

# Ajitsuke Tamago (Soft Boiled Eggs)

August 7th, 2018

**This recipe serves: 8**

Prep Time: 10:30

Cook Time: 00:00

This soft-boiled egg preparation provides a creamy, rich addition to Ramen Noodles. Tamari, which is thicker and more flavorful than other Soy Sauces, is the best option for the Marinade. While the traditional Japanese Ajitsuke Tamago marinade is normally made with Sake and Mirin (both contain alcohol), this version is alcohol free.

## Ingredients:

### Marinade

- 1 1/2 cup drinking water
- 1/2 cup Tamari Soy Sauce
- 1/4 cup Rice Vinegar
- 1 Lime, juiced (2 Tablespoons or 1 fluid ounce)
- 1/2 cup Sugar

6 large eggs

### Directions:

Combine Marinade ingredients in a medium bowl and whisk until the Sugar is dissolved. Set aside

Add 2 quarts of water to a medium saucepan and heat to a boil. Carefully lower Eggs into the boiling water with a wire mesh spider or a slotted spoon.

Start a timer when the last Egg goes into the water. Cook for exactly 7 minutes.

Remove 1 Egg and attempt to spin the egg on the table.

If the Egg will spin fast enough to stand on end, then the Egg white (albumen) is thoroughly cooked. If not, return to the pot for another 60 seconds.

When the Egg whites are cooked, remove the Eggs from the boiling water and immediately plunge them into an ice bath of cold water to stop the cooking. After the Eggs have cooled (allow 10 to 15 minutes), carefully peel each egg.

Transfer the Eggs to a gallon-size zip-top bag. Add the Marinade and squeeze out all the air to ensure that the Eggs are fully covered in marinade. Seal the bag and refrigerate for 10 hours to overnight.

NOTE: The Marinade will slowly permeate the albumen and (if given time) continue to permeate the yolk. The Eggs should be removed from the Marinade BEFORE the yolk is permeated.

Discard the Marinade. Store Eggs in a sealed container in the refrigerator for up to 3 days. Reheat in Ramen Noodle soup to serve.