

Japanese Pancakes- Okonomiyaki

Ingredients:

- 6 packed cups finely shredded cabbage
- 1 bunch Spring Onions, finely sliced
- 2 cups panko breadcrumbs (GF sub)
- 1 ½ teaspoons sea salt
- 6 eggs, beaten (Egg Free Replacer)
- Extra-virgin olive oil, for frying

For serving:

- Worcestershire sauce- drizzled
- Kewpie Mayo- drizzled (Vegan Sub for egg free)
- Sesame seeds- sprinkled
- Pickled ginger- served with
- 1 sheet nori, cut into slithers with a pair of scissors and sprinkled

Equipment:

- Large mixing bowl
- Measuring spoons and cups
- Knives
- Chopping boards
- Whisk
- Medium mixing bowl
- Non-Stick Frying pan



Method

1. In a large bowl, combine the cabbage, spring onions, panko crumbs, and salt. Gently mix in the beaten eggs.
2. Heat a nonstick frying pan over medium heat. Brush the skillet with olive oil and use a ¼ measuring cup to scoop the cabbage mixture into the skillet. Flatten gently with a spatula so that the mixture is about ½ inch thick.
3. Cook 3 minutes per side, or until browned, turning the heat to low as needed. Repeat with the remaining mixture, wiping out the skillet and brushing more oil, as needed.
4. Drizzle the okonomiyaki with Worcestershire sauce and thin strips of squeezed mayo. Top with sesame seeds, pickled ginger, and nori. Serve hot.

Apple Spice Cake

Ingredients:

- 2 cups self raising flour
- 3/4 teaspoon salt
- 3/4 teaspoon cinnamon
- 3/4 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1 1/4 cups white sugar
- 1 cup vegetable oil
- 2 eggs
- 1 1/2 teaspoon vanilla extract
- 3 Apples-peeled and diced



Equipment:

- Round springform cake pan
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Whisk
- Small mixing bowl
- Wooden Spoon
- Baking paper



Method

1. Preheat the oven to 180°C and collect your ingredients and equipment.
2. Grease and line a round springform cake pan.
3. Place the flour, salt and spices in a large bowl and whisk to combine.
4. Whisk oil and sugar in a bowl, then whisk in eggs and vanilla.
5. Pour the wet ingredients into the dry and mix with a wooden spoon until JUST combined. Stir through apple
6. Pour into cake pan. Bake for 50 minutes - 1 hr. Check at 50 minutes - it is cooked when a skewer inserted into the centre comes out clean.
7. Cool for 10 minutes before turning out onto a rack to cool.