# TRY! EAT WITH A "HERA"





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。



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。











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







#### 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 okonomivaki with Okonomi Sauce, mayonnaise and seaweed garnishing the top.

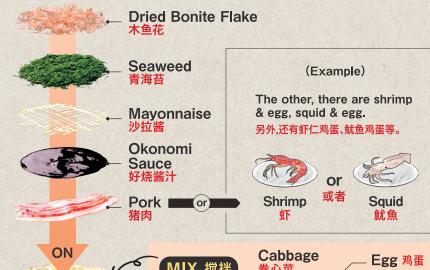
#### 大阪好烧的特征

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,所以在家里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)





Wheat flour 小麦粉

**MORE ENJOY** 

**Optional Menu** (Example) 追加配料(-例)







Yakisoba Noodles

Cheese

Rice Cakes

而浆

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

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。

Put<sup>1</sup> on a preheated iron plate and form it in a round shape.

> 将混合面糊倒到铁板上 用两把铲子将其 围成圆饼状。

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**

Flip over the okonomivaki 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。

Dress with Okonomi Sauce. and you're done!

