

Tamagoyaki (Japanese Rolled Omelette)

Learn to make authentic Japanese Tamagoyaki - a sweet and savory rolled omelet perfect for breakfast, sushi, or bento boxes. Easy step-by-step recipe.

5 min

PREP

10 min

COOK

15 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Tamagoyaki (Japanese Rolled Omelette)

Ingredients

- 4 egg
- 1 tbsp granulated sugar
- 1 tbsp mirin Japanese rice wine
- 1 tbsp soy sauce
- 1 pinch salt
- 1 pinch black pepper
- 4 tbsp olive oil

Instructions

- 1 Prepare the egg mixture**

Crack 4 eggs into a medium bowl and beat gently with chopsticks or a fork until the whites and yolks are just combined, avoiding creating foam or bubbles.
- 2** In a small bowl, whisk together 1 tablespoon dashi, 1 tablespoon soy sauce, 1 tablespoon mirin, 1 pinch sugar, and 1 pinch salt until the sugar and salt are completely dissolved.
- 3** Pour the seasoning mixture into the beaten eggs and stir gently until evenly combined.
- 4 Cook the first layer**

Heat a rectangular tamagoyaki pan or 8-inch non-stick skillet over medium-low heat. Brush the entire surface with 1 tablespoon oil using a pastry brush or paper towel.
- 5** Pour one-quarter of the egg mixture into the pan, tilting to spread it evenly across the surface. Cook for 1-2 minutes until the bottom is set but the top is still slightly wet and jiggly.
- 6** Using chopsticks or a spatula, gently roll the cooked egg from one end toward the opposite side, creating a loose cylinder. Push the rolled egg to one end of the pan.
- 7 Add the second layer**

Brush the empty part of the pan with 1 tablespoon oil. Pour another quarter of the egg mixture into the pan, lifting the existing roll slightly so the raw egg flows underneath it.

- 8 When the new layer is set on the bottom but still wet on top, about 1-2 minutes, roll the existing egg over the new layer, incorporating it into the roll. Push to one end again.
- 9 **Complete remaining layers**
Repeat the oiling, pouring, cooking, and rolling process two more times with the remaining egg mixture and 2 tablespoons oil, building up layers in the roll.
- 10 **Shape and rest**
Transfer the completed tamagoyaki to a bamboo sushi mat and wrap it gently, pressing lightly to maintain a rectangular shape. Let rest for 5 minutes to set and cool slightly.
- 11 **Slice and serve**
Unwrap the tamagoyaki and use a sharp knife to slice it into ½-inch thick pieces. Serve immediately at room temperature.

Tips

Test your pan temperature by adding a small drop of egg mixture - it should sizzle gently but not aggressively. This ensures your layers will cook evenly without browning.

Use chopsticks or a thin spatula to lift the cooked egg layer when adding subsequent portions of egg mixture, allowing the raw egg to flow underneath and bind the layers together.

Don't worry about perfect rolling technique on your first attempts - the inner imperfections won't show in the final sliced product, and practice will improve your skills over time.

After cooking, wrap the warm tamagoyaki in a sushi rolling mat and let it rest for 10 minutes to help maintain its shape and create clean slices.

Maintain consistent medium-low heat throughout cooking by moving the pan closer to or farther from the heat source rather than adjusting the burner temperature.

Beat the eggs gently with chopsticks rather than a whisk to avoid incorporating too much air, which can create bubbles and uneven texture in the final product.

Keep a small bowl of oil and a brush nearby to re-oil the pan between layers, ensuring each new addition doesn't stick to the cooking surface.

For cleaner slices, use a sharp knife wiped clean between cuts, and slice in one smooth motion rather than sawing back and forth.