

ISLAND GROWN

HARVEST ^{OF} THE MONTH

Text

- December, 2014 -

BRASSICAS

JAPANESE VEGETABLE PANCAKES

(Okonomiyaki)

- 1/2 small head cabbage, shredded
- 2 medium sized carrots, grated
- 4 kale leaves, cut into thin strips
- 1 cup Brussels sprouts, shredded
- 1/2 cup Apple, peeled and diced
- 4 scallions, minced
- 1 TSP salt
- 1/2 cup flour or gluten free flour blend
- 6 large eggs
- Oil for sautéing

TANGY DIP

- 1/4 cup Ketchup
- 1 TBL Worcestershire sauce
- 1 TBL Dijon mustard
- 1 TBL rice vinegar
- 1 TSP soy sauce
- 1 TBL honey
- 1/4 TSP ground ginger

Combine ingredients and serve with pancakes.

Combine all the ingredients and drop small spoonfuls onto a medium hot skillet. Cook for 2-3 minutes, flip and then cook on the other side for another 2-3 minutes. Serve with tangy dip.

Recipe by Robin Forte



For more information visit

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