

Okonomiyaki Japanese Pancake



A bit of history

Okonomiyaki means “what you like, grilled”. Okonomiyaki was invented in Japan prior to World War II and evolved and became popular during and after the war. The earliest origins of a basic crepe-like pancake date back to the Edo period (1683-1868) period where these were a special desert served at Buddhist ceremonies called Funoyaki. This then evolved during the Meiji period (1868-1912) into a sweeter dish called Sukesoyaki. During the 20's and 30's the dish continued to evolve with more emphasis put on the sauces added and the name Yoshokuyaki began to be used. The name Okonomiyaki started in the late 30's in Osaka. In Hiroshima at this time a similar crepe-like food was popular - it was topped with onions, folded over, and served to children as a snack item. Okonomiyaki, in its different variations, started to become more popular during the war when rice became scarce and residents had to be creative in using other more readily available ingredients. The simple wheat pancake fit the bill and during and after the war, people started to add more ingredients such as eggs, pork, and cabbage. A restaurant from Osaka claims to have been the first to add Mayonnaise in 1946.

There are two significantly different types of Okonomiyaki. First, the Kansai or Osaka style, in which the ingredients are all mixed into a batter and then grilled. Second, the Hiroshima style, in which a small crepe-like pancake is grilled and then other ingredients are layered on top. The Hiroshima style uses much more cabbage than the Osaka style.

Basic Ingredients for Okonomiyaki

- **Pancake slurry**
 - Rice Flour
 - Baking powder
 - Sugar
- **Vegetables/Dairy for pancake**
 - Cabbage
 - Scallions

Optional ingredients

 - Carrot
 - Cauliflower
 - Zucchini
 - Squash
 - Nagaimo (long yam)
 - Shiso leaves
 - Garlic chives
- **Sauces**
 - Otafuku Okonomi sauce
 - Kewpie Mayonnaise
- **Other Ingredients, garnishes**
 - Tenkasu (tempura bits)
 - Katsuobushi (Bonito Flakes)
- **Proteins, garnish, topical**
 - Shrimp
 - Pork belly
 - Brisket
 - Octopus
 - Squid
- **Noodles/Starch optional**
 - Yakisoba noodles
 - Udon noodles
- Kosher salt
- Large eggs
- Water
- Corn
- Bean Sprouts
- Mushrooms
- Kimchi
- Eggs
- Tomatoes
- Cilantro
- Parsley
- Chives
- Aonori (Seaweed Powder)
- Pickled Ginger
- Chinese Sausage
- Fish cakes
- Pork carnitas
- Rotisserie chicken
- Alternative plant based protein
- Ramen noodles
- Vermicelli



Okonomiyaki Recipe

Yield – 4 each depending on size

Ingredients

Slurry

- 1 cup Sweet Rice Flour
- 2 ½ teaspoons baking powder
- 1 ½ teaspoon sugar
- 3 teaspoons kosher salt
- 3 large eggs
- ¾ cup water

Pancake Ingredients

- 1 tablespoon vegetable oil
- 2 cups tightly packed shredded green cabbage
- ¾ cup sliced scallions
- 6 ounces sliced bacon

Garnishes

- Kewpie Mayonnaise
- Otafuku Okonomi sauce
- Sliced Scallions
- Katsuobushi
- Sliced Pickled Ginger

Equipment

- Mixing bowl, 2 each
- Whisk
- Rubber spatula
- Sauté pan or griddle pan on stove
- Pancake turners or spatula, 2 each

Directions

1. Combine the flour, baking powder, sugar, and salt in a medium bowl. Whisk the eggs, oil, and water together in another bowl. Add the wet ingredients to the dry and mix briefly until most of the lumps of dry flour are gone. Fold in the shredded cabbage and scallions.



2. Set a nonstick skillet over medium-high heat and lay 4 strips of bacon next to each other. One of the strips may have to be cut in half so that the entirety of the pan is covered. Once the pork begins to sizzle, let it cook for two minutes to render some of the fat. Spoon the batter on top until the thickness reaches $\frac{1}{2}$ inch. (If making a vegetarian version, coat the pan with 3 tablespoons of vegetable oil.)



3. Cook for three to four minutes, then look underneath by using a spatula to slightly lift the pancake. Once the bottom is crisp and brown, give the pancake a flip with a spatula. You can also use a pot lid to invert the pancake onto and then lower it back into the pan. Cook for another three to four minutes, until the okonomiyaki is golden brown on both sides. The inside should be just cooked through and still moist.



4. Slide the okonomiyaki onto a plate and top freely with squiggles of Kewpie Mayonnaise and the okonomiyaki sauce. Sprinkle with scallions, pickled ginger, and a big handful of katsuobushi. Serve immediately, then use the remaining pork and batter to make and serve the second okonomiyaki.



Hiroshima-Style Okonomiyaki 広島風お好み焼



If you would like to make a version of this recipe containing yakisoba noodles, please follow the link below.

<https://www.justonecookbook.com/hiroshima-okonomiyaki/>

Mochi Ice Cream



A bit of history

Japanese daifuku and manjū are the predecessors to mochi ice cream, commonly featuring adzuki bean filling. Due to the temperature and consistency of mochi and ice cream, both components must be modified. This is to achieve the right viscosity that will remain constant regardless of changes in temperature.

An early predecessor form of the dessert was originally produced by Lotte, as Yukimi Daifuku in 1981. The company first made the product by using a rice starch instead of sticky rice and a rice milk instead of real ice cream.

