

Japanese Vegetable Pancakes

Equipment needed – Chopping boards, small knives, large/medium and small bowls, vegetable peelers, frying pan, measuring spoons, sauce pan and serving platters.

Ingredients from the Garden –

- 10 cups of finely chopped cabbage
- 8 carrots – peeled and cut into ribbons with a vegetable peeler
- 10 silverbeet leaves – stems removed and shredded finely.
- 8 spring onions – finely chopped
- 12 eggs – lightly beaten

Ingredients from the Pantry –

- 1 cup of plain flour
- canola oil

For the Tangy Sauce-

- ½ cup of tomato sauce
- 3 tablespoons of Worcestershire sauce
- ½ teaspoon of Dijon mustard
- 2 tablespoons of rice wine vinegar
- 2 teaspoons of soy sauce
- 2 tablespoons of honey
- ¼ teaspoon of ground ginger

What to do –

1. Wash and thinly chop the cabbage. .Then wash the silverbeet, remove the stems and thinly shred the silverbeet leaves. Place into the bowl with the cabbage.
2. Peel the carrots and cut into ribbons using the vegetable peeler. Also place into the bowl with the cabbage.
3. Wash and finely chop the spring onions and add to the large bowl of vegetables.
4. Measure out the flour and add to the bowl of vegetables – coat the vegetable using your hand.
5. Crack the eggs into a medium bowl and lightly whisk with a fork. Pour the egg mix over the vegetables and mix together.
6. Heat a large saucepan over a medium-high heat. Add enough oil to the bottom of the pan and add 2 heaped spoon full of the vegetable mixture into the pan to form small pancakes. Gently cook for 3-4 minutes until the edges begin to brown. Flip and cook the other side for a further 3-4 minutes, pressing gently to flatten out. Continue cooking in batches until all of the vegetable mixture has been used.
7. To make the tangy dressing, measure out ½ cup of tomato sauce, 3 tablespoons of Worcestershire sauce, ½ teaspoon of Dijon mustard, 2 tablespoons of rice wine vinegar, 2 teaspoons of soy sauce, 2 tablespoons of honey and ¼ teaspoon of ground ginger into a small saucepan. Bring to a simmer and let cook for 3-5 minutes until sauce becomes thick and smooth. Cool and divide the sauce among 3 small serving bowls. Divide the pancakes among 3 serving platters and serve with a small bowl of tangy sauce.

Serves –28 students.