



www.asfm.org.au

Dashi Maki Tamago (omelette)

Yukiko Anshutz

Shiki Restaurant, Hyatt Regency Hotel (courtesy of Sticky Rice Cooking School)

Ingredients

4 eggs
90ml dashi*
2¼ white sugar
1 tbsp sake
1 tbsp mirin
Pinch salt
Cooking oil

Method

Heat the stock, sugar, sake, mirin and salt in a pot, stirring until the sugar is dissolved. Let cool.

Beat the eggs well and stir in the stock mixture.

Heat oil in a non stick-frying pan. Over medium heat, pour in a quarter of the egg mixture.

When the surface begins to dry, fold it in thirds. Push the folded egg to one end of the pan.

Pour another fourth of the egg mixture all around the pan, underneath the cooked egg as well, and fold in thirds again when ready.

Repeat until all the egg is cooked.

Shape the egg using the corners of the pan.

* Dashi is a simple stock made by boiling kombu (edible kelp) and kezurikatsuo (shavings of katsuobushi) available from Asian food stores.