



GF Okonomi-yaki (serve 2)

Ingredients:

(Base)

½cup cassava flour

½cup chick pea (besan) flour

½cup water

2 eggs

About 2 cups of finely chopped cabbage

1 spring onion, sliced

Oil to fry

(Optional) *see note 1

2-3 mushroom –sliced

½onion chopped finely

2 tablespoons corn, peas, chives, etc.

Small tin tuna, a few anchovy

Thinly sliced meat/ bacon on top (not in the base)

(Sauce)

2 teaspoons tomato paste

1 teaspoon apple cider vinegar

1 teaspoon water

1 teaspoon maple syrup or honey

1 teaspoon coconut amino * see note 2

½ teaspoon fish sauce

½ teaspoon soy sauce



Directions:

Okonomi yaki

- 1) Mix all ingredients well. It should be much thicker than normal pancakes. Add more flour or water for thickness.
- 2) Heat a skillet or frying pan with oil over medium high heat.
- 3) When the oil starts sizzling, pour the batter. (about 1– 2 cm thick)
- 4) If you use bacon or thinly sliced meat, put them on 3) before flipping them.
- 5) Fry both sides well.
- 6) Serve with sauce, aioli (or mayonnaise), bonito flake and mustard.

Sauce

Mix everything very well. Adjust sweetener and soy sauce according to your taste.

Note:

- 1) “Okonomi” means as you like, so you can add any vegetable, fish or meat to the base.
- 2)Substitution = ½ teaspoon maple syrup and ½ teaspoon soy sauce

