**Mameten-tama (Sweet-Bean Okonomiyaki)**

*Mameten-tama* is a unique local variation of *okonomiyaki,* a thick, savory pancake cooked on a hot griddle. Already common in other parts of Japan, *okonomiyaki* was probably introduced to Tokushima from Osaka during World War II. Both dishes contain a basic mixture of shredded cabbage, egg, flour, and water. However, *mameten-tama* includes simmered kidney beans*,* which add a distinctly sweet touch to it.

Tokushima began producing sugar during the later years of the Edo period (1603–1868). It became one of the prefecture’s specialities and led to the making of sweeter foods. Another local twist to *mameten-tama* is the addition of small shrimp fried in tempura batter. This hearty dish remains popular among residents and is often considered a “Tokushima soul food.”