

Salmon Chirashi

鮭の混ぜごはん

● Ingredients (servings 2)

½ lb. Salmon

2 Eggs

1 tsp. Dried Seaweed

1 tsp. White Sesame

1 Tbsp. Vegetable Oil

½ tsp. Salt

1 pint Steamed Rice

Boiled Water (for boiling salmon)

● Boil Salmon



Boil enough water to boil salmon in a sauce pan.

Add ½ lb. salmon to the boiled water and boil 5 minutes over high heat.



After the 5 minutes, transfer the salmon to a plate and peel the skin off. Then crumble the peeled salmon with a folk.

● Sauté Salmon



Heat 1 Tbsp. of vegetable oil in the sauce pan.

Saute the crumbled salmon over medium heat for about 2 - 3 minutes.

Add $\frac{1}{2}$ tsp. of salt and stir. Turn the heat off and set aside.

● Prepare Egg



Beat 2 eggs in a bowl.



Heat oil up in a pan.



Add 1/3 of the beaten eggs and cook a very thin layer of fried egg over medium-low heat. Repeat with the remaining beaten eggs.



Transfer the fried egg to a cutting board, cut into strips and set aside.



In a bowl, combine 1 pint of steamed rice, the salmon, the strip egg, 1 tsp. of white sesame and 1 tsp. of dried seaweed powder.
Mix well.

Enjoy!!

