

- Prep Time: 15 minutes
 - Cook Time: 20 minutes
 - Total Time: 35 minutes
 - Difficulty: Easy
 - Intensity: Low to Medium (Requires attention while frying)
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□ Ingredients

For the Pancake Batter:

- 4 cups green cabbage, finely shredded (about ½ a medium head)
- 1 cup all-purpose flour
- ½ cup potato starch (or cornstarch)
- 2 large eggs
- ½ cup cold water (or dashi stock for extra flavor)
- 2 stalks green onions, thinly sliced
- 1 tsp baking powder
- ½ tsp salt
- ¼ tsp black pepper

For the Toppings (Optional but Recommended):

- 4 slices bacon, cut in half (or pork belly)

- 2 tbsp neutral oil (vegetable or canola)
 - Japanese mayonnaise (Kewpie)
 - Okonomiyaki sauce (or a mix of ketchup, Worcestershire, and soy sauce)
 - Bonito flakes (katsuobushi)
 - Aonori (dried seaweed powder)
 - Pickled ginger
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▢ Instructions

Step 1: Prepare the Cabbage

Finely shred the cabbage. You want thin, ribbon-like strips. If you have a food processor, use the slicing disc—it saves time and ensures uniformity. Place the shredded cabbage in a large mixing bowl.

Step 2: Make the Batter

In a separate medium bowl, whisk together the flour, potato starch, baking powder, salt, and pepper. Add the eggs and cold water. Whisk until you have a smooth, thick batter. It should be slightly thicker than pancake batter but still pourable.

Step 3: Combine

Pour the batter over the shredded cabbage. Add the sliced green onions. Using a spatula or your hands (clean, of course), mix everything together until every strand of cabbage is coated. The mixture will look like a lot of cabbage held together by a little batter—this is correct!

Step 4: Heat the Pan

Place a large non-stick skillet or griddle over medium heat. Add 1 tablespoon of oil. Allow the oil to shimmer but not smoke. Intensity check: Medium heat is crucial here. If the heat is too high, the outside will burn before the inside cooks. If it's too low, the pancakes will absorb oil and become greasy.

Step 5: Cook the Pancakes

Scoop about 1 cup of the cabbage mixture onto the skillet. Use your spatula to gently press it into a round pancake shape, about $\frac{3}{4}$ -inch thick. If using bacon, lay a slice (or two halves) on top of the pancake.

Cook for 4–5 minutes on the first side. Intensity check: You should hear a gentle sizzle. Do not press down on the pancake while it cooks; you want to keep the air inside for fluffiness.

Step 6: Flip and Finish

Carefully flip the pancake using a wide spatula. If you added bacon, flip it so the bacon is now on the bottom, cooking into the pancake. Cook for another 4–5 minutes until the bacon is crispy and the pancake is golden brown on both sides.

Intensity check: The second side often cooks faster. Keep an eye on it. If the pancake is browning too quickly, reduce the heat to medium-low.

Step 7: Repeat

Transfer the cooked pancake to a plate and cover loosely with foil to keep warm. Repeat with the remaining batter, adding more oil to the pan as needed.

Step 8: Serve

Drizzle with Japanese mayonnaise and Okonomiyaki sauce. Sprinkle with bonito flakes (they will dance from the heat!), aonori, and pickled ginger. Serve immediately.

□ Recipe Notes & Tips

- **Cabbage Choice:** Green cabbage is traditional, but Savoy cabbage or even Napa cabbage works well. Red cabbage will work but will change the color of the pancake.
- **Gluten-Free Option:** Substitute the all-purpose flour with a 1:1 gluten-free flour blend and ensure your potato starch is certified gluten-free.
- **Make it Vegan:** Use flax eggs (2 tbsp ground flax + 6 tbsp water) instead of eggs. Skip the bacon and use vegan mayonnaise.
- **Crispiness:** For extra crispy edges, add a little more oil to the pan before frying each pancake.
- **Make Ahead:** You can mix the dry ingredients ahead of time. The full batter is best used immediately, as the cabbage will release water over time.

□ Nutrition Information

Note: Nutritional values are estimates and will vary based on exact ingredients and toppings used. This calculation includes the pancake base and bacon, but not the sauces.

Per Serving (1 large pancake with bacon):

- Calories: 320
- Total Fat: 14g
- Saturated Fat: 3.5g
- Cholesterol: 105mg
- Sodium: 680mg
- Total Carbohydrates: 36g
- Dietary Fiber: 4g
- Sugars: 4g
- Protein: 12g

- Vitamin C: 45% DV

- Calcium: 8% DV

- Iron: 15% DV