

Classic Crumbly Chicken & Egg Rice Bowl (三色丼)



<Ingredients (4 people)>

Steamed rice

<Chicken>

200g Minced chicken

1 tsp Vegetable oil

2 Tbsp Soy sauce

4 Tbsp Sake

1 pinch Salt

1 Tbsp Sugar

<Egg>

4 Medium eggs

1 tsp Vegetable oil

1.5 Tbsp Sugar

1 pinch Salt

<Vegetable>

10 pots Mangetout

1 pinch Salt

1/2 White Dashi stock

<Method>

1. Cook the chicken

Pour the oil in a frying pan and put the chicken and salt. Heat on medium heat and keep stirring for breaking any chunks with spatula. Once almost chicken is cooked, add other condiments and cook until any fluid is evaporated. If it is hard to make a fine crumbly chicken meat, you can alternatively sieve.

2. Cook the egg

Beat the egg in a bowl and add sugar and salt, mix well. Pour the oil over the frying pan and heat on high heat. Pour the egg mixture over and cook on medium heat keeping stirring. Break any chunks with spatula.

3. Boil the vegetable

Put the salt in a sauce pan and bring it the boil. Put the mangetout and boil for 1 minute. Drain and plunge into cold icy water immediately. Slice finely and marinate with the white Dashi stock.

4. Serve

Pile the rice in a bowl and array the chicken, egg and mangetout nicely.