

Recipes From Tomoko's Samurai Kitchen

TAMAGO MAKI *

*Tamago = egg

* Maki = rolled

EQUIPMENT

Sharp knife
plastic wrap
Paper towels
Cutting board
Large platter
Large griddle
Measuring spoons
Medium frying pan
Shamoji (rice spoon)
8 Bamboo skewers
3 small-medium bowls
Makisu (bamboo rolling mat)
Tongs or long cooking chopsticks
Automatic rice cooker (preferred)



One Tamago Maki cut into eight pieces

*Cook the
rice now.*



INGREDIENTS FOR SUSHI RICE

2 cups rice (*Will make 2 Tamago Maki rolls*)
1/3 cup vinegar (*Rice vinegar preferred but white vinegar is okay*)
1/4 cup sugar
Large pinch of salt (*Less than 1/8 teaspoon*)

PREPARING SUSHI RICE

Cook 2 cups of short or medium grain rice. Make sure it is fluffed up and put into a large bowl. Mix the vinegar, sugar and salt in a small bowl. Make sure the sugar is completely dissolved.



Hold the shamoji over the hot rice and slowly pour the mix onto the shamoji while moving it over and around the rice to distribute it. Fluff the rice some more until the ingredients are well mixed with the rice. The sushi rice is now made.

INGREDIENTS

- 3 Eggs
- 3 Tablespoons water
- 1 Tablespoon sugar
- 3 Tablespoons flour
- 1 Avocado
- 3 Japanese cucumbers or 1 English cucumber
- 8 Large raw shrimp not shelled
- 1 Plastic squeeze bottle of mayonnaise with Wasabi
(Example of one brand pictured, there are several)
- Roasted sesame seeds
- Cooking oil, Canola oil recommended





Put skewers through all 8 shrimp (only 4 pictured) and cook all in boiling water for 2 1/2 minutes. Do not remove their shells.



Put the cooked shrimp, with their shells still on, into a bowl of ice water and set it aside. *Note the mini-icebergs.*



Break three eggs into a bowl and beat well.



Note the beat eggs. In a separate bowl, mix the water, sugar and flour shown in the ingredients.



Add the water, sugar and flour mix to the eggs.



Blend all together very well with a fork or whisk.



Peel the shells off of the shrimp including the tail shells. Preparing the shrimp as described keeps them straight. *Who wants crooked shrimp?*



Place all 8 shrimp on a paper towel. *Only 4 pictured.*



Fold the paper towel over the shrimp and gently blot them dry.



Put a tablespoon of cooking oil on a griddle, use medium heat, and spread the oil with a wadded piece of paper towel. *Be careful. Don't cook your fingers!*



Griddle with cooking oil spread evenly.



Stir the egg mix again and then pour only 1/2 of the mix onto the griddle. Raise the griddle and tilt and turn it to evenly spread the egg mix so the griddle is covered completely.



Use a spatula and gently remove the egg when it is cooked on one side. Do not turn it over. Remove before it browns. Very slight browning is ok if you can't remove it before it does.



Gently place the egg "crepe" cooked side down on a platter or large dinner plate and set it aside.



Repeat the griddle oiling with a tablespoon of cooking oil. Use medium heat.



Stir the remaining egg mix and pour all of it onto the griddle.



Raise the griddle and tilt and turn it to evenly spread the egg mix so the griddle is covered completely.



Gently remove the second egg "crepe" and keep it separate from the first one. *Do not put it on top of the first one or they will fall in love and stick together!*



Place the Makisu (bamboo rolling mat) on a flat surface and cover with a sheet of plastic wrap.



Place one egg "crepe", cooked side down, on the plastic wrap covered Makisu and cover with a layer of sushi rice no more than 1/4 inch thick. Leave at least a 1/4 inch border without rice.



Squeeze two lines of the Wasabi and mayonnaise across the rice.



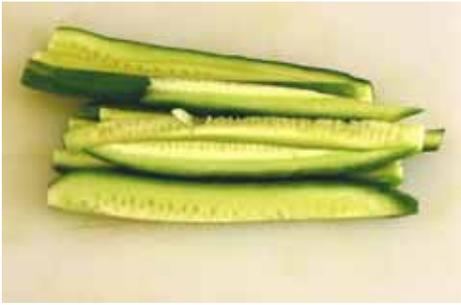
Line up four of the cooked shrimp as pictured. *You can't do that with cooked shrimp!*



Clean, peel and slice the avocado into thin slices.



Line up the avocado slices as pictured.



Wash the cucumber, do not peel, and cut it into thin slices.



Line up some cucumber slices as pictured.



Start rolling one end of the Makisu. Make sure to hold up the edge of the plastic wrap so that it does not get tucked under with the ingredients.



Continue rolling, keeping the plastic wrap from entering the roll. Use gentle but firm pressure during the rolling procedure to compact all together. *Don't crush it.*



Continue rolling the Makisu with firm compacting pressure.



Continue rolling. *You're almost done!*



End of the rolling procedure. *Now that wasn't difficult, was it?*



Unroll the Makisu and you have one finished Tamago Maki. Repeat the above rolling procedure to make the second Tamago Maki.



Put the Tamago Maki on a cutting board with the seam side down.



Use a sharp knife, wet it slightly, and first cut the roll in half. Then cut each half into four pieces.



Place the cut roll, cut side up, onto a serving plate, platter or dish of your choosing and sprinkle with some roasted sesame seeds. It's now ready to eat.



Best eaten with your fingers. Dip slightly into the soy sauce and eat. Note the dish of soy sauce, a cup of green tea and a wet washcloth (oshibori) for wiping your hands as you eat. *Chopsticks are optional, fingers are easier.*