

紫菜叉燒玉子燒 – Nori BBQ Pork Tamagoyaki

材料 Ingredients

蛋	4 隻	Eggs	4 pcs
味醂	1 湯匙	Mirin	1 tbsp
糖	2 湯匙	Sugar	2 tbsp
奶	1 湯匙	Milk	1 tbsp
紫菜	少許	Nori	Some
極上燒臘系列 - 叉燒, 切絲	少許	Premium BBQ Product – BBQ Pork, shredded	Some
鹽	少許	Salt	Some

步驟 Directions

1. 先將蛋、味醂、糖、奶攪拌均勻，記得不要打出太多泡泡。
2. 不沾鍋加熱，用餐巾紙輕輕地、均勻地抹上一層油。
3. 將蛋液慢慢倒入鍋子中，記得「火要小溫度不可太高！否則容易燒焦」。
4. 將蛋慢慢加熱，等到有點開始凝固後，慢慢地將之翻成一條、加入紫菜及叉燒絲。
5. 翻好後，將之置於鍋邊較不熱之處，接著在旁邊繼續加入蛋液。
6. 反覆這個方法，不斷地將煎蛋堆到越來越厚就好。
7. 最後盛裝起來，切件

1. Combine eggs, mirin, sugar and milk in a bowl, do not over beat it.
2. Preheat a non-stick frying pan, then use paper towel to wipe on a thin layer of oil.
3. Slowly pour egg mixture into the pan, and remember to keep the heat at low, else it would burn.
4. Slowly cook the eggs until it starts to solidify, then slowly turn and fold into to egg roll adding nori and shredded BBQ pork while doing so.
5. Once done with the folding, place the rolled egg to the side of the pan that's less hot.
6. Then pour egg mixture in to the pan again to repeat the above cooking step until you have a tick roll.
7. When complete, slice and dish up the egg roll.