

Tamago Yaki Recipe from Hideo Dakura

- 4 eggs
 - 2 tablespoons dashi (I used instant dashi powder which I dissolved in water)
 - 1 tablespoon caster sugar
 - 1 tablespoon mirin
 - 1 teaspoon light soy sauce
 - 1 tablespoon vegetable oil
1. Crack eggs into a bowl and add the dashi, caster sugar, mirin and soy sauce and whisk with chopsticks.
 2. Strain into a measuring cup.
 3. Place a non-stick tamago pan over medium heat for 1 minute. Pour a little oil and swirl evenly over the pan.
 4. Pour in one third of the egg mixture and cook until set around the edges.
 5. With a spatula, fold one third towards the front of the pan, then fold over again in the same direction onto the remaining portion.
 6. Add a little more oil to the pan and pour half of the remaining egg mixture onto the empty area of the pan and cook until the edges are set.
 7. Again fold one third towards the folded egg, then fold this over on top of previous roll, making a flat roll on one side of the pan.
 8. Add more oil and pour the remaining egg mixture and repeat the folding process. With the spatula, give a little push to mould the shape.
 9. When cooked, remove from heat, and place on a bamboo mat. Wrap the omelette with the bamboo mat and shape. By pressing with your fingers on one side only along the length of the roll.
 10. Cut into pieces.