

Okonimiyaki (Japanese 'pizza') My adaptation - higher in protein!



Okonimiyaki with Okini Sauce and Vegan Kewpie Mayonnaise

Makes enough for about 6-8 'pizzas'

Finely chopped ¼ - ½ cabbage (and/or broccoli, kale, spinach, celery, etc)
Grated carrot or pumpkin. Total chopped veg should fill a medium sized bowl.

1 cup plain flour

1½ cups chick pea flour or yellow pea flour

3 cups water

Big splash of soy sauce

Oil for cooking (spray oil is easiest)

Blend water, soy sauce and flours 'til smooth

Add to chopped veggies and mix thoroughly (Should look like sloppy coleslaw)

Ladle into hot oiled frypan (1 ladle per 'pizza') and spread as thin as possible

When brown, lift with spatula, re-oil pan (or just spray top of pizza) flip pizza over

Keep warm in oven while making more

Serve with drizzled crisscrossed traditional Okini Sauce

(or plum, sweet chili, BBQ sauce) and drizzled Vegan Kewpie Mayo (see recipe)

Vegan Japanese Mayonnaise (Kewpie) My adaptation again
Perfect to accompany Okonimiyaki or Sushi

2 tablespoons rice vinegar

2 tablespoon cider vinegar

7 Tblsp water

1 teaspoon MSG powder (Essential and not harmful. See footnote*)

½ teaspoon mustard powder

¼ teaspoon garlic powder

1 teaspoon Black (volcanic) Salt ('egg' flavoured salt replacement)

2½ Tblsp chick pea flour / yellow pea flour

1 teaspoon nutritional yeast (optional)

¼ cup vegetable oil (eg rapeseed) and ¼ cup vegetable margarine (non dairy)

First completely dissolve the black salt in the water. After the sediment has settled to the bottom, carefully pour the water into a blender leaving the black sediment behind. Add all ingredients EXCEPT the oil/margarine to the blender. Blend thoroughly. Pour into saucepan and gently heat, stirring constantly (preferably with rubber spatula to scrape down sides).

As mixture starts to thicken, remove from heat and whisk to remove lumps.

Add oil (not margarine) and whisk in.

Return to heat and stir/whisk again until fully thickened.

Remove from heat and allow to cool a little, gently whisking occasionally to prevent separation.

When just warm, add margarine and gently whisk again as it cools.

Refrigerate and when cold, whisk again if necessary.

A Quick Note about MSG:

Contrary to the bad press MSG has had, it has been cleared of all charges!

It is now believed that there is no such thing as MSG allergy as many believe, and, in fact the 'Glutamate' part of it (Glutamic Acid) is an essential Amino Acid. It is also believed to lower blood pressure. It has an amazing ability to enhance the flavour of savoury food. Soy Sauce is full of it.

The Chinese word for MSG translates as "Deliciousness".