

Japanese Tamago Egg

Jacob · 29/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

6

Description

Tamago is a Japanese rolled omelet also known as tamagoyaki. The omelet is sweet, has a light texture, and works well when served over sushi rice with soy and wasabi sauce for dipping.

Ingredients

- 4 eggs - 1/4 cup prepared dashi stock - 1 tablespoon white sugar - 1 teaspoon mirin (Japanese sweet wine) - 1/2 teaspoon soy sauce - 1/2 teaspoon vegetable oil
- or more as needed

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Beat eggs thoroughly in a bowl; whisk in dashi stock
2. sugar
3. mirin
4. and soy sauce until sugar has dissolved. Lightly grease a nonstick skillet and heat over medium heat. Dotdash Meredith Food Studios Pour a thin layer of egg mixture into the hot pan and swirl to coat the pan. Cook until egg layer is firm on the bottom but still slightly liquid on top
5. about 1 minute. Dotdash Meredith Food Studios Then lift up one edge using a spatula and roll up the egg layer. Dotdash Meredith Food Studios Push omelet roll to one side of the skillet. Oil the skillet again and pour in another thin layer of egg
6. lifting the first omelet roll up slightly to allow the egg to flow underneath. Dotdash Meredith Food Studios Roll up the first omelet in the new layer of egg and push omelet to the edge of the skillet as before. Dotdash Meredith Food Studios Repeat the process with the remaining egg mixture
7. oiling the pan each time if needed. Dotdash Meredith Food Studios Remove rolled omelet to a serving platter and cut into 6 equal pieces to serve. Dotdash Meredith Food Studios Recipe Tips It is best to use a tamago pan
8. a 5x7-inch square nonstick frying pan
9. but any small pan will work — you just won't have square ends on your finished omelet. Mirin is a sweet rice wine
10. and dashi is a Japanese soup stock made from kelp or shiitake. These ingredients are now carried in most larger grocery stores or at Asian markets.