

# Omurice (Japanese omelet rice)



Ms Shi & Mr He

Omurice or omelet rice is fried rice wrapped in fluffy scrambled eggs. To serve, slice the omelet lengthwise, gently open it up like opening up a book, and allow the fluffy scrambled egg inside to bloom.

★★★★☆ 4.50 from 2 votes



PREP TIME

10 mins

COOK TIME

10 mins

TOTAL TIME

20 mins



COURSE

Breakfast, Lunch, Main  
Course

CUISINE

Japanese

SERVINGS

1 serving



CALORIES

698 kcal

## EQUIPMENT

- Nonstick saucepan (I prefer using a saucepan instead of a skillet/ fry pan. Because a saucepan has taller sides, which makes it easier to flip the omelet in the pan.)

## INGREDIENTS

- 3 **large eggs** (or 4 medium eggs)
- 1/2 tsp **salt**
- 1 tbsp **milk** (or water)
- 1/2 tbsp **cornstarch**
- 2 tbsp **cooking oil** (I used vegetable oil, you can also use butter)
- **ketchup** (optional)

## INSTRUCTIONS

1. Crack **3 large eggs** to a bowl, add **1/2 tsp of salt**, beat well.
2. Add **1 tbsp of milk** (or water) and **1/2 tsp of cornstarch** to a small bowl. Mix well.
3. Add cornstarch milk/water mixture to eggs, mix well. **Sift** the egg mixture through a strainer to remove lumps.

4. **Heat up** a medium size nonstick saucepan over medium heat with **1 tbsp cooking oil** or butter. (See content above for [how to easily test the oil temperature](#).)
5. Pour **half of the eggs** into the saucepan and quickly stir the eggs with chopsticks or a spatula.
6. Once there's no liquid egg at the bottom of the pan, and the **eggs are set** (but are still tender and soft, do not over cook the eggs), **pour the fried eggs to the bowl** to mix with the raw eggs.
7. Use a whisk or a fork to **break up the scrambled eggs** into small pea-size pieces, **stir** until the raw eggs and scrambled eggs are well combined.
8. **Heat up the medium size nonstick saucepan** over medium heat with **1 tbsp cooking oil** or butter. (See content above for [how to easily test the oil temperature](#).) **Pour** the egg mixture into the pan.
9. Wait for about 10 seconds until the bottom of the omelet is set. Use a rubber spatula to **gently fold one edge** of the omelet to the center, and **fold the opposite edge** to the center. **Hold** the spatula on the open side for about 10 seconds until the omelet holds its shape.
10. Push the omelet to the edge of the pan, tilt the pan so that it's standing on its side. Flip the omelet so that **the open side is on the side of the pan**. Hold for 10 to 15 seconds until the open side is **sealed**.
11. Place the omelet over **fried/steamed rice** (see my [golden fried rice recipe here](#)). Drizzle with **ketchup**.
12. To serve, **slice the omelet lengthwise**, gently open it up like opening up a book, and allow the fluffy scrambled egg inside to bloom.



## KEYWORD

Japanese omurice, omelette rice, Omurice