

How to Prepare Japanese Ramen Eggs (Ajitama)

Ramen eggs are a delicious addition to any bowl of ramen, providing a creamy texture and savory flavor. Known as ajitama, these marinated soft-boiled eggs are simple to make and can elevate your ramen experience. Here's how to prepare them perfectly.



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Ingredients

For the Eggs:

- 4 large eggs (preferably fresh)

For the Marinade:

- 1/4 cup soy sauce – for a rich umami flavor.
- 1/4 cup mirin – a sweet rice wine to balance the saltiness.
- 1/4 cup water – to dilute the marinade.
- 1 tablespoon sugar – to enhance the sweetness.

Tools Needed

- Saucepan – for boiling the eggs.
- Ice bath – a bowl filled with ice and cold water.
- Container or ziplock bag – for marinating the eggs.
- Timer – to keep track of cooking time.

Step-by-Step Instructions

Step 1: Prepare the Marinade

1. In a mixing bowl, combine **soy sauce**, **mirin**, **water**, and **sugar**.
2. Whisk the mixture until the sugar is completely dissolved. This marinade will infuse the eggs with flavor.

Step 2: Soft-Boil the Eggs

1. Fill a saucepan with enough water to cover the eggs completely and bring it to a rolling boil.
2. Carefully lower the eggs into the boiling water using a spoon or ladle.
3. Boil the eggs for exactly **6 minutes and 30 seconds**. This timing is essential to achieve a soft, custard-like yolk.

Step 3: Prepare the Ice Bath

While the eggs are boiling, prepare an ice bath by filling a large bowl with ice and cold water. This will help stop the cooking process and cool the eggs quickly.

Step 4: Cool the Eggs

Once the eggs are done boiling, transfer them to the ice bath. Let them sit for about **10-15 minutes** until completely cooled.

Step 5: Peel the Eggs

1. After the eggs have cooled, gently tap them against a hard surface to crack the shell.
2. Peel the eggs carefully, preferably under running water, to help remove the shell without damaging the egg.

Step 6: Marinate the Eggs

1. Place the peeled eggs in a container or ziplock bag.
2. Pour the marinade over the eggs, ensuring they are fully submerged. If using a ziplock bag, remove excess air.
3. Seal the container or bag and refrigerate for at least **4 hours**, or overnight for a more intense flavor.

Step 7: Serve Your Ramen Eggs

Once the eggs are marinated, remove them from the marinade. Slice them in half to reveal the beautiful, creamy yolk. Add them to your ramen bowl for a delicious and visually appealing topping.

Tips for Perfect Ramen Eggs

- **Use Fresh Eggs:** Fresh eggs will yield better results and are easier to peel.
- **Timing is Key:** Stick to the precise boiling time of **6 minutes and 30 seconds** for the best texture.
- **Adjust Marinating Time:** Feel free to adjust the marinating time to suit your taste preferences. Longer marination will result in a more intense flavor.

Enjoying Ramen Eggs Beyond Ramen

These ramen eggs are versatile and can be enjoyed in various ways:

- **With Rice:** Serve them over steamed rice for a comforting meal.
- **In Salads:** Add them to salads for a protein boost and delicious flavor.
- **As a Snack:** Enjoy them as a savory snack on their own.

Conclusion

Making Japanese ramen eggs (ajitama) at home is simple and rewarding. With their rich, custard-like yolks and flavorful marinade, these eggs will elevate any ramen dish. Follow this recipe for perfectly cooked and marinated ramen eggs, and enjoy their deliciousness in your next meal!

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- **Business Name:** Happy Sashimi
- **Address:** 2714 Pinole Valley Road, Pinole, CA 94564
- **Phone:** (510) 758-8881
- **E-mail:** info@eathappysashimi.com
- **Owner:** Chris Wong

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