Tamagoyaki

Prep 15 mins
Cook 10 minutes
Total 25 mins
Yields about 2 servings

Ingredients

- 4 eggs
- ¼ cup dashi stock
- 1 tsp mirin (sweet wine)
- ½ tsp traditional soy sauce
- 1 tbsp sugar
- 1 tbsp coconut oil - to grease the pan

Tools

- Large pan - traditionally square pans are used to make Tamagoyaki-, mixing bowl, whisk and spatula

Instructions

1. Beat eggs thoroughly in a bowl; whisk in dashi stock, sugar, mirin, and soy sauce until sugar has dissolved
2. Place a nonstick skillet or omelet pan over medium heat. Oil the pan with coconut oil. Pour a thin layer of egg mixture into the hot pan and swirl to coat the pan.
3. When egg layer is firm on the bottom but still slightly liquid on top, lift up about 1 inch of the edge of the omelet with a spatula and fold end over remaining egg layer; continue rolling the omelet to the end and push the roll to the edge of the skillet. Oil the skillet again if it looks dry; pour another thin layer of egg into the skillet
4. Pour a new egg layer into the skillet, oiling the pan if needed. Roll the omelet over to incorporate the next egg layer into the roll. Pour new layers and roll into the omelet until all egg mixture has been used. Remove omelet to a serving platter and cut into 6 equal pieces to serve.