Make dorayaki pancakes!

Dorayaki is a popular and delicious Japanese treat. It’s made from two small round pancakes which are traditionally sandwiched together with a sweet red bean paste called anko. Dorayaki has ancient origins in Japan. During the Edo Period (1603–1867), they looked like thin folded cakes, similar to an omelette or pastry. It wasn’t until the 20th century that we got the round sandwich version!

Who invented dorayaki?
There are a few theories, some of which involve a legendary warrior monk called Saitō Musashibō Benkei. In one story, an injured Benkei is being cared for by an elderly couple after getting injured. They serve him a little round cake cooked on a gong (a round musical instrument), creating the first dorayaki.

In an alternative legend, Benkei leaves his gong behind when fleeing the home of a farmer who had hidden Benkei in his barn. After Benkei leaves the farm, the farmer uses Benkei's gong to fry his pancakes, creating dorayaki!

Now it’s your turn to make your own dorayaki!

Did you know?
The name dorayaki comes from the Japanese word 'dora', which means 'gong'. This is probably because of their disc-like shape and golden colour. The word 'yaki' simply means ‘cooked on dry heat'.
You will need:
- 2 large eggs
- 65g granulated sugar
- 1 tbsp honey
- 85g plain flour
- ½ tsp baking powder
- 1 tbsp water
- ½ tsp vegetable oil
- 200g sweet red bean paste (anko), or you can use whatever filling you like, including whipped cream, fresh fruit, ice cream or chocolate spread

Makes 6 dorayaki.

1 In a large mixing bowl combine the eggs, sugar and honey. Whisk well until the mixture becomes light and fluffy.

2 Sift the flour and baking powder into the bowl and whisk together. Cover the bowl with cling film and transfer to the fridge for 15 minutes.

3 The batter should now appear slightly smoother. Stir in the water.

4 Dip a piece of kitchen towel in the vegetable oil and brush the bottom of a large non-stick pan with the oil. Now heat the pan over a low-medium heat. Take your time to heat the pan slowly.

5 Using a large spoon, gently pour approximately 2 tbsp of batter into the centre of the pan. The diameter of your pancake should be about 8cm.

Did you know?
The anime character Doraemon is known for his love of dorayaki and regularly gets into trouble because of his obsession with this round cake!
Tip!
Place more of your filling in the centre of the pancakes. This ensures you get a slight domed shape to your dorayaki when they are sandwiched together. Be careful not to overstuff them though!

6 When the surface of the pancake starts to bubble, flip it using a spatula and cook the other side for approximately 30 seconds. Transfer the cooked pancake to a plate and cover with a tea towel to prevent them drying out.

7 Do not re-oil your pan. Continue making your pancakes until you have used all of your batter. (You should be able to make 12 pancakes.)

Gently spread your chosen filling onto six pancakes before sandwiching them together with the remaining six.

Eat immediately or wrap your dorayaki in cling film until ready to serve!

Did you know?
Nama dorayaki are filled with sweet red bean paste and fresh whipped cream. ‘Nama’ means ‘raw’ or ‘fresh’ in Japanese, in reference to the fresh cream used.

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