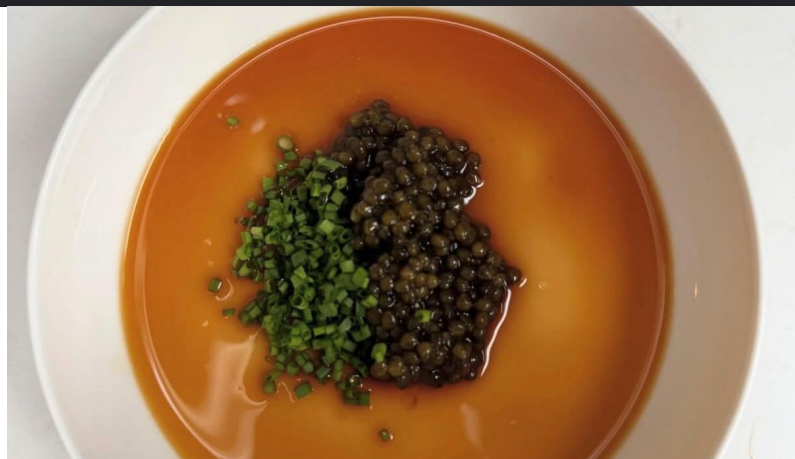


# Silky Japanese savoury egg custard (Chawanmushi)

Cook: 30 Mins



## Step 1.

1. Prepare Custard 1. Gently whisk whole egg and yolk — do not aerate. 2. Add dashi (2.5× egg weight), soy sauce, mirin, and salt. 3. Stir gently until combined. 4. Strain through a fine sieve into a jug. 5. Skim off any surface bubbles. This step is critical for a smooth, pore-free finish

## Step 2.

2. Prepare Ramekins 1. Place a few pieces of chosen fillings into the bottom of each ramekin. 2. Pour the custard mixture slowly to fill ½ full. 3. Cover tightly with foil (prevents condensation marks).

## Step 3.

3. Wolf Steam Oven Cooking Schedule Step 1 - Steam mode - 85°C - 10 minutes (This gently sets the outer custard.) Step 2 - Reduce to 79°C - Continue for 8 minutes (This finishes cooking slowly and prevents splitting.)

## Step 4.

4. Check for Doneness - Surface should look smooth and slightly glossy. - Gentle wobble in the centre (like soft tofu). - Insert skewer → should come out mostly clean. If slightly under, leave in residual heat 1-2 minutes.

## Step 5.

5. Finish Remove foil carefully (avoid dripping condensation). Add toppings just before serving. Optional: spoon a small amount of soy-dashi sauce over. Chawanmushi is a light, protein-rich dish that provides high-quality amino acids, essential minerals, and gentle nourishment from eggs and dashi, making it both easily digestible and nutritionally balanced.

## Ingredients

Serves 1

1 whole egg

1 egg yolk

Dashi - 2.5 x total weight of eggs

1/2 tsp light soy sauce

1/2 tsp mirin

Pinch of fine salt

Optional Fillings:

Raw prawn (peeled, deveined), scallops, crab...

Small pieces of chicken thigh (lightly seasoned), very thinly sliced.

Silken tofu cubes

Shiitake or shimeji mushrooms

Edamame (shelled)

Keep fillings minimal and delicate — too much weight disturbs the custard texture

Optional Toppings (after steaming):

Finely sliced spring onion

Salmon roe (ikura)

Caviar

Fresh grated truffle

Sea urchin (uni)

Optional Finishing Sauce:

1 tsp soy sauce

1 tsp warm dashi or ponzu sauce