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EPISODE 28 - TENSHINHAN - PRAWN OMELETTE OVER RICE

Ingredients for 2 serves:

2 cups steamed rice

3 eggs

1 piece ginger finely sliced

3 shiitake mushrooms finely sliced

200 g raw deveined prawns

2 chopped spring onions

Sauce Ingredients:

1 cup chicken stock

2 tbsp oyster sauce

1 tbsp soy sauce

½ tbsp rice vinegar

1 tbsp sake

1 tbsp sugar

¼ tsp white pepper

2 tbsp corn flour mixed with cold water

½ tsp sesame oil

Method:

Combine all the ingredients for the sauce (except the sesame oil) in a small saucepan and bring to the boil whilst stirring

Keep warm over low heat

Finely slice the spring onions

Set some of the green parts aside for garnishing

Heat some oil in a frying pan and add the prawns, mushrooms, ginger and spring onions

Fry till the prawns are cooked through and remove from the pan

Add half of the beaten eggs and fry for a couple of minutes

Distribute half of the prawn mixture over the egg and flip

Be careful NOT to cook the omelette till it's dry

Remove from the pan and place on the steamed rice

Pour some sauce over and garnish with sesame oil and spring onions

Repeat for the second omelette