

Vegan Okonomiyaki

Okonomiyaki comes with two sauces which are often shop bought but Grace and Nells both agreed making them is best. You can make the sauces the day before and they save in the fridge for a good week. You can also save the Okonomiyaki batter in the fridge for a day or two.

Mayo

½ cup soy milk
1 cup sunflower oil
¼ cup apple cider vinegar
1 tsp maple syrup
1½ tsp Dijon mustard
¾ tsp to 1 tsp salt.

Place the soy milk in the blender first then add the rest of the ingredients. Blitz for 30 seconds and the mayonnaise should be emulsified. If not blitz for a further 20 seconds and it will be ready for sure.

Tomato Sauce

2 tomatoes diced
1 medjool date chopped
3 tsp apple cider vinegar
Salt to taste
2 tbsp water
1½ tsp tamari
½ tsp Dijon mustard
1 tbsp mirin

1. Place the tomatoes, date, few pinches of salt and water in a saucepan. Cook until broken down then place in a blender with the rest of the ingredients and blend until smooth.

Okonomiyaki

100g wombok cabbage shredded finely (can use green cabbage too)
2 spring onions finely chopped
1 large carrot grated
80g fresh shitake mushrooms or other sliced thinly
¼ capsicum finely sliced
1 medium potato grated
Sunflower oil for frying

Batter

2 tbsp chia seeds soaked in ½ cup water for 30 minutes
150g besan flour sieved
1 tsp baking powder
2 tbsp mirin
1 cup soy milk (you may need more soy milk)
Salt and pepper to taste – I would start with 1 level tsp salt.

Garnish

2 nori sheets crumbled
¼ cup toasted sesame seeds

1. Fry the mushrooms in a little bit of water for a few minutes.
2. Make the batter by mixing all of the ingredients together. You want an egg like consistency. You may or may not need to add more soy milk depending on how finely your besan flour is ground.
3. Mix the mushrooms into the batter and then add all the vegetables. Mix until all the batter coats the vegetables. If the batter doesn't cover all of the vegetables you can make a half portion of the batter all over again.
4. Using a small frying pan place 2 tbsp sunflower oil in the frying pan and let heat a bit then scoop some of the okonomiyaki mix into the frying pan. You want it to cover the bottom of the frying pan and be 1 cm thick. Cook on a medium heat for 4 to 5 minutes or until golden brown on one side. Then flip over and fry on the other side for a further 4 to 5 minutes.
5. Serve on a plate with the two sauces, crumbled nori sheets and sesame seeds.



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