

# SPOTLIGHT RECIPE



## JAPANESE CHICKEN, RICE AND EGG BOWL

- Rinse the rice until the water is almost clear, and then drain the water. Bring the rice and 4 cups of water to a boil in a saucepan over high heat. Reduce the heat to medium low, cover and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- Heat a large nonstick skillet. Place the chicken in the covered and heated skillet and cook, stirring occasionally, over medium heat until the chicken's internal temperature reaches 165 F, about 5 minutes.
- Stir in the onion and cook and stir until soft, about 5 minutes. Stir in the dashi, soy sauce, mirin, brown sugar and water, stirring to dissolve the sugar. Bring the mixture to a boil, and let it simmer until slightly reduced, about 10 minutes.
- Whisk the eggs in a bowl until well beaten, and pour over the chicken and stock. Cover the skillet, reduce the heat and allow to steam for about 5 minutes, until the eggs are cooked. Remove from the heat and garnish with the cilantro.
- To serve, divide the rice into 6 deep soup bowls.
- Spoon the chicken-soup mixture over the rice.

## Ingredients

Servings: 6

- 2 cups jasmine rice
- 4 cups water
- 1 pound boneless, skinless chicken thigh, cubed
- 1 onion, sliced thin
- 1/4 ounce katsuo kombu awase dashi (from an Asian market)
- 1/4 cup less-sodium soy sauce
- 3 tablespoons mirin (sweet rice) wine
- 3 tablespoons dark brown sugar
- 2 cups boiling water
- 4 eggs
- 1/2 cup fresh cilantro, chopped

### Side dishes

- Jasmine Rice (from the recipe)
- Seaweed Salad

