

How to Prepare Ramen Eggs

Presented for the 2021 How-To Festival by Christina Wainwright



Ingredients

- Soft-boiled Eggs (3-5 per batch)

For Sauce

- 2 T soy sauce
- 2 T mirin
- 2-6 T water (to taste)
- OPTIONAL: sprinkle of dashi

How to Soft-Boil Eggs

Boil the eggs to your preferred texture. Personally, I like for my ramen eggs to be cooked just to the point that the yolk doesn't drip when cut open but where it isn't yet totally solid. After seasoning my preferred ramen yolk would look glossy, with a bit of translucency. Experiment with the boiling times until your egg tastes how you want it. Here's the soft-boiling technique I use:

- Gently place your eggs into a pot of boiling water.
- Boil them for 7 minutes (*I did 7.5 minutes in the video, and the yolk was a touch too firm*).
- Use a slotted spoon to transfer each egg to a bowl with ice & water. This will quickly stop the eggs from cooking any further, and cool them enough for you to be able to handle them.
- Gently peel the eggs.

How to Make the Sauce

- Combine the soy sauce, mirin, and at least 2 T of water in a resealable plastic bag.
 - *A sprinkle of dashi will add some fish flavor; add only if you like that.*
 - *Regarding the water: adding more water will dilute the strength of your sauce, but it will also give you more liquid in which to soak your eggs. I used 3 T of water in the video, but feel free to experiment with how much water you add to the sauce.*

Put it All Together...

- Place 3-5 eggs into the bag with the sauce. If you want to prepare more ramen eggs, make more sauce and either use a bigger bag or a separate bag with its own sauce.
- After a few hours of soaking the eggs should look light brown where they sat in the sauce. Flip the bag or rotate the eggs so that the other side rests in the liquid.
- After several hours (or overnight) your Ramen Eggs are ready to enjoy. Yum!

