

TAMAGOYAKI OMELETTE

Jorg Zupan of Atelje

Skill Level

[x] beginner [] intermediate [] advanced

Allergens

- egg
- soybeans

Kitchen Tools

- Measuring bowl
- Chopsticks or fork
- Knife
- Makiyakinabe pan or regular non-stick pan
- Spatula

Ingredients for 2 people

- 4 Large eggs
- 1 tsp Soy sauce
- 1 tbsp Mirin
- 1/4 tsp Salt
- 1 tbsp Vegetable oil

Instructions

1. Whisk the eggs, using your chopsticks or a fork. Mix them with soy sauce, mirin and salt.
2. If you have a square pan, now is the time to use it! Heat it over medium heat then spread some oil over its whole surface.
3. Add a thin layer of about a quarter of the egg mixture to the bottom of the pan. Add chives or some herbs of your choosing. An omelette should be pale, as too much colour is a sign of an overcooked egg. If the eggs are overcooked, you won't be able to taste other ingredients.
4. When the bottom is set, but the top is still a bit runny, start rolling it to one side of the pan like a crepe. You can use your chopstick, or, as Jorg recommends, a spatula.
5. Repeat the procedure. Coat the surface of the pan again, add a new quarter of the mixture. Using your spatula, lift the egg roll up so the mixture can spread under and merge. Add chives. When it starts to set, roll it again as described. Repeat this process until you run out of the egg mixture.
6. Press your omelette against the edges of the pan, making sure you get a proper shape of a tamagoyaki omelette.
7. Cut the omelette into slices on your cutting board.
8. Once you have your tamagoyaki prepared, start plating. Jorg opted for some porcini purée, egg yolk confit, lacto-fermented koji sauce with truffle butter and some freshly grated truffles.

