



Savory Japanese Custard (Chawanmushi)

40 min

CA

OR

WA

5

Ingredients

Custard

4 eggs

400 ml (~1 2/3 cups) dashi

1 tbsp sugar

1 tsp salt

5 tsp pink shrimp

1 fillet rockfish

5 chestnuts or ginko nuts

Mushrooms (sliced)

Garnish

1 carrot (sliced)

5 leaves water dropwort (can substitute cilantro)

Preparation

Fill a steamer pot with 2-3 inches of water and place on high heat.

Beat eggs and strain through mesh strainer. Add cold dashi. Stir in sugar and salt.

Fill 5 cups halfway with chestnut, seafood and mushrooms.

Pour egg mixture over ingredients in each cup.

Top with slice of carrot and cilantro leaf.

Cook

Once steamer water is boiling, place filled cups in steamer.

Steam uncovered for 7 minutes on high heat.

Wrap the steamer lid with a towel, turn down heat to medium low and steam for 10 more minutes.

Recipe by Theresa Yoshioka

Species Group

Shrimp, Prawn

Rockfish, Cod, Lingcod, Sheepshead