

Jason Pettit – Capital Radio Recipe



Easy Salmon & Egg Japanese Rice Bowl (*Donburi*)

This is a simple version of a classic Japanese family favourite – steamed rice topped with salmon and beaten egg cooked in a sweet & savoury broth. Quick, healthy, and utterly delicious!

Ingredients – serves 4 people

600	gm	salmon (skin removed, cut into 8mm slices)
1	sm	red onion (peeled and thinly sliced)
1	Tbsp	cooking oil
4	med	eggs (beaten)

Broth

1	cup	vegetable stock
2	Tbsp	rice wine vinegar
4	Tsp	balsamic vinegar
4	Tbsp	light soy sauce
2	Tbsp	sugar

Japanese Rice

2	cups	Japanese rice (sometimes labelled as sushi rice)
2.4	cups	water (room temperature)

2	lg	spring onions (trimmed and sliced thinly)
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Rice Preparation Method

Gently wash the rice grains in water with your fingers in a circular motion for 10-15 seconds then discard the water. Repeat this process until the water is clear.

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Drain the rinsed rice in a sieve.

Place drained rice into a pan or rice cooker pot with the water and soak for **30minutes.**

Method

Cook the rice by chosen method – turn rice cooker on and leave it to do its thing or bring to a gentle boil with a tight-fitting lid, reduce heat and cook for approx. 12minutes. Turn off and leave for 10 minutes further.

Preheat a thick bottomed pan over a medium heat then add the oil and sliced onions. Sauté the onions until they soften and go translucent.

Add all broth ingredients and stir.

Bring to a rolling simmer then add the sliced salmon pieces.

Stir to separate then allow to cook for 3 – 4 minutes.

Pour in the beaten eggs, cover the pan with a lid and cook for 1 minute then turn off the heat.

Fluff the rice with a wooden spoon or rice paddle then divide amongst 4 serving bowl.

Top the rice with equal amounts of the salmon and egg mix and pour over the broth.

Serve garnished with sliced spring onions.

Notes from the chef:

Japanese rice is a short grain rice that is usually found in the Asian section of supermarkets. If you cannot find it, then you can substitute Egyptian Calrose rice.

Short grain rice is fatter than long grain so it is very important to soak them before cooking to ensure they cook perfectly.

If you want to BBQ this recipe then you can use prawns still in the shell which give a great flavour and offer some protection to the meat.

Traditionally, this type of Donburi uses a 'dashi' in the broth. Dashi is made using dried bonito flakes or kombu, a type of seaweed that gives a very umami rich flavour.

Oily type fish works very well in this recipe so the salmon can be substituted for mackerel or trout

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Tbsp - tablespoon

Tsp - teaspoon