



Oyakodon (Chicken and Egg Rice Bowl) from 'Japanese Soul Cooking

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



1439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup dashi granules
- 8 eggs
- 0.5 cup mirin
- 0.3 cup japanese shochu
- 0.3 cup nori seaweed crumbled
- 1 pound onion peeled
- 6 cups rice white cooked

- 0.5 cup rice wine
- 0.3 cup spring onion thinly sliced
- 4 servings shichimi togarashi
- 0.5 cup soya sauce
- 1 pound .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs boneless cut into bite-size pieces (2 chicken legs or 4 thighs)

Equipment

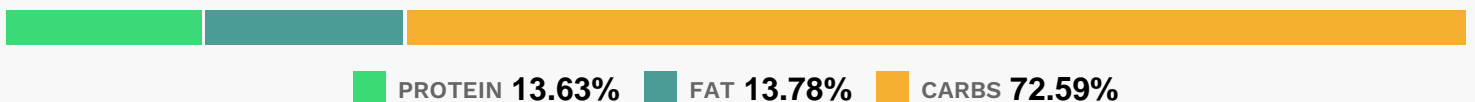
- bowl
- frying pan
- sauce pan
- spatula

Directions

- Cut the onions in half lengthwise, from top to bottom (axis to axis).
- Cut each half into 1/4-inch slices, also cutting lengthwise.
- Combine the onions, chicken, mirin, soy sauce, sake, and dashi in a saucepan and place over high heat. When the liquid comes to a boil, reduce the heat and simmer for about 5 minutes, until the chicken cooks through.
- Mix the ingredients occasionally as they cook.
- To prepare the oyakodon one serving at a time: Break 2 eggs into a bowl, and lightly beat the eggs, no more than 10 times. You want part of the yolk and whites to be lightly mixed, while other parts are still separated.
- Transfer one-fourth of the chicken mixture (about 1 1/2 cups chicken, onions, and broth) to a small skillet. A 6-inch skillet works great.
- Place the skillet over high heat. When the liquid comes to a boil, reduce the heat so the broth is simmering.
- Pour three-fourths of the egg mixture over the chicken, onions, and broth. Do not mix. Cook for about 1 minute, then add the remaining one-fourth egg over the ingredients in the skillet. Cover the skillet and cook for 30 seconds more. Turn off the heat, and let the oyakodon rest, covered, for 1 minute.

- While the oyakodon is resting, scoop 1 1/2 cups of the cooked rice into a serving bowl. When the oyakodon is ready, uncover and slide the entire contents out of the skillet to rest on the rice. Tilt the skillet and use a spatula if necessary; the oyakodon should slide out easily.
- Garnish with the mitsuba, scallions, and nori. Accent with the shichimi togarashi to taste.
- Serve immediately, and repeat this preparation for the remaining servings.
- Pour the entire chicken and onion mixture into a large skillet (an 11-inch cast-iron skillet works great).
- Place the skillet over high heat. When the broth comes to a boil, reduce the heat so the liquid is simmering.
- Lightly beat 8 eggs.
- Pour three-fourth of the eggs over the chicken mixture. Do not mix. Cook for about 1 minute.
- Pour the remaining one-fourth eggs over the ingredients in the skillet. Cover and cook for 30 seconds more. Turn off the heat and allow the oyakodon to rest for 1 minute.
- Divide the cooked rice among 4 large bowls. Use a large serving spoon to scoop the oyakodon from the skillet and place over the rice.
- Garnish as desired.
- Variation: If you prefer your eggs cooked through, in the final step pour all the eggs over the chicken, onions, and broth in the small skillet. Cover and cook for 2 minutes. Turn off the heat and let the oyakodon rest, covered, for 1 minute.

Nutrition Facts



Properties

Glycemic Index:33.8, Glycemic Load:136.18, Inflammation Score:-9, Nutrition Score:36.684782484303%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.69mg, Quercetin: 23.69mg, Quercetin: 23.69mg, Quercetin: 23.69mg

Nutrients (% of daily need)

Calories: 1438.65kcal (71.93%), Fat: 21.15g (32.54%), Saturated Fat: 6.22g (38.87%), Carbohydrates: 250.64g (83.55%), Net Carbohydrates: 243.65g (88.6%), Sugar: 13.22g (14.69%), Cholesterol: 387.47mg (129.16%), Sodium: 2176mg (94.61%), Alcohol: 7.78g (100%), Alcohol %: 1.44% (100%), Protein: 47.06g (94.12%), Manganese: 3.41mg (170.65%), Selenium: 82.58µg (117.97%), Phosphorus: 690.97mg (69.1%), Vitamin B6: 1.06mg (52.97%), Vitamin B5: 5.12mg (51.21%), Vitamin B3: 9.59mg (47.95%), Vitamin B2: 0.75mg (44.21%), Copper: 0.85mg (42.34%), Zinc: 5.59mg (37.28%), Iron: 5.72mg (31.76%), Magnesium: 124.01mg (31%), Potassium: 984.55mg (28.13%), Fiber: 7g (27.99%), Folate: 105.65µg (26.41%), Vitamin K: 26.92µg (25.64%), Vitamin A: 1218.74IU (24.37%), Vitamin B1: 0.35mg (23.64%), Vitamin B12: 1.18µg (19.59%), Calcium: 190.34mg (19.03%), Vitamin E: 2.34mg (15.62%), Vitamin C: 11.01mg (13.35%), Vitamin D: 1.82µg (12.16%)