Tenshin han

Prep Time: 15 minutes
Cook Time: 10 minutes
Yield: 5 people

Ingredients

30g fresh ginger – finely chopped

3 garlic cloves – finely chopped

1 leek – cut into thin strips or julienne cut

1 pack (150g) shimeji or brown button mushroom, sliced

1 pack (125g) crab stick

4 eggs

For the seasoning A

300ml water

2 1/2 tbsp sugar

2 tbsp soy sauce

2 tbsp rice vinegar

1 tsp oyster sauce

1 tsp honey

2 tsp weipa or gar (chicken) soup base

For the seasoning B

1 tbsp katakuriko/potato starch

2 tbsp water for dissolve katakuriko

Instructions

1. In a medium cooking pot, add the all seasoning A ingredients and bring to a boil. Set aside.
2. In a frying pan, heat 1 tbsp oil and add garlic and ginger, fry them until they are fragant. Add leek and shimeji (or the sliced button mushroom) and cook until they are tender. Remove from the heat and add crab stick, mix well.
3. Beat eggs in a small bowl, and pour it over the vegetables to mix.
4. In a small cup, combine potato starch and water to mix. Bring again to a boil the soup which you made at step #1, and add potato starch mixture at the same time. Mix well to thicken sauce.
5. In a small fry pan, heat 1 tbsp oil, pour portion of the egg mixture and form a circular omelette using a spatula. Gently shake the fry pan to cook the egg mixture until desired consistency. Do not over cook. Cook halfway!
6. Place the egg over the steamed rice. Pour the thickened sauce on it. Serve hot immediately.

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