

Uwajima Tai-Meshi Recipe

Ingredients (2 servings)

200g sliced fresh tai (sea bream), cut sashimi-style; substitute with red snapper

2~3 cups hot, firmly cooked Japanese white rice

2 fresh raw eggs – use egg yolks only

Cold Dashi Stock:

Option 1:

¼ cup water

¼ teaspoon dashi stock granules

2 tbsp. sake

2 tbsp. mirin (sweet sake)

2 tbsp. soy sauce

Option2:

1 tbsp. sake

1 tbsp. mirin (sweet sake)

2 tbsp soy sauce

Condiments:

2 Ooba/Shiso (Chinese basil)

Toasted white sesame seeds to taste

Shredded Yakinori (seaweed) to taste

Chopped green onion to taste

Wasabi to taste

Instructions:

1. Make the dashi stock by placing all the ingredients into a saucepan and bring to a boil. Stir to combine well. Cool to room temperature, then chill well in the refrigerator until ready to use.
2. Divide the cold dash stock into 2 servings. Place into 2 bowls. Mix the egg into the stock and add the sea bream. Let it sit to marinate for a few minutes.



3. Divide the hot rice into 2 bowls. Pour the fish/stock mixture over the hot rice, and top with the condiments.

