



Japanese Vegetable Pancakes

shared by:
Fire Station 57
24242 SW Mountain Rd., West Linn



Firefighter Marissa Martinis says this recipe is very versatile because you can swap out the vegetables for whatever you have on hand. The size and thickness of the vegetables should be similar for even cooking. At the station, Martinis pairs these with a cucumber salad dressed in rice wine vinegar and a little salt, sugar, and toasted sesame oil. Recipe adapted from SmittenKitchen.com.

Ingredients

Pancakes

- 1/2 small head cabbage, very thinly sliced (1 pound or 5 to 6 cups shredded)
- 4 medium carrots, peeled into ribbons with a vegetable peeler
- 6 kale leaves, ribs removed, leaves cut into thin ribbons
- 4 green onions, thinly sliced on an angle
- 1 teaspoon salt
- 1/2 cup all-purpose flour (or try a whole grain flour)
- 6 large eggs, lightly beaten
- Coconut or peanut oil for frying

Tangy Sauce

- 1/4 cup ketchup
- 1 1/2 tablespoons Worcestershire sauce
- 1/4 teaspoon Dijon mustard
- 1 tablespoon rice cooking wine, sake or white wine
- 1 teaspoon reduced-sodium soy sauce
- 1 tablespoon honey (use 2 if you like a sweeter sauce)
- 1/8 teaspoon ground ginger

Directions

Toss cabbage, carrot, kale, scallions and salt together in a large bowl. Toss mixture with flour so it coats all of the vegetables. Stir in the eggs. Heat a large heavy skillet on medium-high heat; coat the bottom with oil. Grab amount of desired vegetable mixture with your fingers, letting a little of the batter drip back in to the bowl, and deposit in piles on the skillet. You will have to cook multiple batches. Press down gently with a spatula to flatten slightly. Cook for 3 minutes, or until the edges brown. Flip the pancakes and cook them again until brown underneath. Sprinkle with thinly sliced green onions and toasted sesame seeds before serving. Keep warm on a tray in the oven at 200 to 250 degrees until needed.

Station 57 provides emergency medical, fire protection and rescue services to the rural areas between West Linn and Wilsonville in northwest Clackamas County. The station is staffed by 12 full-time personnel (four personnel on each 24-hour, three-shift schedule). The crew responds to incidents primarily utilizing Engine 57 and can also respond in Heavy Brush 57 when needed.