

Oyakodon (Chicken & Egg Rice Bowl)



<Ingredients (2 serve *)>

150g Chicken thigh/breast (boneless)**

1/2 Large Yellow onion

4 Eggs

150ml Dashi stock***

2 Tbsp Japanese soy sauce

4 Tbsp Cooking sake

1 tsp Sugar

1 tsp Slat

Steamed short grain rice

Shichimi Togarashi (Japanese seven chilli powder) (option)

*)If you would serve for 4 people, make for two people first, then repeat same steps for remaining two people or use 2 sauce pans for 4. If you make for 4 in one sauce pan at once,

it is hard to set the egg mixture nicely.

***)Japanese people tend to use chicken thighs rather than breast meat for the extra flavour, but both will work fine

***)you can substitute 1/2 Tbsp Bonito Dashi powder (Hondashi) & 150ml water for the Dashi stock. You can get Hondashi in any superstores/Japanese grocery shops in Singapore



<Method>

1. Cook the onion

Slice the onion along the fibre. Place the onion in a sauce pan and pour over the water, bonito Dashi powder, soy sauce, Sake and sugar. Bring it to the boil, and once boil, simmer for 5 minutes or the onion is wilt/tender on low heat with the lid.

Meantime slice the chicken into mouthful size and sprinkle the salt over.

2. Simmer the chicken

Add the chicken in the sauce pan and simmer for another 5 minutes on low heat with lid on.



3. Cook the egg mixture

Crack the eggs in a bowl and whisk well. Pour 2/3 of beaten eggs over and cook covered until the egg mixture almost set but still runny eggs.

Meanwhile, put the steamed rice into a bowl.

Remove the lid, pour the remaining egg mixture over immediately, cook on high heat for 30 seconds.

Pour the chicken and egg on top of the rice. Sprinkle some Shichimi if you prefer extra flavour.