

Soft-Scrambled Tamago

By Eric Kim

Food52 Editors' Comments: Featured in: <https://food52.com/blog/22734-why-my-japanese-style-scrambled-eggs-are-the-softest-dreamiest>>Why My Japanese-Style Scrambled Eggs Are the Softest & Dreamiest.

My tamagoyaki-inspired scrambled eggs are, as ever, the clumsy home cook's take on those French soft-scrambled eggs where you have to start from a cold pan with cubes of butter and stir, low and slow, risotto-style—except mine are much faster and taste like tamago nigiri. You know the one? That sweet omelet with the rice underneath, wrapped around the middle with nori like a Band-Aid? *Want to hear more about Korean-American food? On our new podcast [Counterjam](#)—a show that explores culture through food and music—host Peter J. Kim talks instant ramyeun hacks, kimchi-jjigae, cheonggukjang, and more with chef Roy Choi and comedian Margaret Cho—check out the episode [here](#).*

Serves 1 **Prep time:** 1 min

Cook time: 4 min

- 3 large eggs, organic if you can
- 1 clove garlic, grated
- 1/2 teaspoon soy sauce
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1 pinch kosher salt and freshly cracked black pepper, to taste
- 1 portion white rice, for serving, optional
- 1/2 packet roasted seaweed snack, crushed with your hands or snipped into strips, for serving, optional

1. Whisk together the eggs, garlic, soy sauce, and sugar.
2. Starting from a cold pan over medium-low heat, add the sesame oil, then the egg mixture. With a rubber spatula, stir unoccasionally so you end up with large curds, but **DO** stir so the eggs cook slowly and evenly. Just be sure to undercook them (they'll carryover cook off the heat). This step will likely take around 2 to 3 minutes, depending on your stove.
3. Season with salt and pepper to taste. (I like to eat this with white rice and roasted seaweed snack.)