

# Savory Japanese Custard (Chawanmushi)

SEAFOOD FEATURED: Pink Shrimp & Rockfish  
Adapted by Theresa Yoshioka from a family recipe

INGREDIENTS	INSTRUCTIONS
<p>Serves 5</p> <ul style="list-style-type: none"><li>● 4 eggs</li><li>● 400 ml (~1 2/3 cups) dashi</li><li>● 1 tbsp sugar</li><li>● 1 tsp salt</li><li>● 5 tsp Oregon pink shrimp</li><li>● 1 fillet Pacific rockfish</li><li>● 5 chestnuts or ginko nuts</li><li>● Mushrooms</li></ul> <p><b>Garnish</b></p> <ul style="list-style-type: none"><li>● 1 carrot</li><li>● 5 leaves water dropwort (can substitute cilantro)</li></ul>	<ul style="list-style-type: none"><li>● Fill a steamer pot with 2-3 inches of water and place on high heat.</li><li>● Beat eggs and strain through mesh strainer. Add cold dashi. Stir in sugar and salt.</li><li>● Fill 5 cups halfway with chestnut, seafood and mushrooms. Pour egg mixture over ingredients in each cup. Top with slice of carrot and cilantro leaf.</li><li>● Once steamer water is boiling, place filled cups in steamer. Steam uncovered for 7 minutes on high heat. Wrap the steamer lid with a towel, turn down heat to medium low and steam for 10 more minutes.</li></ul> <p><b>Pro tips</b></p> <ul style="list-style-type: none"><li>● Dashi is very easy to make at home. The most traditional version just requires kombu sea vegetable and bonito flakes, which can be found at Asian grocery stores. You can also purchase prepared dashi at many mainstream grocery stores in the international aisle or near other canned soup stock.</li></ul>