

Button Mushroom & Prawn

Japanese Pancake



Shopping List:

- 200g button mushrooms
- 100g shiitake mushrooms
- 100g enoki mushrooms
- 200g Green prawn meat (optional)
- 2 eggs
- Milk
- SRFlour
- Chinese cabbage
- Salt
- White pepper
- Olive oil
- Japanese mayonnaise
- Salt reduced soy sauce
- Green onions (shallots)

Makes: 16 (or 4 large pancakes) **Cooking:** 30 minutes

Ingredients

- 200g button mushrooms, finely sliced
- 100g shiitake mushrooms, finely sliced
- 100g enoki mushrooms, trimmed, separated
- 2 cups finely shredded Chinese cabbage
- 200g green prawn meat, finely chopped
- 1½ cups SR flour
- 2 eggs, lightly beaten
- 1 cup milk
- ½ cup cold water
- Pinch salt
- ¼ tsp white pepper
- ¼ cup olive oil
- ¼ cup Japanese mayonnaise*
- 2 tbs salt reduced soy sauce

¼ cup finely sliced green onions (shallots)

Preparation

1. Place mushrooms, cabbage and prawn meat in large bowl.
2. Sift flour over mushroom and cabbage mixture and toss gently to coat evenly with flour. Add eggs, milk and water, stir gently to combine. Season with salt and pepper.
3. Heat barbecue plate to medium-high and drizzle with 2 tbs oil. Scoop ¼ cup measures of mushroom mixture onto the barbecue plate to form eight small pancakes. Barbecue for 2-3 minutes on each side until golden and cooked through. Transfer to a plate and keep warm. Repeat with remaining mixture.
4. To serve, top each pancake with a 1 tsp mayonnaise, drizzle with soy sauce and garnish with green onions.

More information: www.powerofmushrooms.com.au