

TAMAGOYAKI (JAPANESE ROLLED OMELETTE)

INGREDIENTS

9 eggs, beaten
1½ tablespoons oil
2 tablespoons water
1 tablespoons soy sauce
1 tablespoon Mirin
1 Tablespoon instant dashi

TIPS TO KNOW BEFORE YOU BEGIN

1. Any non-stick pan will do but tamagoyaki is traditionally made in a tamagoyaki pan. Which is rectangular in shape with high sides. This pan makes it easier to create the desired shape.
2. To lightly oil the pan, fold a small piece of paper towel and soak it in oil. Use the paper towel to oil the pan in between layers.
3. Chopsticks are traditionally used to flip and pop bubbles, but using a spatula or plastic bench scraper works as well. Use the corner to pop large air bubbles to ensure even cooking.
4. Roll the tamagoyaki as tightly as you can. This prevents gaps and air pockets in the omelet. Once rolled, traditionally, a wooden plate is used to press and shape the omelette inside the pan to form 4 flat even sides. Alternatively, use the spatula to shape and remove any air pockets.

INSTRUCTIONS

Add the eggs, water, and dashi powder into a cup with an easy-to-pour spout. Beat the eggs with a whisk until the egg whites and yolks are well combined. Strain the egg mixture for a smoother consistency.

Roll first omelet layer

Heat a tamagoyaki pan or regular pan over medium heat and lightly oil the bottom. Pour a thin layer of the egg mixture to cover the surface of the pan. Slightly scramble the eggs for the first few seconds but allow them to set into an even layer after it starts to cook. When it's 70% cooked but the surface is still wet, roll into an omelet and move to back edge of the pan.

Roll more layers

Re-oil the pan. Pour another thin layer of the egg mixture into the pan and lift the omelet to allow the egg mixture to flow under it. Slightly scramble the eggs for a few seconds and allow to set in an even layer. When the eggs are 70% cooked but the surface is still wet, roll another layer of the omelet and set it to one side of the pan. Repeat this set until the egg mixture is gone.

Remove from the pan and allow it to rest for several minutes to cool. Cut into even slices and serve.