

Egg Foo Young

Classic Chinese Egg Foo Young recipe with crispy golden omelets filled with shrimp, bean sprouts, and vegetables. Served with savory brown gravy sauce.

10 min

PREP

15 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Egg Foo Young

Ingredients

- 2 tbsp corn flour
- 1 tbsp soy sauce
- 2 tsp oyster sauce
- 1 tbsp mirin Japanese rice wine
- 1 cup water
- 6 egg
- 2 cup bean sprout
- 4 fresh chives
- 2 tbsp olive oil
- 1 tsp roasted sesame oil
- 1 clove garlic
- 100 g shrimp
- 1 tsp salt
- 1 tsp white pepper

Instructions

- 1 Make the sauce**

Whisk 2 tablespoons cornstarch with 1 tablespoon soy sauce in a small bowl until completely smooth with no lumps remaining.
- 2** Add 2 teaspoons soy sauce, 1 tablespoon oyster sauce, and 1 cup chicken broth to the cornstarch mixture. Whisk until well combined.
- 3** Pour sauce mixture into a small saucepan and bring to a boil over medium heat, whisking constantly. Cook for 1-2 minutes until thickened to a light syrup consistency that coats the back of a spoon, then remove from heat and set aside.
- 4 Prepare the egg mixture**

Beat 6 eggs in a large bowl until whites and yolks are completely combined with no streaks remaining.
- 5** Add 2 cups fresh bean sprouts, 4 chopped green onions, 100g cooked shrimp, 1 teaspoon salt, and 1 teaspoon white pepper to the beaten eggs. Mix thoroughly until all ingredients are evenly coated with egg.
- 6 Cook the omelets**

Heat 2 tablespoons vegetable oil and 1 teaspoon sesame oil in a large skillet over medium-high heat until the oil shimmers and moves

freely in the pan.

- 7 Add 1 minced garlic clove and stir-fry for 10-15 seconds until fragrant but not browned.
- 8 Pour 1/4 of the egg mixture into the pan, using a spatula to spread it into a 5-6 inch round patty. Cook for 2-3 minutes until the bottom is golden brown and set.
- 9 Flip carefully with a wide spatula and cook the second side for 1-2 minutes until golden brown and the eggs are completely set with no runny parts. Transfer to a warm serving plate.
- 10 Repeat with remaining egg mixture to make 3 more omelets, adding more oil to the pan as needed between batches.
- 11 **Serve**
Reheat the sauce briefly if needed and pour over each omelet. Serve immediately while hot.

Tips

Beat eggs just until well combined - overbeating creates tough, rubbery omelets that won't hold together properly when loaded with fillings.

Drain bean sprouts thoroughly and pat dry with paper towels before adding to prevent excess moisture from making the omelets soggy.

Cook vegetables like mushrooms or bell peppers separately first to remove excess water, then cool completely before mixing into the egg mixture.

Use medium-high heat and don't overcrowd the pan - cook only one or two patties at a time for even browning and easier flipping.

Let each side cook undisturbed for 2-3 minutes before checking for doneness - premature flipping can cause the omelet to break apart.

Keep cooked omelets warm in a 200°F oven while preparing the remaining batches to serve everything hot at the same time.

Make extra sauce and store in the refrigerator - it keeps for up to a week and works great with other stir-fried dishes.

For crispier edges, press down gently with the spatula while cooking, creating better contact with the hot pan surface.