

Japanese omelette

Recette pour 4 personnes

Description

An easy to make, sweet omelette that will spice up any sushi night!

L'idée déco

You can use this for sushis or for makis!

Ingrédients

Omelette

- 5 Unit(s) Egg
- 50 Ml Cream 35%

Seasoning

- 5 Gr Salt
- 120 Gr Sugar
- 60 Ml Cold water
- 60 Ml Mirin
- 60 Ml Sake

Préparations

Temps de préparation **60.00 mins**

Préchauffez votre four à 300.00 F°

Seasoning

In a mixing bowl, combine all of the ingredients and then with a whisk, mix until the salt and sugar are fully dissolved. Set aside in the fridge. Make sure nothing boils.

Omelette

In a mixing bowl, place the eggs and whisk lightly to get the smallest amount of foam possible. Add a table spoon of the seasoning mix and then whisk vigorously.

In a mold, ideally rectangular and silicone, pour the egg mix to a thickness of 1 cm and then cook in a steam bath for roughly 30 minutes or until cooked through, at 300F.

Remove the omelette from the heat and then transfer to the fridge or freezer for 20-30 minutes to make it easier to remove from the mold.

Cut into the desired shape and size.

Bon appétit!