

OKARA MEAT PATTIES

What you need

200g ground beef
200g ground pork
200g okara, or soy pulp
½ small onion (40g)
1 egg
Pinch of salt
Pinch of white pepper
1 tbsp Olive oil

½ cup grated daikon, to serve
Sprinkle katsuo bushi (dried bonito flakes)

Yields 15 patties

Preparation 20 minutes

Cooking 40 minutes

What to do

1. Mince the onion finely. Heat up a pan with some olive oil and sauté on medium heat. Take the onion off the heat when they are cooked through and slightly browned.
2. Combine ground beef, ground pork, okara, egg, the onions, salt and pepper and mix well using your hands. Form patties of whatever size you prefer but keep them a uniform thickness.
3. Fry the patties in a hot pan with olive oil for 5 minutes or until browned; turn them over and add water to cover 1/3 of the patties and fry until the water has evaporated and the underside is also nicely browned. Prepare the grated daikon in the meantime.
4. Serve the patties with grated daikon, soy sauce and bonito flakes.

Notes

Okara is ground up soy beans that have been squeezed in the process of making soy milk/tofu. If a shop or restaurant is making its own tofu, they would most likely have okara on hand as well, but if you can't find okara where you are, replace it with a well-drained, firm block of tofu. Okara is high in protein, low in fat and makes the meat patties fluffier in texture.