

Recipe created by Ms.Goto, a student at Tokyo Kasei Gakuin University



Dump Lings

Octopus

Takoyaki

Ingredients

Banana starch	140g
Corn starch	70g
Octopus tentacles	200g
Eggs	3
Dashi (Japanese stock)	1100 ml
Soy sauce	1 Tsp
Salt	1/2 Tsp
Tenkasu (Tempura bits)	Appropriate amount
Pickled red ginger	Appropriate amount
Cabbage	Appropriate amount
Olive oil	Appropriate amount
Takoyaki sauce	
Aonori (Dried green seaweed)	
Mayonnaise	
Dried bonito flakes	

Directions

1. Cut the octopus into 1 cm cubes. Mince the cabbage roughly.
2. Make the Takoyaki mix by mixing the dashi and eggs. Sift the banana starch and corn starch and mix it in. Add the soy sauce and salt.
3. After heating the Takoyaki pan, apply olive oil using kitchen paper and pour the mix until 1/3 of the hole.
4. Add the octopus' pieces, tenkasu, red ginger and cabbage and then fill the hole with the mix.
5. When the dough at the bottom turns brown, turn it over. When it forms into a shape of a ball, add olive oil to the hole and the surrounding flat area, and continue to fry and grill.



6. Top with your choice of toppings; Takoyaki sauce, dried green seaweed, mayonnaise or dried bonito flakes.