

# INTERNATIONAL FOOD FAIR – VIRTUAL TOUR

## OMURICE



### COUNTRY

Japan



### SERVINGS

2-3

### INGREDIENTS

- 1-2 chicken breasts or tenders
- ¼ onion
- ¼ - ½ green pepper or peas
- 3-4 mushrooms (optional)
- 4 tablespoon ketchup
- Salt and pepper
- 4 cups cooked rice
- 4-6 eggs

### TIME TO PREPARE



10min

### TIME TO COOK



15min

### TOOLS NEEDED

- Pan
- Spatula
- Knife
- Oil

### PROCEDURE

Omurice is a popular dish cooked at home and found in restaurants in Japan. The ingredients are easy to find and it's easy to make.

#### Ketchup Rice

1. Chop the chicken and veggies.
2. Season chicken with salt and pepper.
3. Add oil to the pan. Fry chicken until browned.
4. Add onion, pepper, mushrooms and rice (works best with cold rice). Stir fry.
5. Turn off heat and add ketchup and salt and pepper as desired.

#### Eggs

1. Whisk eggs well.
2. Add oil to a new pan. Once the oil is hot add enough eggs for 1<sup>st</sup> omelet (2-3 eggs)
3. Shirl the eggs around the pan into a thin layer. Continue to shirl until egg is half cooked.
4. Add ketchup rice to the middle of the eggs.
5. Fold over sides to cover rice and push to the side of the pan
6. Very carefully flip the omurice onto a plate
7. Cover eggs with a paper towel and shape into the omurice.
8. Repeat with next omurice.
9. Watch the video from cooking with dog below to see how to cook the eggs. I re-watch it every time I make omurice.

See more details on:

<https://cookingwithdog.com/recipe/omurice/>