

# Japanese Pancakes

Bialik College Kitchen Garden Program



## Ingredients:

- 4 cups shredded vegetables (carrots, wombok, zucchini, kohlrabi)
- 2 spring onions
- 2 cups flour
- 2 teaspoons baking powder
- 4 eggs
- 1 cup water
- 1/8 teaspoon salt
- rice bran oil for frying
- Optional toppings:
  - 2 tablespoons Japanese mayonnaise
  - 2 teaspoons soy sauce
  - 1 tablespoon sesame seeds, toasted

## Equipment:

- bowls x 2
- chopping board
- knife
- grater
- metric measuring cups/spoons
- frying pan
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## Method:

1. Beat together the eggs and water.
2. In a separate bowl, mix together flour, baking powder and salt.
3. Add dry ingredients to the wet and combine until just mixed.
4. Then mix in the shredded vegetables.
5. Heat a large frying pan over medium heat. When hot, add a tablespoon of oil and in batches cook heaped tablespoonsful of mixture.
6. Place cooked pancakes on a plate lined with kitchen towels.
7. Combine mayonnaise & soy and serve in a dipping bowl. Sprinkle toasted sesame seeds over pancakes.