

Japanese Omelet 'Atsuyaki Tamago'

Serves 2 - 3 people

Ingredients

- 4 eggs
- 2 tsp soy sauce
- 3 tsp sugar
- 2 tsp oil

Notes

- You can add liquid stock, 4-7 tbsp as a variation, though the more stock you add, the more difficult to roll.
- You can eat with grated Japanese radish 'Daikon' with little soy sauce for some more flavour.



tsp= tea spoon, 5ml
tbsp= table spoon, 20ml
cup= 250ml

Method

1. Crack eggs into a bowl, add sugar and soy sauce and mix well to dissolve, try not to beat them.
2. Heat the frying pan very hot until it starts to smoke (not for coated pan).
3. Pour about 1/4 of the egg mixture into the hot frying pan, spread around. As egg mixture bubbles, poke it to allow air to escape.
4. Once the mixture is set about halfway, start rolling omelet from back to front, being careful not to make holes.
5. Once all rolled, move the omelet to the back of the pan (and briefly oil the open space. If your frying pan is non-stick or well-developed iron pan you may not need oil).
6. Pour another 1/4 of egg mixture into open space, allowing mixture to go under the rolled omelet.
7. As the egg sets, roll the omelet to the front again and continue step 5 and 6 to use up all the egg mixture.
8. Take out the omelet and rest on a plate to set and cool down a little, cut into bite size to serve.