Frances Hashimoto, the former president and CEO of Mikawaya, is credited as the inventor of mochi ice cream. Hashimoto's husband, Joel Friedman, conceived the idea of taking small orbs of ice cream and wrapping them in a Japanese traditional mochi rice cake. Frances Hashimoto expanded on her husband's idea, inventing the fusion dessert now popular in the United States and elsewhere.

Mikawaya began production of mochi ice cream in the United States in 1993. Research and development took over a decade to evolve into the mass production form used today, due to the complex interactions of the ingredients. Friedman explained that in order to conduct production of the ice cream, experts ranging from construction to microbiology were brought in to perfect the state-of-the-art production building. Mikawaya debuted their Mochi Ice Cream in Hawaii in 1994. The frozen treat was so popular, it captured 15% of the novelty frozen treat market during its first four months.

Basic Ingredients for Mochi Ice Cream

- **Ingredients**
 - Sweet rice flour
 - Potato starch
 - Sugar
 - Water
 - Ice cream of your choice
- **Equipment**
 - Whisk
 - Sieve
 - Mixing Bowl
 - Microwave
 - Cling wrap
 - Parchment paper
 - Rolling pin
 - Cookie cutter

Mochi Ice Cream Recipe

Yield – 8-12 depending on size

Mochi Ingredients

- $\frac{3}{4}$ cup sweet rice flour
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup potato starch (corn starch can also be used)
- Ice cream of your choice

Directions

1. Using a cookie scoop, scoop out your ice cream and place onto a small tray and freeze. The ice cream needs to be completely frozen for when you form the mochi.
2. Combine sweet rice flour and sugar in a medium bowl and whisk all together. Add water and mix well until combined.



3. If you are using a microwave to cook mochi, cover the bowl with some plastic wrap (do not cover too tight). Put the bowl in the microwave and heat it on high heat (1000w) for 1 minute. Take it out and stir with a wet rubber spatula. Cover again and cook for 1 minute. Stir again, cover, and cook for 30 seconds to finish cooking. The color of mochi should change from white to almost translucent.



4. Cover the work surface with parchment paper and dust it generously with potato starch. Then transfer the cooked mochi on top. To prevent from sticking, sprinkle more potato starch on top of the mochi. Once it has cooled down a bit, you can spread the mochi into a thin layer with your hands or with a rolling pin. Make sure to apply potato starch on your hands and the rolling pin. I recommend using a rolling pin because it's easier to evenly spread out. Transfer the mochi with parchment paper onto a large baking sheet. Refrigerate for 15 minutes until the mochi is set.



5. Take out the mochi from the refrigerator and cut out 7-8 circles with the cookie cutter. Dust off the excess potato starch with a pastry brush. If you find some sticky part, cover the area with potato starch first then dust off. Place a piece of plastic wrap on work surface with cut mochi on top.



6. Take out one ice cream ball from the freezer and put it on top of the mochi wrapper. Pinch the four corners of the mochi layer together to wrap the ice cream ball. When mochi gets sticky, put some potato starch on the sticky area and seal the opening. Quickly cover with the plastic wrap and twist to close. You will need to work on one mochi ice cream at a time in order to keep the ice cream frozen all times. Put mochi ice cream back into the freezer for a few hours. When you're ready to serve, keep them outside for a few minutes until mochi gets soften a little bit.



Links for products

Sourcing

1. https://www.amazon.com/gp/product/B0000CDVD2/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0000CDVD2&linkCode=as2&tag=jusonecoo-20
2. https://www.amazon.com/Okonomi-Sauce-17-6oz-by-Otafuku/dp/B00886NJP6/ref=sr_1_1?dchild=1&keywords=otafuku+okonomiyaki+sauce&qid=1593452541&sr=8-1
3. https://www.amazon.com/Kaneso-Tokuyou-Hanakatsuo-Bonito-Flakes/dp/B0052BGLMS/ref=sr_1_1?crid=1MJI7WMZILCOY&dchild=1&keywords=katsuo+bushi&qid=1593452575&refinements=p_85%3A2470955011&rnid=2470954011&rps=1&srefix=katsuo%2Caps%2C289&sr=8-1
4. https://www.amazon.com/Japanese-Kewpie-Mayonaise-Miniature-Tube/dp/B00A7CYVME/ref=sr_1_7?crid=SEKCL8VWO655&dchild=1&keywords=kewpie+mayonnaise&qid=1593452608&srefix=kew%2Caps%2C171&sr=8-7
5. https://www.amazon.com/Dried-Sweet-Glutinous-Rice-Flour/dp/B000LQO55E/ref=sr_1_3?dchild=1&keywords=sweet+rice+flour&qid=1593452631&sr=8-3
6. https://www.amazon.com/Thai-Rice-Flour-16-Basic/dp/B000EYC096/ref=sr_1_6?dchild=1&keywords=rice+flour&qid=1593452703&sr=8-6

*****All these items can also be found at H Mart, Mitsuwa, or Joong Boo in Chicago**

Shopping list

Okonomiyaki Ingredients

Slurry

- 1 cup Sweet Rice Flour
- 2 ½ teaspoons baking powder
- 1 ½ teaspoon sugar
- 3 teaspoons kosher salt
- 3 large eggs
- ¾ cup water

Pancake Ingredients

- 1 tablespoon vegetable oil
- 2 cups tightly packed shredded green cabbage
- ¾ cup sliced scallions
- 6 ounces sliced bacon

Garnishes

- Kewpie Mayonnaise
- Otafuku Okonomi sauce
- Sliced Scallions
- Katsuobushi
- Sliced Pickled Ginger

Mochi Ingredients

- ¾ cup sweet rice flour
- ¾ cup water
- ¼ cup sugar
- ½ cup potato starch (corn starch can also be used)
- Ice cream of your choice