

# Omurice (Japanese Omelette Rice)

Preparation time: 20 mins

Serves: 2 people

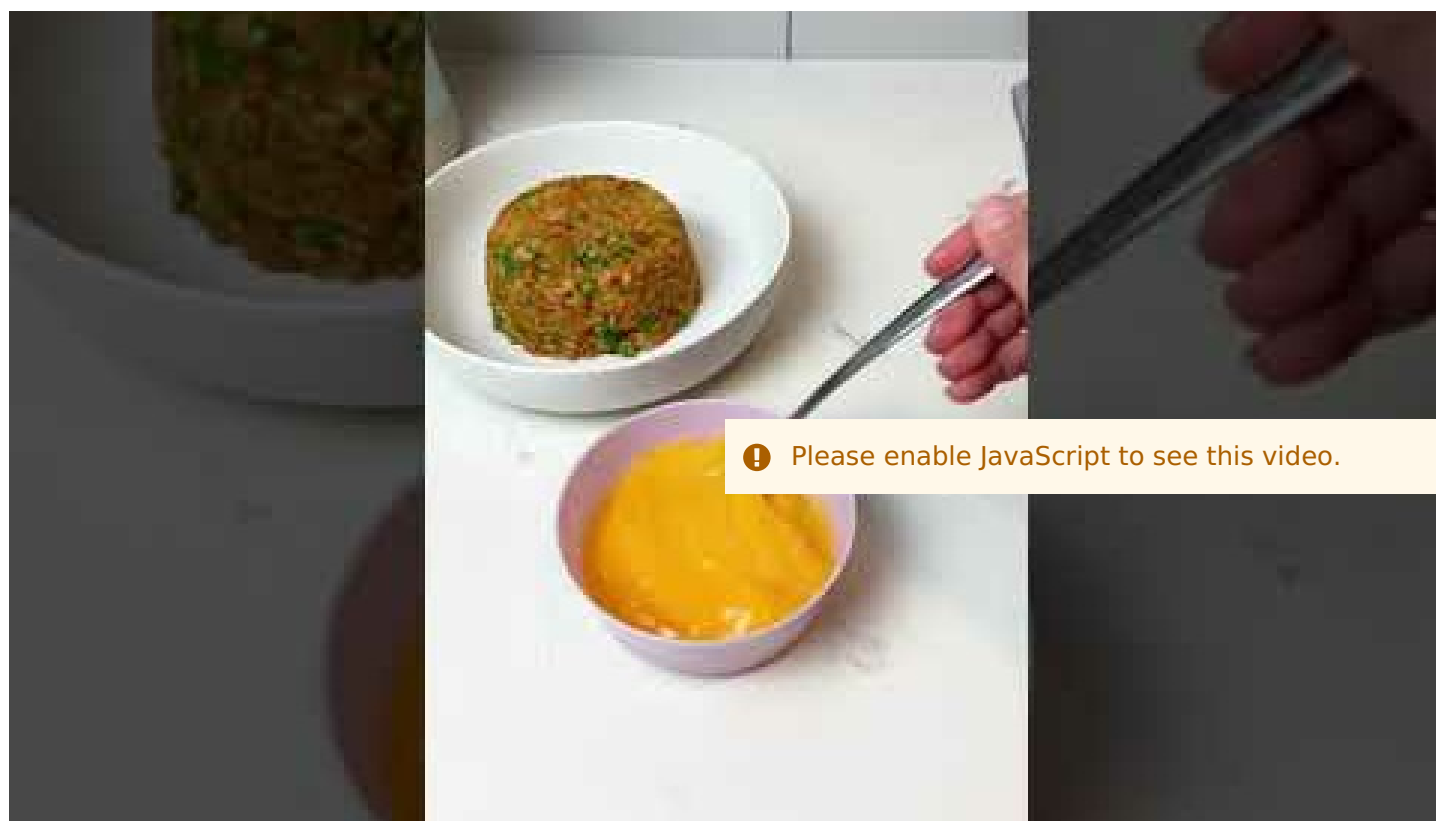
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An example of contemporary Japanese cuisine - omurice is a fusion of Japanese fried rice blended with a western style omelette. This particular way of plating up the omurice was created especially for the 1985 Japanese comedy film '*Tampopo*', and worldwide is now considered the standard way to serve omurice.

The visual theatre as the omelette is split open and falls over the rice, enveloping the dish, can seem intimidating to a novice home cook. But don't worry, you can make a simplified version of this dish that is just as delicious; simply by not folding and sealing the omelette. Instead, just let it set lightly in the pan and place the omelette over the rice like a blanket.



## Ingredients

- ½ carrot, finely diced
- ¼ onion, finely diced
- ¼ cup frozen peas
- 2 cups day-old cooked short grain rice

- 2 tbsp ketchup
- 1 tbsp soy sauce
- 6 eggs
- Salt and white pepper

## Method

1. Place a medium frypan over medium-high heat and add the carrot, onion and a little oil. Saute until softened, about 2 minutes. Add peas and rice, breaking up the rice a little. Add ketchup and soy, stir-fry again for another few minutes until the sauce is absorbed and the rice is re-heated.
2. Divide the rice in half and pack into a small bowl, turn out onto your final serving dish to make a dome and set aside.
3. Add three eggs to a small bowl and season with salt and white pepper. Beat well. Place a small non-stick pan (make sure your non-stick is in good condition) over medium heat with a little neutral oil.
4. Pour your eggs into the pan and using a small spatula stir the eggs from the centre, scraping the cooked egg from the bottom of the pan forming an omelet. As the egg sets, make sure not to scrape the cooked egg from the edges of the pan as this will help fold and seal your omelet.
5. Continue cooking until the eggs begin to set, but are still fluid, like the consistency of lumpy pancake batter. Stop stirring and allow the bottom of the omelet to set, about 10-15 seconds. Then, using your spatula, gently fold one edge of the omelet over, then fold the same edge again to lightly roll, tilting the pan as needed. Take the opposite edge and fold that over then gently flip the omelet so it's open side is now on the pan. Set again for 10-15 seconds to seal the gap.
6. Immediately place the omelet over rice. Repeat the process with the next three eggs. To serve, slice lengthways and let the soft scrambled egg interior fall out.

## Notes

For a simplified version, don't fold the edges over, just let the bottom of the omelet set then place it on top of your pile of rice like a blanket.

