



Omuraisu: chicken rice with omelette

Recipe by Adam Liaw from “Asian Home Cooking”

One of the most popular home-cooked family dishes in Japan



Serves 4



30 minutes

INGREDIENTS:

- 1/3 cup vegetable oil
- 2 boneless, skinless chicken thighs, cut into 2 cm pieces
- 1 onion, finely chopped
- 1 carrot, finely diced
- 1 cup sliced button mushrooms
- ½ cup frozen peas
- 4–6 cups cooked koshihikari rice
- 1 teaspoon salt
- 1 teaspoon soy sauce
- 2 tablespoons tomato sauce
- 4 eggs, beaten
- prepared demi-glaze sauce, or extra tomato sauce, to serve

METHOD:

1. Heat a wok or large frying pan over high heat. Add 3 tablespoons of the oil and the chicken and fry until the chicken is lightly browned. Add the onion, carrot and mushrooms and fry for 3–4 minutes, until the vegetables are softened.
2. Add the peas, rice, salt, soy sauce and tomato sauce and fry, mixing well, for around 5 minutes, until the rice is coated. Remove from the heat.
3. For each serving, shape a quarter of the rice into a round or oval mound on a deep plate.
4. Heat a small frying pan over medium heat, add about 1 teaspoon of the oil and fry a quarter of the beaten eggs into a flat, open omelette that is just barely set. Slide the omelette onto the plate, covering the rice mound, and top with the demi-glaze or tomato sauce. (You can dilute bottled demi-glaze with a little water if you like.)
5. Alternatively, you can fry the omelette in the pan and add the rice directly on top of the omelette, folding the eggs around the rice, then inverting it onto a plate to serve.



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