



Yoshiko's Recipe



Steamed Egg Custard

Ingredients (for 3)

Egg	2 (100cc/3.5oz)
Chicken	3 pieces
Squid	
Shrimp	
Dried Shiitake	
Fish Cake	
Japanese Parsley	

① Bonito Soup 350cc/12oz
② Soy Sauce
③ White Soy Sauce
④ Sake



Directions

1. Prepare Bonito Soup
2. Soak Dried Shiitake Mushroom in water
3. Cut Chicken, Squid, Shrimp and Shiitake in 3 pieces, season with ingredients ② ④
4. Cut Fish Cake in 3 slices. Prepare small pieces of Japanese Parsley
5. Crack eggs and measure the amount, mix with bonito soup (3.5 times the amount of eggs) and season with ② ③. Use a strainer to make smooth egg soup.
6. Put ingredients#3 in cups, add egg soup#5 and seal cups with lids
7. Add 2cm /1in water in a pot and boil. Once boiled, put sealed cups#6 in the pot.
8. Put lid on the pot, boil on high heat for 4 minutes. Turn off heat and steam for 4 more minutes.
9. Open the cup and add fish cake/ parsley#4 on the custard. Put the lid back on the cup and warm up before serving.

Cooking Tips

- Kayanoya Dashi makes professional soup
- A piece should be about 2cm /0.8 in. long. Be careful not to season too much
- The ratio of eggs to bonito soup is important, so measure carefully
- For cups without lids, use tinfoils to seal the cup
- Steam while boiling on high heat for 4 min. Turn off heat and keep steaming for 4 min. Punctuality is the key to success!