

# Tamagoyaki (Japanese Rolled Egg Omelette) Recipe

Recipe for making tamagoyaki in a 8 - 8.5 inch stainless steel fry pan.

This printable recipe is a supplement to the video. Watch the video to observe how each step is done as well as its accompanying explanations.

Video Link: <https://bit.ly/tamagoyaki-recipe>

Ingredients:	Weight (grams)
● 4 large eggs	~200 g
● 1 tablespoon sugar	14 g
● ¼ teaspoon dashi stock (can substitute with salt or chicken stock powder)	1g

## Method:

1. Preheat an 8 to 8.5 inch stainless steel pan at medium heat.
2. Conduct water droplet tests, to determine when the pan is preheated.  
  
*A successful water droplet test for stainless steel pan is determined when the water forms smooth, round beads that glide across the surface instead of sizzling and evaporating immediately.*
3. Once you are able to conduct a successful water droplet test, turn the heat to medium low.
4. Add a half teaspoon of cooking oil into the pan. Use a silicone brush to lightly oil the pan evenly. You don't need too much oil here.
5. Pour a small amount of beaten egg into the pan, just enough to coat the surface.
6. As the egg begins to cook to about 70%, use a chopstick or silicone spatula to gently roll the edge from one side to the end.
7. Add another thin layer of egg, lifting the rolled portion slightly to let the new egg flow underneath.
8. Repeat the layering and rolling process until all the egg mixture is used.

9. Remove from the pan and let it cool slightly, or shape it with a sushi mat while still hot (if preferred). The sushi mat step is optional.

10. Once cooled, slice and ready to serve.

**Freezing Instructions:**

- Wrap unsliced roll or individual slices in desired portions, in cling wrap to prevent freezer burns.

**Thawing Instructions:**

- Let it thaw in the fridge, or at room temperature.  
Ready to serve/eat when thawed.

Last Edited: March 21, 2026