

## Japanese Rolled Omelette (Tamagoyaki) and Chirashi Bowl

<http://userealbutter.com/2014/08/10/japanese-rolled-omelette-tamagoyaki-chirashi-bowl-recipe/>

*tamagoyaki from [Sushi Made Easy](#)*

### **japanese rolled omelette (tamagoyaki)**

5 eggs

2-3 tbsps dashi stock (I made a cup of stock from 1 cup boiling water and 1 tsp hondashi granules)

1 tsp sugar

1 tsp mirin

1/2 tsp salt

vegetable oil for cooking

**Make the tamagoyaki:** Beat the eggs in a medium bowl until well blended (we don't want big globs of egg white floating around). Mix the dashi stock, sugar, mirin, and salt together in a small bowl and stir until the sugar and salt have dissolved. Beat the dashi mixture into the eggs until incorporated. Heat your tamago pan or a small omelette pan over medium flame. Dip a paper towel into a small bowl of vegetable oil so that it soaks up some of the oil. Using tongs or chopsticks, evenly oil the pan with the oil-soaked cloth.

Pour one-fourth of the egg mixture into the pan and cook until it is set and almost cooked. Grab the far end of the egg sheet with chopsticks and fold a third of the sheet over on itself toward you like would a business letter. I find a spatula helps too. Fold the egg sheet toward you again so that it is folded in thirds. Push the egg to the far end of the pan. Evenly oil the rest of the pan. Pour another fourth of egg mixture into the pan making sure it gets under the folded egg omelette (you want them to connect). When the egg has set and is almost completely cooked, fold the omelette in thirds toward you (just like before, but you are making layers). Repeat until all of the egg is used up. When the omelette is done, remove it to a bamboo mat (optional: line it with plastic wrap) and gently press the omelette into a square shape. Slice into 1/2-inch thick slices crosswise to the folding pattern. Makes about 12 slices.

### **chirashi bowl**

1 cup seasoned sushi rice, recipe below

1 tbsp shredded nori (toasted dried seaweed sheets)

1 tsp sakura denbu (sweetened flaked cod condiment), I could not source any

1 tbsp chopped kampyo (pickled gourd), I could not source any

2 slices each from an assortment of sashimi grade fish like sake (salmon), hamachi (yellowtail), maguro (tuna)

1 shrimp, peeled, boiled, and butterflied

2 slices of unagi (grilled eel)

2 slices of tako (octopus)

1 slice of tamagoyaki (egg omelette) cut in half, recipe above

1 tbsp masago (capelin roe) or tobiko (flying fish roe)  
3-4 slices of cucumber  
1 shiso leaf (perilla)  
1 tbsp green onions, chopped  
2 tbsps daikon radish, shredded  
1 tbsp daikon radish sprouts  
2 tbsps gari (pickled ginger)  
1 dollop wasabi  
unagi sauce  
toasted sesame seeds

### **seasoned sushi rice**

2 cups sushi rice (uncooked)  
2 cups water  
3 tbsps rice vinegar  
1 tsp salt  
2 tbsps sugar

**Make the sushi rice:** I use a rice cooker. Combine the water and rice and cook per the instructions on your rice cooker. If you don't have a rice cooker, you can try these instructions (I've not done them myself): Wash, drain, and soak the rice in water for at least 30 minutes, then drain. Combine the rice and measured water in a saucepan and cover. Place the pan over moderately high heat. When the water boils, reduce the heat and cook for about 10 minutes. Turn off the heat and allow the rice to steam undisturbed for at least 10 minutes (don't remove the lid or you'll ruin it). Combine the vinegar, salt, and sugar in a bowl and stir until salt and sugar are dissolved.

Wet a mixing bowl large enough for the rice. Wipe off excess water. Wet the tub a second time with vinegared water (1 cup water + 2-3 tablespoons vinegar). Wipe off any excess. Heap the cooked rice in center. Allow rice to cool in the tub for 10 minutes. Pour the dressing over the rice and mix the dressing evenly with a large spoon or rice paddle. While mixing, fan the rice to cool it. The rice is ready to use when it reaches body temperature.

**Assemble the chirashi bowl:** Place the sushi rice in a bowl with a 2-cup capacity. If using, sprinkle sakura denbu (a pink, sweet, flaked cod condiment) and kampyo (pickled gourd) over the rice. If not using, don't worry about it. Sprinkle the shredded seaweed over the rice. Arrange your assortment of sashimi: salmon, yellowtail, tuna, shrimp, eel, octopus, tamagoyaki, and fish roe on the rice with the cucumber slices, shiso leaf, green onions, shredded daikon radish, and daikon radish sprouts. Make room at the edge for some pickled ginger and wasabi. Brush or drizzle a little unagi sauce over the eel, tamagoyaki, and octopus. Sprinkle with the toasted sesame seeds. Serves 1.