

Okonomiyaki

For the okonomiyaki sauce

1½ tablespoons tomato ketchup
½ tablespoon Worcestershire sauce
2 teaspoon runny honey
1 teaspoon dark soy sauce

For the okonomiyaki pancakes

3 large free-range eggs
3 tablespoons plain flour
A pinch of sea salt
½ teaspoon dark soy sauce
½ teaspoon toasted sesame oil
2 large spring onions, thinly sliced
275g white cabbage, shredded
Sunflower oil



For the okonomiyaki sauce, whisk together the tomato ketchup, Worcestershire sauce, honey and dark soy sauce in a small bowl until combined. Set aside. To make the okonomiyaki batter, whisk together the eggs, flour, salt, soy sauce and toasted sesame oil until smooth. Fold in the spring onions and cabbage into the batter until everything is well coated.

Heat enough oil to just cover the bottom of a large frying pan over a medium–high heat until shimmering. Line a warmed plate with a couple of sheets of kitchen paper. Spoon some of the cabbage mixture into the pan into pancake shapes that are about the size of your palm. Press down with the back of the spoon and fry until golden-brown on each side, flipping halfway. Transfer the pancakes to the kitchen paper to drain. Fry in batches until you've run out of mixture – you should get about eight pancakes. Serve the pancakes drizzled with the okonomiyaki sauce.

Easy Smoked Salmon and Avocado Sushi

300g sushi rice
2 tablespoons rice or white wine vinegar
1 teaspoon caster sugar
1 large avocado
Juice ½ lemon
4 sheets nori seaweed
4 large slices smoked salmon
1 bunch chives
Sweet soy sauce, wasabi and pickled ginger to serve



Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 minutes until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool. Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered. Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom. Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.

Fold the bottom edge of the seaweed over the filling and then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve. Using a serrated knife, cut each roll into 8 rounds. Serve with sweet soy sauce for dipping, wasabi and pickled ginger.