

DEEPLY REGIONAL JAPAN®

‘NEGI-MOCHI’: PAN-FRIED SHALLOT MOCHI ‘PANCAKE’

15 May 2020



‘Negi-mochi’ is a generic name in Japanese for any savoury mochi or mochi-like dishes made with shallot or spring onion leaves and stems. The pancake-like northern Chinese and Taiwanese-style negi-mochi (cong you bing in Chinese)—which actually is made from wheat flour and does not contain any rice—is very popular in Japan, but there is also a wide range of other recipes with contrasting styles and ingredients that are made in Japanese home kitchens.

The following recipe is for a pancake-style negi-mochi using a mixture of flours and starches including glutinous rice, potato and wheat—which results in a slightly sticky texture inside that contrasts nicely with the baked crust outside. The addition of dried shrimps or katsuobushi (smoked bonito flakes) is for umami, but this can be left out or substituted with other umami agents such as chopped shiitake mushrooms for a completely vegetarian version. For a bolder ‘garlicky’ flavour, use garlic chives instead of shallot/spring onion.

INGREDIENTS

- Glutinous rice flour (‘mochiko’) ¾ cup
- Potato starch ¾ cup
- White wheat flour ½ cup
- Shallot/spring onion (or garlic chive) leaves and stems, finely chopped c. 2 cups (lightly packed)
- Dried baby shrimps (powdered) or katsuobushi (smoked bonito flakes; finely crushed) 1 level tablespoon

- Soy sauce or tamari 1 level teaspoon or to taste
- Sugar 1 level teaspoon or to taste
- Salt ½ level teaspoon or to taste
- Roasted sesame oil 1 level teaspoon
- Water 1½ cups
- Oil (for greasing the pan) As required
- OPTIONAL TOPPING: Shichimi (Japanese seven-spice chilli powder), dried chilli flakes, ground pepper, chopped parsley or shallot/spring onion leaves, shredded nori To taste
- RECOMMENDED DIPPING SAUCE: Soy sauce/tamari combined with vinegar To taste

INSTRUCTIONS

1. In a large bowl, combine the glutinous rice flour, potato starch, wheat flour, dried shrimp/katsuobushi, soy sauce/tamari, sugar, salt, sesame oil and water. Mix thoroughly, taking care to eliminate any lumps, until a smooth batter forms.



2. Add the chopped shallot/spring onion and mix well.



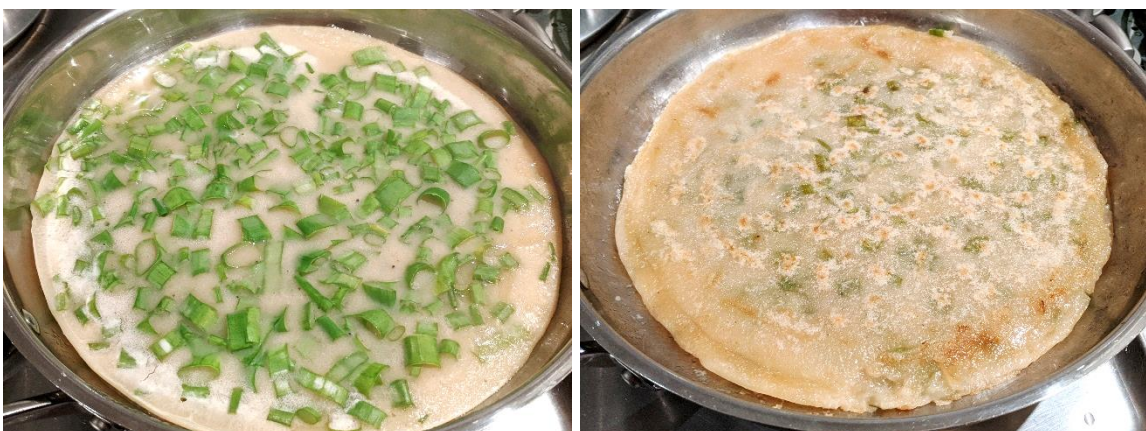
3. Liberally grease a shallow pan with oil and place over medium–high heat. When the pan has heated (test with a tiny drop of the batter mixture for gentle sizzling), gently pour the batter into the pan to form a pancake.



4. When the edges of the pancake are starting to solidify, lower the heat to low–medium and cover with a lid.



5. When the upper surface of the pancake has solidified, carefully turn over to bake the other side of the pancake. The pancake may be fragile at this stage, so be gentle when turning over—use an inverted plate or lid over the pan to assist (please take extreme care to prevent burning yourself with hot oil etc when doing this). Best results are obtained if the pancake is turned over a few times for slow and even baking. Remove from the heat when both sides have become crisp and light brown.



6. Sprinkle a topping of your choice and serve with a dipping sauce.