

Rolled Omelette Recipe

Ingredients:

5 eggs
2 teaspoons sugar
1/4 teaspoon salt
1/2 cup dashi
2 teaspoons Japanese soy sauce
Vegetable oil for cooking
Parsley sprigs for garnish

Method:

Beat eggs until well mixed. Dissolve sugar and salt in the dashi, stir in soy sauce, then mix with beaten eggs. Heat omelette pan and grease with a few drops of oil. Pour in a third of the egg mixture and tilt pan so it covers entire surface. Cook on low heat (omelette must not brown) until it is set, then roll the omelette away from you. When omelette is completely rolled up, lightly grease pan again, slide omelette towards you and grease that part of the pan where omelette was. Pour in half the remaining mixture and lift the egg roll so the uncooked egg can cover the base of pan. Cook as before and roll again, this time rolling the first omelette within the second one. Repeat as before, using the remaining beaten egg. Turn the omelette on to a sudare (bamboo mat) or a clean cloth and roll the omelette firmly. Leave it for 10 minutes, then remove mat and cut the rolled egg into thick slices. Serve garnished with parsley.

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