JAPANESE · SNACK

Ajitsuke Tamago (Japanese Marinated Ramen Eggs)

30 min · plus 8 hours marinating · Makes 4 × 1 egg · 95 kcal a portion

Video 4:04 · Just One Cookbook

Vegetarian · No dairy listed · No nuts listed

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A jammy soft-boiled egg with a savoury soy glaze: about 90 kcal and 7 g of protein each with about 3 g of carbs, and rich in selenium and vitamin B12.

Diet notes: Low carb (3 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

Ingredients 5 · MAKES 4 × 1 EGG

- [ ] 60 ml **soy sauce** (about a quarter soaks into the eggs; the rest is discarded)
- [ ] 60 ml **mirin** (about a quarter is absorbed)
- [ ] 60 ml **sake**, or water (about a quarter is absorbed)
- [ ] 1 tsp **sugar** (about a quarter is absorbed)
- [ ] 4 large **eggs**, straight from the fridge

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the soy sauce, mirin, sake (or water) and sugar in a small saucepan, whisk to dissolve the sugar, bring to the boil and simmer for 1 minute to cook off the alcohol. Let it cool completely. 0:20
2. Bring about 1 L of water to a full boil. Lower in the cold eggs one at a time, start a 7-minute timer and keep the water at a gentle simmer, rolling the eggs gently for the first 3 minutes to centre the yolks. 0:17
3. Move the eggs straight into iced water for 15 minutes, then peel them carefully from the wide end, dipping them in the iced water as you go. 1:25
4. Put the eggs in a zip-lock bag with the cooled marinade, squeeze out the air and close the bag just above the eggs so they stay submerged. Refrigerate for 8 hours or overnight, but no more than about a day or they get too salty. 2:06
5. Lift the eggs out, halve them and serve as a snack or on ramen. Use the marinade only once (it can be boiled and used soon as a seasoning sauce). 2:49

> **Tip** Older eggs peel more easily. Lift the eggs out of the marinade and keep them in a sealed container in the fridge; eat within 3–4 days and don't freeze them. Water instead of sake keeps them alcohol-free.

The method is a summary in our words — the video shows every step.

One portion (1 egg) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
95 kcal	6.6 g	3 g	0 g	5.3 g	280 mg
400 kJ	13% of a day	3 g net · 2.8 g sugars	0% of a day	1.7 g saturated	12% of a day
		1% of a day		7% of a day	

Energy from net carbs 14% · protein 31% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 28% · Vitamin B12 23%

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=bsDqZXoieFU, published 15 September 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ajitsuke-tamago-ramen-eggs