

Tamagoyaki (Japon Omleti)

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

5 min

HAZIRLIK

10 min

PIRME

15 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

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Malzemeler

- 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

Yapılışı

- 1 Prepare the egg mixture**
Crack 4 eggs into a mixing bowl and whisk gently with chopsticks or a fork until just combined, avoiding creating foam.
- 2** Add 1 tablespoon dashi, 1 tablespoon soy sauce, 1 tablespoon mirin, 1 pinch sugar, and 1 pinch salt to the eggs.
- 3** Whisk the mixture until the sugar dissolves completely and all ingredients are fully incorporated, about 30 seconds.
- 4 Cook the tamagoyaki**
Heat a non-stick rectangular tamagoyaki pan or small round pan over medium-low heat (140-160°C / 285-320°F) for 1-2 minutes.
- 5** Brush the pan lightly with 1 tablespoon of the oil using a paper towel or pastry brush.
- 6** Pour one-quarter of the egg mixture into the pan, tilting to spread evenly across the entire surface.
- 7** Cook for 1-2 minutes until the bottom is set but the top remains slightly wet and jiggly when you shake the pan gently.
- 8** Using chopsticks or a thin spatula, carefully roll the omelet tightly from one end toward the other, creating a log shape.
- 9** Push the rolled omelet to the far end of the pan and brush the empty area with more oil.
- 10** Pour another quarter of the egg mixture into the oiled area, lifting the existing roll slightly so the new egg flows underneath it.
- 11** Cook until the new layer sets, then roll the existing omelet over the new layer to create a thicker roll.
- 12** Repeat the oiling, pouring, cooking, and rolling process two more times until all egg mixture is used and you have a thick, layered omelet.

13 Finish and serve

Remove from heat and let the tamagoyaki rest in the pan for 2 minutes to firm up.

14 Transfer to a cutting board and slice into 1-inch thick pieces with a sharp knife, wiping the blade clean between cuts.

?puçlar?

Test your pan temperature by dropping a small amount of egg mixture into the pan. It should gently sizzle without immediately browning, indicating the perfect medium-low heat for gradual cooking.

Use chopsticks or a thin spatula to lift and roll each layer, as these tools provide better control than large spatulas. Work quickly but gently to prevent tearing the delicate egg layers.

Oil the pan lightly between each layer to prevent sticking and ensure smooth rolling. A pastry brush works perfectly for even oil distribution without excess.

If your first few layers don't roll perfectly, don't worry. The outer layers will hide imperfections, and the final result will still taste excellent.

Let the completed tamagoyaki rest for 2-3 minutes before slicing to allow the layers to set and adhere properly, preventing separation when cut.

Maintain consistent pan positioning by adjusting the heat source distance rather than changing the burner temperature, which takes too long to respond during the quick cooking process.

Use a sushi mat to help shape and compress the tamagoyaki after cooking, creating perfectly rectangular blocks with tight, uniform layers.