

RAMEN EGG (味付け卵)

Preparation Time : 25 mins

Marinate Time : Overnight

Level of Difficulty : Easy

INGREDIENTS

Cage Free Eggs	: 4 - 5
Ice Cubes / Ice chunk	: 20 ice cubes / 1 large ice chunk
Vinegar	: 3 tablespoon
Salt	: A pinch
Water	: As required

To make dashi:

Kelp	: 1 inch
Bonito Flakes	: About 2 tablespoon
Water	: 3/4 cup (160ml)

MARINATED SAUCE

Dashi	: 3/4 cup (160ml)
Tsuyu	: 1 cup (235ml)

METHOD OF PREPARATION

1. ***Dashi-making***: Place dashi ingredients in a small pot. Place the pot on the stove to cook on medium heat. Let it boil for 3 - 5 minutes to get the umami flavor. Turn off heat and use a strainer to sift the dashi. Set aside to cool.
2. Prepare a medium pot half-filled with water and let it boil on medium heat. Once it boils, place in the vinegar, salt followed by the eggs.
3. For a gooey egg yolk, cook for 6 minutes 20 seconds on medium heat. For a more custard-like and slightly gooey egg yolk, cook for 6 minutes 30 seconds on medium high heat.
4. Meanwhile, prepare an ice bath = a clean bowl filled with ice and water.
5. Once the eggs reached the desired cooking time, turn off the heat and transfer to the ice bath immediately.
6. After 15 minutes, peel the egg shells and transfer the eggs to the marinated sauce.
7. Wrap the bowl of eggs with the marinated sauce with plastic wrap. Chill in the fridge and marinate overnight.
8. Consume within 1 week.

