

Rolled Thick Omelet (Dashi-maki tamago)

Inspired by Hiroko Shimbo, The Sushi Experience (ISBN 1-4000-4208-9)

Rolled thick omelet, dashi-maki tamago, contains a substantial amount of dashi, fish stock, as its name suggests. The stock adds good flavor to the eggs and also dilutes the egg protein, so the resulting omelet is tender and juicy. Unlike the Western omelet, a Japanese rolled omelet is made up of four to five layers which, when rolled together, become indistinguishable.



To prepare the rolled omelet efficiently, you should use a Japanese rectangular omelet pan 6 ½ by 5 ½ inches by 1 ½ inches deep. With some manipulation, a 6-inch diameter Western skillet will also do the job.

The rolled omelet tastes best on the day of preparation. Refrigeration firms the egg protein in the omelet and destroys the fragrance and taste.

Makes 1 rolled omelet 2 by 6 inches and 1 inch thick

1. Prepare egg mixture

4 large eggs

Break the eggs into a large bowl.

With a whisk, gently stir (do not beat) until the egg white is broken up.

3 tablespoons dashi (fish stock)

Add the dashi, mirin, salt, sugar and soy sauce.

1 ½ tablespoons mirin (sweet cooking wine)

Mix together gently (you do not want to create much foam).

¼ teaspoon salt

1 tablespoon sugar

1 teaspoon shoyu (soy sauce)

2. Cook first layer

vegetable oil for greasing the omelet pan

Set the pan with 1 tablespoon of the reserved oil over medium-high heat.

When hot, wipe out the excess oil with a paper towel (leaving too much oil makes the omelet taste greasy.)

Pour in $\frac{1}{4}$ cup of the egg mixture with a ladle. It should make a sizzling sound.

Quickly swirl the eggs to coat the bottom of the pan.

Cook them over medium-high heat until the bottom is cooked and barely golden and the surface is still moist.¹

Roll the thin omelet toward you with chopsticks or a spatula.

Push the rolled omelet to the far end of the pan.

3. Cook second layer

Grease the entire bottom of the pan again using an oil-soaked paper towel wrapped around a pair of chopsticks.

Add another $\frac{1}{4}$ cup of the egg mixture. Spread it over the bottom of the pan.

With chopsticks or a spatula, lift the rolled omelet you have just made so that some of the new egg flows underneath.

Cook until the bottom is firm and the surface is moist, poking the steam vents if necessary.

With chopsticks or a spatula, loosen the second thin omelet from the pan along with the first omelet, then lift them up over the second sheet of omelet.

Turn them both together to make a two-layered omelet.

Return it to the back of the pan.

4. Cook two more layers

Repeat Step 3 with another $\frac{1}{4}$ cup of the egg.

Finally, repeat Step 3 with the remaining egg mixture.

5. Form

With the help of a spatula, press and form the hot tender omelet into a neat rectangular shape in the pan.

¹ During this stage, bubbles from trapped steam may push the thin layer of egg up from the bottom, making it inflate like a balloon here and there. With chopsticks or with the sharp edge of a flat stainless steel spatula, poke a small hole through the bubbles to deflate them. Let the uncooked egg liquid run through the holes and under the omelet.

6. Rest

Remove the omelet from the pan and let it stand to cool to room temperature. The omelet tastes best after 3 to 5 hours at room temperature.