

## Fluffy Scrambled Eggs (*Iri Tamago* 炒り玉子)

4 Jumbo-sized eggs makes about one cup (for 4 portions)



### Ingredients

Per egg:

- 1/2 Tablespoon Kelp Alone Stock (follows main recipe)
- pinch salt
- drop *mirin* (or honey or agave syrup)

For the pan:

- 1 teaspoon vegetable oil

### Method

Season the Kelp Alone Stock with salt and *mirin*.

Break eggs into a bowl. Mix yolks and whites being careful **NOT** to incorporate air.

Unlike Western cuisines that often whisk eggs to a froth, Japanese egg cookery avoids any foaminess. Using long chopsticks, held tilted so that they almost rest on the rim of the bowl, is helpful. A fork can also be used, being mindful not to whip with it. Pour in the seasoned stock and continue to stir, mixing well.

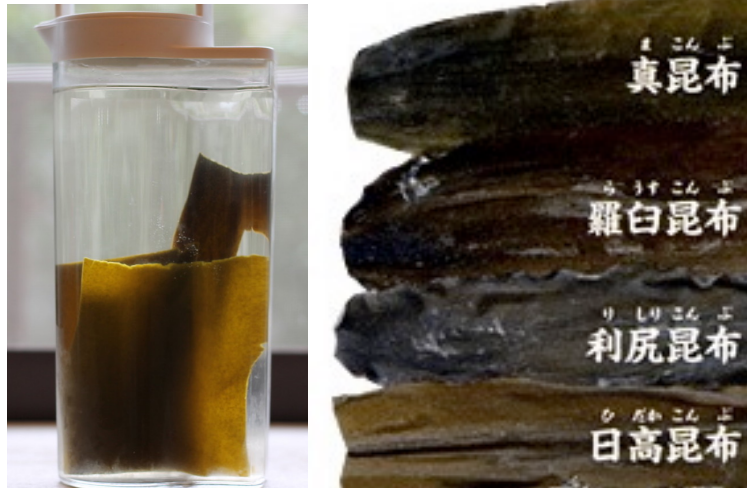


Heat an omelet pan over medium heat. Lightly oil it by rubbing a wad of oil-soaked paper towel lightly over the surface. Pour the eggs into the pan and swirl gently. The edges will begin to firm up almost immediately. Using long chopsticks or the edge of a flexible spatula, draw lines across the surface to expose runny egg to the hot skillet. Use scrapping and flipping motions to further loosely scramble the eggs. When the egg is no longer runny (but still very moist and soft) turn off the heat, or pull the skillet away from the stove. Continue to stir and scramble the eggs with the residual heat remaining in the pan. You want a soft and fluffy finish. Serve the omelet warm from the pan, or cooled (this is a favorite *obentō* lunchbox item in Japan).



The omelet can be kept for a day, covered in the refrigerator. With rapid cooling and several hours resting, the omelet may “weep” a bit. It is not a sign of spoilage and perfectly fine to consume. In fact, when this omelet tops the Colorful Big Bowl, the flavorful drip seeps into the rice beneath adding to the overall savory flavor of the dish.

## KELP ALONE STOCK *Kombu Dashi* 昆布だし



A simple stock can be made with just *kombu* (kelp) and tap or bottled water.

The four types of *kombu* most commonly found in Asian markets are from top to bottom: ***ma kombu***, ***Rausu kombu***, ***Rishiri kombu***, ***Hidaka kombu***. Any (or combinations of several) will make a flavorful broth by soaking in tap or bottled water for a minimum of 20 minutes (and up to 12 hours). Use a glass (or other non-reactive material) jar or beaker to soak the *kombu*. If you will be soaking for more than a few hours, or it's a warm day, cover and refrigerate.

For deeper, rounder flavor, place the *kombu* and water in a pot over low heat. Gradually apply heat until you see a few bubbles appear to travel from the bottom of the pot to the surface. That is about 70 degrees Celsius/ 160 Fahrenheit, the ideal temperature for extracting *umami seibun* (flavor-enhancing glutamates) but not activating bitter tannins. Let the warm *kombu* broth cool naturally before refrigerating for longer storage (up to 3 days). Use this *kombu dashi* broth in any recipe that calls for stock.

