

TRY! EAT WITH A "HERA"



That
Means
Spatula

1 How to hold it 如何握住它

持ち方



Hold the handle with four fingers. Put your thumb on the end of the handle and keep the balance.

用四个手指握住手柄。将拇指放在手柄末端并保持平衡。

2 How to cut 如何切割

切り方



Cut okonomiyaki into bite-size pieces from the front.

从上面将御大阪好烧切成一口大小的块。

3 Scoop and blow on it 舀起来并吹气

へらですくって
フーフー



4 How to eat 怎么吃

食べ方

Bring the edge of the spatula to your mouth at a right angle, and eat the okonomiyaki!

将锅铲的边缘与嘴平行, 就可以吃啦!



大阪
食べ方
みてや

OSAKA
OKONOMI
YAKI | GUIDE
SCAN ME



LET'S EAT お好み焼!

OTAFUKU



ENJOY JAPAN'S POPULAR OKONOMIYAKI WHILE IT'S STILL HOT.

食べてみたい
大阪



MOVIE

TRY NOT TO BURN YOUR TONGUE!



Osaka-style okonomiyaki

Osaka-style okonomiyaki is characterized by mixing all the ingredients. It is very well known as a gourmet specialty in Osaka and the wider Kansai region. In some restaurants, customers elect to cook okonomiyaki themselves on a hotplate at their table. The recipe is so simple that people easily enjoy making okonomiyaki at home. Cabbage, egg, pork and sometimes seafood is mixed with flour batter and cooked on both sides. Finally, you serve the okonomiyaki with Okonomi Sauce, mayonnaise and seaweed garnishing the top.

大阪好烧的特征

大阪好烧的特征是先将食材等搅拌均匀后再进行煎烤。大阪好烧是以大阪为中心的关西地区最著名的美食。在有的店里,客人可以亲自动手制作大阪好烧。因其作法简单,所以在家也能够自己煎烤品尝。在面糊里,加入卷心菜、鸡蛋、猪肉或海鲜等拌匀之后,将两面煎熟,涂上酱汁、蛋黄酱,撒上青海苔等,即可食用。

OSAKA OKONOMIYAKI INGREDIENTS

大阪好烧简介

BASIC INGREDIENTS (Pork, Egg) 基本材料 (猪肉、鸡蛋)



Dried Bonite Flake
木鱼花



Seaweed
青海苔



Mayonnaise
沙拉酱



Okonomi Sauce
好烧酱汁



Pork
猪肉

or



Shrimp
虾

or



Squid
鱿鱼

(Example)

The other, there are shrimp & egg, squid & egg.

另外,还有虾仁鸡蛋、鱿鱼鸡蛋等。

ON



The Mix Batter and Vegetables
面浆

MIX 搅拌

Cabbage
卷心菜

Egg
鸡蛋

Pickled Red Ginger
红姜丝

Tempura Crips
炸面花

Wheat flour
小麦粉

Green Onions
葱花

MORE ENJOY

Optional Menu
(Example)

追加配料(一例)



Yakisoba Noodles
面



Cheese
芝士



Rice Cakes
年糕



Okonomiyaki ingredients depend on the restaurant. Please ask the staff of restaurant about allergy.

由于各个店铺所用食材不同。详细过敏食材请向店家咨询。

HOW TO COOK OKONOMIYAKI 烧制方法

1 Mix batter, cabbage and other ingredients together in a bowl.

将小麦粉、卷心菜等食材放入碗内,搅匀成面糊。



2 Put ① on a preheated iron plate and form it in a round shape.

将混合面糊倒在铁板上,用两把铲子将其围成圆饼状。



3 Lay 3 slices of pork on top of the cabbage mixture and cook one side.

取三片猪肉放于面饼上,先将面饼的一面烤至变色。

FRIP WITH A SPATULA
用铲子翻面



4 Flip over the okonomiyaki and cook the other side until it becomes delicious golden-brown.

翻转面饼,煎另一面,直至金黄焦香。



5 Dress with Okonomi Sauce, and you're done!

浇上蘸汁等,就完成啦!

