

How to Cook Omurice

Omurice is an interesting cross-cultural dish: it is a Japanese take on a Western-style omelette served over fried rice. This particular recipe is based on a dish that my Japanese mother cooked for me. Since it is a family recipe all of the measurements are approximate. Please adapt it to your taste. (Christina Wainwright)

INGREDIENTS

For Fried Rice (serves 2)

- 1 T butter (for frying the vegetables)
- 1/2 onion, diced
- 1/4 cup vegetables (frozen or fresh – I prefer frozen peas or lima beans)
- 2 T butter (for frying the rice)
- 2-3 cups rice
- 1/4 – 1/2 cup ketchup (start with 1/4 cup, add more to taste)
- Salt, to taste

For Omelette (recipe is for each; repeat for your 2nd omelette)

- 1-3 eggs (quantity depends on how hearty of an omelette you want)
- 2 tsp mirin (can substitute for 1 tsp water + 1 tsp sugar) *
- 1 tsp sugar *
- Oil for your pan (vegetable oil, butter, spray – whatever you like to use)

** If you don't want a sweetened omelette, you can opt to make it savory by skipping these ingredients and instead seasoning it with salt to taste.*

INSTRUCTIONS

Preparing the Fried Rice

- Melt 1 T of butter in a pan.
- Saute onion for a few minutes, then add vegetables. Cook until vegetables are heated through and onions are somewhat translucent.
- Push vegetables to the sides of the pan, then melt remaining 2 T of butter in the center.
- Fry the rice in the melted butter. Fold in the onion and other vegetables. Fry for a few minutes.
- Add ketchup to taste (I like for all of the rice to have a pink/orange color), then fry for a few more minutes. Can add salt to taste.
- Turn off the heat then form the rice into a shape.
 - If you have molds or a bowl: pack the fried rice into your mold. Cover it with a plate, then turn both over. Remove the mold so that the formed rice is on the plate.
 - If you don't have molds, you can also scoop the rice out onto a plate and then use your spoon or spatula to shape it into a mound.

Preparing the Omelette

- Mix your egg(s) in a bowl with your seasonings (mirin/sugar for sweet, or salt for savory)
- Heat your greased pan, then add the mixed egg.
- Stir the omelette frequently, folding in the cooked edges then swirling the liquid portion onto the pan to cook more rapidly.
 - Easy technique: This omelette can be served soft-cooked, when the center is still glossy but no longer liquid (NOTE: if you are not comfortable with this, use a lid to cook it all the way through). When you are happy with the egg's texture, quickly turn your pan over your formed rice so that the omelette will fall onto your fried rice.
 - Fancy technique: You should use 2-3 eggs for this technique, as the ultimate goal is to have soft, glossy egg curds spill out from the omelette. To achieve this, once the eggs start to cook you should fold 1/3 of it away from you. Push/tilt the eggs to the far edge of your pan, then flip or fold (with a spatula) the opposite cooked edge over the soft-cooked eggs in the center. Turn the entire bundle over to seal/cook the edges in your

pan. Then gently turn the omelette out onto your formed rice. Cut it lengthwise, so that the soft curds encased in the center will spill out onto the opened omelette.

Finishing Touches

- You can top your omurice with more ketchup and/or a generous sprinkle of soy sauce. Enjoy!

This recipe is my family's version of Omurice. If you'd like to see a professional chef's version, Motikichi Yukimura has several amazing videos showcasing his awesome Omurice skills. Here are two of my favorites:

- <https://youtu.be/rFAddL8g8mw> : He teaches an American how to cook Omurice; uses a demi-glace for the sauce. *(presented in English)*
- <https://www.youtube.com/watch?v=yG5x5IX9ppM> : Here he seasons the rice with ketchup, and wraps the rice inside the omelette before rolling the bundle out of the pan. *(majority presented in Japanese, but ingredients are listed in English)*