overcooked

with offzone

A cookbook

A bowl of food

Description automatically generated with medium confidenceSTIR FRIED UDON

2 Servings | Prep Time | Total Time

While my dad and my sister were regularly out for work, oftentimes I would stay home with my mom. It is during those quiet days that I would offer to make lunch for us both, as sometimes, it just isn’t so convenient to make a huge batch of food for a whole family of four (I certainly have to command my dear mother for being in charge of serving the hungry bunch every day!). This stir fry udon dish is easy and quick to make, perfect for when you just don’t have time to make something fancy or when you only have 15 minutes in between your Zoom classes to make lunch (which unfortunately, is frequently the case for me).

**INGREDIENTS**

**UDON**

2 packs 200 g udon noodles

**SAUCE**

2 tbsp soy sauce

1 tbsp dark soy sauce

2 tbsp oyster sauce

½ tbsp mirin

½ tbsp rice vinegar

1 tsp sesame oil

**TOPPINGS**

1 tsp sesame seeds

1 tsp chili pepper flakes

**VEGGIES**

2 white mushrooms, chopped

2 stalks green onion, chopped

½ carrot, julienned

2 shallots or ½ onion

2 cloves of garlic

½ tsp minced ginger

**DIRECTIONS**

1. Make the sauce by combining soy sauce, dark soy sauce, oyster sauce, vinegar and mirin in a bowl, add garlic powder and onion powder to taste
2. Start by sautéing garlic, ginger, and onion/shallots with sesame oil on high heat in a medium nonstick pan
3. Add in carrots and mushrooms, toss for an additional 3 minutes on medium
4. At the same time, boil the udon noodles with veggies for 2-3 minutes
5. Strain the noodles and rinse to remove excess starch, add the noodles in the pan along with the veggies
6. Pour the sauce onto the noodles and continue to mix until the mixture thickens and the noodles are coated in the sauce
7. Add the green onions when the noodles are almost done
8. Plate and serve with sesame seeds, chili pepper flakes, green onions and mayonnaise

**TIP**

Optional bokchoy, cabbage, peas, broccoli, Korean daikon etc. can be added for extra veggies and greens! For more sauciness, can also use kimchi, ranch, tomato sauce, harissa paste, sweet chili sauce, mayonnaise, sriracha, etc.

RICE OKONOMIYAKI

A plate of food

Description automatically generated with medium confidenceA bowl of food

Description automatically generated with medium confidence2 Servings | Prep Time: 5 minutes | Total Time: 30 minutes

# Ingredients

1/2 cup fresh/leftover rice

1 tbsp bonito stock

2 eggs (or starch—binding agent)

Rice/cake flour

OKONOMIYAKI SAUCE

2 tbsp oyster sauce

3 tbsp Worcestershire sauce

½ tbsp reg/brown sugar

4 tbsp ketchup

OKONOMIYAKI TOPPINGS

1 tsp sesame seeds

1 tsp Japanese mayonnaise

pickled red ginger, chopped

bonito flakes

toasted sesame seeds

(optional) kimchi, nutritional yeast, kewpie sesame dressing, daikon, pickled ginger, etc.

VEGGIES

3 cabbage leaves (traditionally with green or white cabbage, I used napa), chopped

2 stalks green onion, chopped

1 tbsp grated daikon

(optional) carrot, cucumber, leafy greens

# Directions

Make the sauce by combining ketchup, oyster sauce, sugar, Worcestershire sauce in a small bowl.

In a big mixing bowl, heat up leftover rice in the microwave with a cup of water on the side to help soften, before adding eggs and chopped cabbage (omit heating part if using fresh rice).

Add 2 tbsp of flour in the bowl containing the rice batter to begin, add more later if necessary.

Dissolve bonito stock in warm water and pour the water gradually over rice-flour mixture until the batter becomes somewhat sticky.

Heat up 1 tbsp of sesame oil in a small nonstick pan and add the batter when the oil reaches an adequate temperature.

Shape the batter into a circle (at this point, some sort of protein: pork belly, bacon, shrimp, etc. can be placed on top of the pancake. I used leftover Char Siu pork strips) and leave it on medium-high heat for about 3 minutes.

Carefully turn the pancake over, cover the pan with a lid and let it steam for an additional 5 minutes.

Spread the okonomiyaki sauce and Japanese mayonnaise over the plated pancake.

Garnish with dried seaweed flakes, sesame seeds, green onion slices, pickled red ginger. Top it off with bonito flakes and serve while hot.

Jul 28, 2021