

# Chawan Mushi

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**Typ:** Japanisch

**Quelle:** Consumers Guide

**Bemerkungen:**

**Zutaten:** Makes 4 servings

625 mL dashi  
4 teaspoons (20 mL) sake  
2 1/2 teaspoons (12 mL) light soy sauce  
1 teaspoon (5 mL) salt  
6 ounces (170 g) skinned and boned chicken  
8 medium shrimp, in shells  
8 medium or 8 small fresh Chinese black mushrooms  
1 small carrot, pared  
2 ounces (60 g) spinach  
1/4 cup (60 mL) water  
1 piece (2.5-cm square) lemon rind  
4 large eggs  
3 to 4 cups (750 mL to 1 L) boiling water

**Rezept:**

1. Heat dashi, 1 tablespoon (15 mL) sake, 1 1/2 teaspoons (7 mL) soy sauce and the salt in 1-quart (1-L) saucepan over medium-high heat until hot; stir to dissolve salt. Cool completely.
2. Cut chicken into 1-inch (2.5-cm) squares; place in small bowl. Stir in remaining 1 teaspoon (5 mL) sake and 1 teaspoon (5 mL) soy sauce; let stand 10 minutes. Drain.
3. Shell each shrimp, leaving tail and section of shell nearest tail attached. Remove veins. Remove and discard mushroom stems; if using medium mushrooms, cut caps into halves. Cut carrot crosswise into 1/8-inch (3-mm) thick slices; if desired, cut slices into halves or quarters.
4. Place spinach and 1/4 cup (60 mL) water in 1-quart (1-L) saucepan; heat to boiling over high heat. Reduce heat to medium; simmer 2 minutes. Drain. Cut spinach into 1-inch (2.5-cm) lengths.
5. Cut lemon rind into 2-mm wide strips; reserve.
6. Mix eggs well with fork in large bowl; do not beat. Stir dashi mixture gently into eggs in slow, steady stream. Strain egg mixture through fine sieve or cheesecloth.
7. Place chicken, shrimp, mushrooms, carrot and spinach in 4 individual custard bowls, dividing evenly. (Use sturdy coffee cups or mugs, if desired.) Ladle 1/4 of the egg mixture into each bowl, leaving at least 1.3-cm space at top of each bowl. Cover each bowl with aluminum foil.
8. Place boiling water to a depth of about 1 inch (2.5 cm) in steamer (or large kettle); set bowls in steamer basket (or on rack above water). Cover steamer with vented lid (or Position kettle lid so small amount of steam can escape). Place steamer over medium-high heat 1 minute; reduce heat and adjust to maintain steady, gentle

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steam. Steam until wooden pick inserted in custard comes out clean, 15 to 20 minutes. Carefully remove bowls from steamer. Serve hot, garnished with lemon strips.