



DENVER SISTER CITIES INTERNATIONAL

JANUARY • FEBRUARY • MARCH 2011

Japanese Pancakes: Grilled as you like it

by Maria Arapakis



Our Sister Cities not only give us fodder for everyday conversations. They give us the opportunity to please our pallets with delicious foods.

Setsuko "Suko" Wilcox loves Okonomiyaki—a delicious cabbage-based Japanese "pancake" rarely found in restaurants.

The name means "grilled as you like it" because you can mix into the batter pretty much anything you want—seafood, pork, spinach, mochi, kimchi, even cheese!

Suko invited us into her home as she prepared the dish with eggs, flour, cabbage, onion, shrimp, sukiyaki meat, pickled ginger, and seaweed powder.

In between mixes, she shared her story about coming to America 50 years ago as a military bride. Her home has exquisite Japanese art as well as a beautiful hanging kimono and 18-century pyramidal dolls collection "Kimekomi-Ningyo."

She is also heavily involved in Shigin, a group that practices the singing and chanting of 1500-2000-year-old Chinese poems introduced to Japan by a priest 1,000 years ago (much older than Haiku).

A Japanese instrument called a "koto," is used as a background and requires proper breathing and good timing to express the poems with feeling.

Suko played her own koto, which is about 6 feet long and made of kiri wood with 13 strings run over 13 movable bridges across its width. She adjusts the pitch of the strings by moving the bridges and using her thumb, index and middle finger to pluck the strings.

Thank you Suko for inviting us in to your home.

Recipe for Japanese Pancakes

- 1/2 cup Okonomiyaki Flour
- 1/3 cup Dashi
- 1 Eggs (or Egg substitute)
- 2 cups Cabbage, cut into 3cm x 2-3cm strips
- 1 stalk Green Onions, thinly sliced diagonally
- 1/8 cup Tenkasu (Tempura bits)
- 1/2 cup raw shrimp, calamari, or scallops cut into approximately 1cm
- Optional: Chinese sausage, cut diagonally 1-2 links or BBQ Pork

Toppings: Kewpie Mayonnaise, Okonomi Sauce, Aonori (Seaweed Flakes), Katsuobushi (Bonito Flakes)

Directions

1. In a large bowl, whisk together Okonomiyaki Flour and Dashi until smooth. Add Eggs, Cabbage, Onions, Tenkasu, Shrimp and Sausage and mix, don't over mix.
2. Oil a griddle that has been heated to 200C (400F) and add Okonomiyaki mixture. Using a spatula flatten and form pancake until around 3/4" thick
3. After about 3 minutes, flip over pancake and cook for 4 minutes. Flip pancake again and cook for 3 minutes or until firm and well browned.
4. Plate and drizzle with Kewpie mayonnaise, okonomi sauce and sprinkle with Aonori and Katsuobushi.

Denver Sister Cities International promotes peace through mutual respect, understanding and cooperation with cultural, educational and economic endeavors.

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JOIN THE GLOBAL CONVERSATION
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Growing Out of Poverty

Andrew Romanoff, Senior Advisor for International Development Enterprises, was guest speaker at the annual dinner Jan. 30. He presented on "Growing out of Poverty: How the World's Poorest Farmers are Turning a Profit."

An excerpt: Over the last 30 years, IDE has equipped nearly four million poor rural households with the technology and training they need to increase their income and improve their quality of life. Most of our efforts, like the families we serve, are focused on farming. IDE is exploring a project in El Paraiso, Guatemala – a farming village about seven hours from the capital of Cobán. Despite centuries of persecution and displacement, thousands of Q'eqchi' people still live in this region, along with two-dozen other indigenous Maya groups. With the help of IDE, the rural farmers may pipe water to their fields and homes for the first time.

Join Our Book Club

What: China Road by Rob Gifford **When:** April 20 **Where:** TBD

Summary: NPR reporter Rob Gifford, a fluent Mandarin speaker, takes the dramatic journey along Route 312 from its start in the boomtown of Shanghai to its end on the border with Kazakhstan. He poses the crucial questions that all of us are asking about China: Will it really be the next global superpower? Is it as solid and as powerful as it looks from the outside? And who are the ordinary Chinese people, to whom the twenty-first century is supposed to belong? **Contact:** rlconn2@gmail.com



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Letter from the President

Dear DSCI Members and Friends,

As we enter 2011, we know that our organization is more relevant than ever! Peace through People is our by-line, motto and belief. Last year, adult and student delegations went to Kunming (China), Potenza (Italy), and Ulaanbaatar, (Mongolia), to promote peace. We hosted students from Brest (France), Takayama, (Japan), and Ulaanbaatar. Medical professionals from Potenza came to Denver to study gluten intolerance. Through these interactions, we have made many new connections and friends. In Denver, we participated in a variety of community festivals, hosted quarterly dinners commemorating our Sister Cities, expanded our Young Professional group and began our book club. Stay tuned for more exciting programs this year! We need your energy and ideas!

Namaste,
Flora DuPree, President

Please Mark Your 2011 Calendar

August 8-21 Trip to Mongolia to celebrate its 10th year Sister City relationship. Flobots from Denver will perform in Ulaanbaatar. Several travel package options.

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*Please call or email the City Chairs to find out dates of their
Committee meetings and watch the Monday E-Blasts.
Call our office if you do not receive the E-Blasts.*