner, Party

INGREDIENTS:

- 1 cup all purpose flour
- 3/4 cup soup stock (dashi)
- 1 egg
- 1/4 of a small cabbage
- For Toppings: Thinly sliced pork or beef
- Squid
- Katsuo-bushi (dried bonito flakes)
- Sakura-ebi (dried shrimps)
- Beni-shoga (red ginger)
- Ao-nori (green seaweed)
- Okonomiyaki sauce (or tonkatsu sauce)
- Mayonnaise

PREPARATION:

Cut the cabbage into very thin slices. Beat an egg in a bowl and add dashi soup stock or water in it. Add flour in the bowl and mix well. Combine sliced cabbage in the flour mixture. Fry meat/squid/shrimps (your choice of toppings) in an electric cooking pan or a frying pan. Pour the flour mixture over the toppings in the pan. (Make a couple pan cakes.) Cook a few minutes and flip pancakes and cook for a few more minutes. Put okonomiyaki sauce and mayonnaise on top of the pan cakes. Sprinkle katsuobushi flakes, aonori, beni-shoga on top.

Makes 2 servings

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