



SECOND HARVEST
of SILICON VALLEY



Chawan Mushi (Savory Steamed Egg Custard)

Ingredients

3 medium eggs
1.5 tbsp soy sauce
1/4 tsp salt
1 tsp sugar
2 cups of low-sodium vegetable broth
2 pieces of skinless, boneless chicken thigh cut into bite-sized pieces
4 mini bella or white button mushrooms, thinly sliced
1/2 cup of frozen peas

Equipment

Bowl
Whisk or fork or chopstick
6 small cups
Flat-bottomed pot and lid big enough to hold the small cups
Foil



Recipe and photo by: Tadashi Oguchi, Recovery Café

Directions

1. In a medium bowl, crack the eggs, add the soy sauce, salt, and sugar. Whisk/mix gently to avoid air bubbles. Add the vegetable broth into the mixture and gently stir until uniform.
2. Distribute the chicken, mushrooms and frozen peas equally between the 6 cups.
3. Pour the egg mixture equally into the cups. Cover each cup tightly with foil.
4. Fill your pot with 2 inches of water and bring to a boil with the lid on. Gently place the cups into the pot and close the lid to steam.
5. Steam on high for two minutes. While steaming, avoid opening the lid. You should see active, rumbling bubbles during this time.
6. Turn down the heat to low and steam for 12 minutes. You should see small, periodic bubbles during this time.
7. Turn off heat and let it sit for five minutes.
8. Carefully take out the cups as they will be very hot.
9. Garnish the chawan mushi with cooked peas and serve it warm with a spoon.

Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes