

# Easy Japanese Okonomiyaki Pancakes with Meat (Buta-Tama) Recipe

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):  
**2826 kJ / 674 kcal**

Fat: **36.4 g** Protein: **28.3 g**  
Carbohydrates: **56.7 g**

## INGREDIENTS

2 portion(s)

<b>6</b>	chive stems
<b>100 g</b>	pointed cabbage
<b>2</b>	spring onions
<b>For the batter:</b>	
<b>200 ml</b>	Dashi broth (or vegetable broth)
<b>1</b>	fresh egg
<b>90 g</b>	regular plain flour
<b>10 g</b>	cornflour / potato starch
<b>1 tsp</b>	baking powder
<b>3 tbsp</b>	vegetable oil
<b>Topping:</b>	
<b>2 tbsp</b>	fried onions
<b>80 g</b>	pork shoulder, sliced very thin (or ham)
<b>2</b>	fresh eggs
<b>4 tbsp</b>	<a href="#">Kikkoman Teriyaki BBQ-Sauce with Honey</a>
<b>1 tbsp</b>	mayonnaise

## PREPARATION

### Step 1

Wash the chives, dab dry and finely chop. Clean the pointed cabbage, cut into strips of approx. 3 cm and wash. Clean spring onions, cut into 2-3 mm thin rings and wash.

### Step 2

For the batter, whisk Dashi broth and an egg in a bowl. Mix flour and cornflour/potato starch, add with baking powder to the dashi-egg mixture and mix well to avoid lumps. Add the pointed cabbage and spring onions to the batter and mix well.

### Step 3

Heat 1 tbsp of oil in a frying pan (24 cm Ø), add half of the batter-vegetable mixture to the pan, spread the vegetables evenly and fry over medium heat for about 2-3 minutes.

### Step 4

During this time, sprinkle with 1 tbsp of fried onions. Spread half of the meat slices evenly on top, turn over in the pan and fry for another 2-3 minutes on medium heat (reduce heat slightly). Slide the okonomiyaki onto a plate.

### Step 5

Heat ½ tbsp oil in the pan again and add a beaten egg. Immediately place the fried okonomiyaki on top with the meat side down, fry for another 2-3

minutes and keep warm. Prepare a second pancake in the same way.

### **Step 6**

Place the okonomiyaki on two plates with the egg side up and spread with teriyaki barbecue sauce with honey. Spread thin lines of mayonnaise on top, sprinkle with chives and serve.