

Japanese Omelette Squares (tamagoyaki) with Sweet Mustard

SERVES 4

PREP 5 MINUTES

COOK 10 MINUTES

A few years ago just outside the Tsukiji fish market in Tokyo, I discovered tamagoyaki. An omelette made from rolled up layers of sweet egg, it's a snack, sushi component or part of a bento box. Mesmerised by a street stall with eight pans on the go, I was inspired to try it at home. They served it up with a nostrilflaring hot mustard, but I've concocted a more mellow version using a little miso.

4 eggs, beaten
1 tbsp mirin
2 tsp caster sugar
1/2 tsp Japanese light soy sauce
1 tsp vegetable oil
1 tbsp finely chopped chives, for sprinkling

SWEET MUSTARD SAUCE

1 tbsp hot yellow mustard
2 tbsp mirin
1 tsp pale (shiro) miso
1 tbsp rice vinegar
2 tsp honey

Mix the sweet mustard sauce ingredients together in a small bowl and set aside.

In a medium bowl, add all the remaining ingredients, except the oil and chives, together with a pinch of salt. Whisk until smooth.

Pour into two small bowls so you can make two pancakes.

Heat a medium frying pan or, even better, a rectangular tamagoyaki frying pan. Brush the oil over the bottom of the pan.

Keep the pan over a low–medium heat and pour in a thin layer of the egg mixture from one of the bowls.

Using two spatulas, roll the egg up after 30 seconds while it's still slightly gooey. Push it to the end of the pan and pour in another thin layer of egg. While it's still slightly wet, roll up the omelette over the new egg. Repeat the process until you have used up all the egg, then slide onto a plate. Repeat with the second omelette.

Let the omelettes cool for a minute and then cut into 2.5 cm (1 inch) squares. Sprinkle with the chives and serve with the sweet mustard dipping sauce.

NOTE

A normal non-stick frying pan works fine here, but you can buy the little rectangular omelette frying pans at Muji for not much money.

My Asian Kitchen by Jennifer Joyce (Murdoch Books, £20). Photography by Phil Webb.