

# CHEF DALE SNIFFEN RECIPE

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**Okonmiyaki** Japanese **Crab** cabbage omelette

ダシ巻き玉子焼

Preparation time 15 minutes

Cooking time 25 minutes

Serves 4 people

## Prep list

1/2 cup plain flour

Pinch of salt

1 teaspoon Baking powder

6 eggs Beaten

1/2 Green cabbage finely shredded

300gm Crispy bacon or ham

200 gm Japanese Noodles

50gm Sushi Nori flakes

150gm Cooked Crab meat

Vegetable oil for cooking

## Method

- Combine flour, salt, baking powder and egg
- Add cabbage, bacon, noodles
- Mix well, add nori, rest batter for 10 minutes.

## Cooking

- Pre heat a large sauté pan to medium heat
- Brush the pan with oil
- Divide the cabbage mixture into 2 equal amount
- Pour 1/2 the batter into the pan
- Slowly cook each side for 12 to 15 minutes, per side carefully not to burn the bottom, you can use a lid through the cooking process
- Top the omelette with the above suggestions



## Toppings

Okonmi sauce

Japanese Mayo

Finely chopped spring onions

150gm Cooked Crab meat

## Okonomiyaki Sauce

2 tbsp honey

4 tbsp Tomato sauce

4 tbsp Worcestershire

*Just combine together*