Oyako Donburi

NIBBLEDISH CONTRIBUTOR

Ingredients

For me, this is 2 healthy bowls/serving sizes...

- 1 Large Onion
- Couple Small Chicken Breasts

- Butter
- 1 1/2 Cup Water
- ~ 1 tsp Hon-dashi, ~1/2 tsp Konbu-dashi

- (basically add some dashi so you get that umami flavor - don't make it too salty, and if you're out, try stock/broth)
- 2 TBSP Mirin
- 1 TBSP Brown Sugar
- 2 TBSP Soy Sauce
- 2 TBSP Cooking Sake

- Green Onions
- 2 Eggs
- Japanese Rice

Instructions

1. Cut **ONION** into slices, add to saute pan with **BUTTER**, cook *MED-LOW* heat to allow caramelization (keep a constant eye on onions and occasionally toss to prevent burning.

2. Cut **CHICKEN** breasts (kitchen shears make this easy) and drop into sauce pan with **BUTTER** on *MED-HIGH* heat, to allow the skin to brown (don't touch them, except for checking test pieces to allow golden browning to occur).
3. Once chicken is browned on skin side (or one side), add **WATER**, both **DASHI**, **MIRIN**, **BROWN SUGAR**, **SOY SAUCE** - DO NOT add sake, yet.
4. Liquid should cover chicken. Add onions.

5. Mix well - including the bottom where chicken has browned.

6. Pour 1 TBSP **SAKE** into saute pan that cooked onions to de-glaze pan. Add liquid to broth, and repeat with other 1 TBSP of **SAKE**.
7. Bring to simmer and cook over *LOW* heat as long as you can bare...
8. While bringing to simmer, cut **GREEN ONIONS**: add **GREEN ONION-BOTTOMS** to broth, reserve sliced top section.
9. After chicken is cooked and tender, crack two **EGGS** into a SEPARATE BOWL. Mix eggs and add most of the remaining **GREEN ONION-TOPS** (reserve some for garnish).
10. Prepare bowl of rice. Add chicken and some stock to the rice.

11. Move ~1/2 Cup **BROTH** to small saute pan (or Oyako Donburi container) over *MED* heat. Add half of the EGG mixture.

12. Allow to cook lightly (some like it runny - Umai!).
13. Pour over top of rice and garnish with green onions.

Thanks to Larph, for his recipe inspirations.