

Tamagoyaki

Difficulty: Easy **Yield:** 1-2 servings

Ingredients:

2 eggs
1/2 tsp dashi
1 tsp soy
1 1/2 tsp mirin
1 tbsp sugar
extra light olive oil
chopsticks

Preparation:

1. Heat your pan on medium.
2. While your pan heats up, combine eggs, dashi, soy, mirin, sugar and olive oil in a small bowl. Stir vigorously with chopsticks (traditional) or forks as you would for scrambled eggs.
3. Add about a tsp of oil to the pan then pour the contents of your bowl into the pan. While egg sets, gently stir the egg around with your chopsticks to aerate it.
4. Once your egg has set, use a spatula to lift about an inch of one of the sides and fold it over toward the opposite end. Press down on the fold, allow egg to set and repeat this step until you reach the opposite end of the pan.
5. Press the sides of the folded egg to create a rectangular prism shape. Slice and serve immediately.