JAPANESE · SIDE

Chawanmushi (Japanese Savoury Steamed Egg Custard)

茶碗蒸し

35 min · Serves 4 · 97 kcal a serve

Video 16:59 in Japanese · 【賛否両論】笠原将弘の料理のほそ道

Dairy-free · Nut-free

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A light steamed egg custard with prawns, chicken and mushroom: about 11 g protein, 3 g net carbs and under 100 kcal a cup, with about 1 g added sugar from the mirin; rich in selenium and vitamin B12.

Diet notes: Low carb (3 g net carbs) but not keto: 38% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari instead of usukuchi soy sauce.

Ingredients 11 · SERVES 4

- [ ] 360 ml **dashi** (kombu and bonito stock)
- [ ] 1 tsp usukuchi (light-coloured) soy sauce
- [ ] 2 tsp **mirin**
- [ ] 2 **eggs**, beaten
- [ ] 2 **shiitake mushrooms**, stems removed, caps thinly sliced
- [ ] 4 slices **kamaboko** (Japanese fish cake), cut small
- [ ] 4 peeled **prawns**, halved
- [ ] 60 g **skinless chicken thigh**, cut into small pieces
- [ ] a pinch of **salt**, for the chicken
- [ ] a few shungiku (edible chrysanthemum) leaves, cut small
- [ ] **yuzu peel** (a sliver), to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Crustacea, Fish, Egg, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Season 360 ml dashi with 1 tsp light soy sauce and 2 tsp mirin, then add the 2 beaten eggs and mix well (the ratio is 1 egg to 180 ml dashi). Always strain the mixture through a sieve for a silky texture. 2:22
2. Remove the shiitake stems, halve the caps and slice them thinly. 4:38
3. Cut the kamaboko into small pieces, halve the prawns and cut the chicken small, then sprinkle the chicken with a little salt. Cut the shungiku leaves into small pieces. Avoid hard, chunky fillings. 5:27
4. Divide the fillings among 950 ml or small bowls and pour in the egg mixture. Pop any bubbles on the surface with a chopstick so the tops set smooth. 7:25
5. Bring a little over 1 cm of water to the boil in a lidded frying pan. Stand the cups in it, lay a paper towel over them to catch drips, cover and steam on medium heat for 2 minutes. 9:15
6. Turn the heat right down so the water barely bubbles and steam about 13 minutes more (15 in all), until the custards are set but still wobble. 10:48
7. Top each with a sliver of yuzu peel and serve hot. 13:46

> **Tip** Serves 4 as a side. Any dashi works, or chicken stock for a Chinese-style version; swap the fillings for scallops, white fish or oysters. Skip the kamaboko to keep it free of processed fish cake.

The method is a summary in our words, in English — the video (in Japanese) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
97 kcal	11 g	3.3 g	0.3 g	4.1 g	220 mg
410 kJ	22% of a day	3 g net · 1.8 g sugars	1% of a day	1.2 g saturated	10% of a day
		1% of a day		5% of a day	

Energy from net carbs 13% · protein 47% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 36% · Vitamin B12 29%

Source of (10–19%) Vitamin K 16%

Recipe and video: 【賛否両論】笠原将弘の料理のほそ道 (@sanpiryoron) on YouTube — youtube.com/watch?v=vK9Jeil1Asc, published 23 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chawanmushi-japanese-savoury-egg-custard