

Okonomiyaki

Rezept für 4 Personen



Vegetarisch

Zubereitung

Zutaten Okonomiyaki (Pancakes)

- 420 g flour
- 500 ml water
- 4 eggs
- ½ tsp baking powder
- 2 tsp dashi powder
- ½ pointed cabbage, cut into strips
- 2 bundles spring onions, finely chopped
- 1 tbsp vegetable oil for frying
- Salt & pepper

Zutaten Quark Dip

- 150 g low-fat quark
- Salt, pepper, sugar, lemon juice

Zutaten Garnitur

- Depending on your mood:
- Sriracha sauce (hot chilli sauce)
- fried onions
- fried bacon strips
- Bonito flakes (dried tuna)

Zubereitung Okonomiyaki (Pancakes)

Mix the flour and water in a bowl to form a homogeneous batter. Mix in the eggs, baking powder and dashi powder until you have a smooth dough. Mix in the cabbage and spring onions and season the batter. Heat a little oil in a frying pan, pour in the batter and toss to distribute evenly so that it is about 1 cm thick. Reduce the heat considerably and cook the pancake for 15 minutes while keeping the lid of the pan slightly ajar. Now turn and cook for a further 5 minutes.

Zubereitung Quark Dip

Flavour the quark with salt, pepper, sugar and lemon juice.

Zubereitung Garnitur

Arrange the pancake on a plate and garnish as desired with Sriracha sauce, bacon, bonito flakes, fried onions and quark dip.