



MUSHROOM + EGG “GYUDON” JAPANESE RICE BOWL

Recipe serves 4.

INGREDIENTS

340g king mushrooms, hand-shredded into strips

1 large or 2 small yellow onions (250g), thinly sliced

1 tbsp sugar

4 eggs

Neutral oil for sautéing (I use avocado oil)

For the sauce:

¼ C mirin (see recipe notes below)

¼ C sake (see recipe notes below)

3 tbsp light soy sauce

To serve:

Steamed Japanese short-grain rice (from 2 ½ cups of uncooked grains)

1 scallion, chopped

Shichimi togarashi (see recipe notes below)

METHOD

Prepare the rice: Wash and rinse 2½ cups of uncooked rice, gently rubbing grains against each other with your hand while swirling it in water, until water runs clearer but does not need to be fully transparent. Drain well so most excess water is drained off. Place drained rice in pot. Add 2½ cups of water. NOTE: I love my rice on the firmer side so my golden rule is 1-to-1 water-to-rice ratio for both long grain and short grain rice. If you prefer softer rice, use up 1-to-1¼ ratio by adding up to 3 cups plus 2 tablespoons of water for the 2½ cups of grains in this recipe. Allow short grain rice to soak in the measured water before cooking – anywhere between 10 to 60 minutes (OK so yes, this step technically makes this recipe more than 30 minutes but it is worth the passive time. If you don't have the time, skip



soaking but definitely use the maximum amount of water stated above to cook). After soaking, set pot over high heat. Cover with lid and cook until water is boiling and steam is escaping (usually 5-7 minutes) at which point, without lifting lid, turn heat ALL THE WAY DOWN TO LOWEST HEAT and let it continue to cook 20 minutes. Fluff and use.

Mix sauce ingredients and set aside. Shred king mushrooms by hand into thin strips about 1/3" thick.

Heat skillet over medium-high heat. Drizzle oil and sauté shredded mushrooms in batches so as not to overcrowd (I do them in 2 batches in my 11" cast iron skillet). I don't salt them because the sauce will be salty enough. Once edges are nice and brown, set aside.

Drizzle more oil into the skillet and sauté the onions. Add the tablespoon of sugar and sauté until onions are softened and taken on some colour, about 3-5 minutes. Add back mushrooms. Pour the sauce into the pan. Lower heat to simmer 3-5 minutes.

Meanwhile, whisk eggs in a small bowl. After the mushroom-onion mixture has simmered, drizzle egg slowly into it all over. Cover and cook on medium-low until egg is just set but still a little runny.

Serve over rice with chopped scallions and shichimi togarashi if using.

{ edit: added rice cooking instructions }

RECIPE NOTES

SAKE (JAPANESE FERMENTED RICE WINE):

You can use either drinking sake or cooking sake. Drinking sake can be purchased from liquor stores and cooking sake can be purchased from Asian grocery stores with a license. **Sake substitutes:** If you can't get sake, you can substitute with Chinese or Taiwanese cooking wine (I use the clear kind so the result is visually the same) or dry sherry. Alternatively, you can replace the sake in this recipe with equal amount of water or low-sodium broth.

MIRIN (JAPANESE FERMENTED SWEET RICE WINE):

Similar to sake, mirin is also a rice wine but with higher sugar and less alcohol. The real deal mirin is made from sweet rice and rice koji. That's what you should look for in the ingredients list, along with water and sea salt. Avoid the cheap version containing glucose syrup and/or corn syrup. You can find mirin in Japanese and other East Asian grocery stores, online (ie. Amazon) and in the International aisle of well-stocked grocery stores. Even if you don't frequent asian stores, Eden Foods (an American company) makes an organic mirin which is available in Canada and the U.S.

(continued)

**SHICHIMI TOGARASHI:**

A Japanese 7-blend chili pepper powder mixture containing Chili Pepper, Orange Peel, Black Sesame Seed, White Sesame Seed, Japanese Pepper, Ginger, Seaweed. You can find it in Japanese and other East Asian grocery stores, and online (ie. Amazon). This one may not be as readily accessible. We use it as a topping for udon and this MUSHROOM AND EGG "GYUDON" JAPANESE RICE BOWL but it is not absolutely crucial so don't worry if you can't get your hands on it easily.

Let me know what you think of this recipe in the blog comments. And if you make it, I'd love to hear about it. Tag me on [Instagram](#) so I can see. Eat well and be well X