

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. While the traditional Japanese marinade is normally made with Sake and Mirin (both contain alcohol), this version is alcohol free.

Ingredients:

1 1/2 cup drinking water

1/2 cup 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 water, soy sauce, juice, and sugar in a medium bowl and whisk until sugar is dissolved. Set aside

Add 2 quarts of water to a medium saucepan and heat to a boil. Carefully lower eggs into the 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 and immediately plunge 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.