



Recipe: Shrimp Egg Foo Yong - Shrimp Omelet



Preparation time: 5
minutes

Cooking time: 10
minutes

Difficulty level:
Beginner plus

Ingredients for 4 people (if you serve it with rice)

- Highly heatable oil (e.g. sunflower oil)
- 6 fresh organic eggs
- 2 small shallots or 1 larger onion
- 1 large clove of garlic (my dad uses three!)
- 1 thumb-sized piece of ginger, finely chopped
- 1 small dash of brandy, cognac or whiskey (the fully poured bottle cap)
- 1 to 1 1/2 teaspoons light soy sauce
- 100g peeled shrimp or alternatively North Sea shrimp
- sea-salt
- 1 pinch of sugar
- 1 tsp sesame oil
- freshly ground black pepper
- 2 tomatoes, diced (optional for serving)
- chives for garnish

Preparation:

1. If you want to eat the shrimp omelet with rice, put it on first. If you have an electric rice cooker, put it on with hot water. Then it's even faster.



2. Chop the chives and tomatoes to serve.
3. Cut the shrimp into small pieces and chop the shallots, ginger and garlic. (See photos at top of post.)
4. Then, in a bowl, crack the eggs, add a little salt (about 2 more generous pinches) and mix together with a fork. But only briefly. It's supposed to be a little mixed up. Not fully stirred together like for scrambled eggs. (See photo above.)
5. Heat a Teflon-coated skillet over high heat. Then add the oil. A very generous dash of oil and the sesame oil. When hot (it should be bubbling around the wooden spoon) add the shallots, garlic and ginger. Leave to translucent (see photo). Then add the shrimp pieces. Fry briefly until they change color (see photo).
6. Now add soy, pepper and a dash of brandy/whisky or cognac. Mix well. When the shrimp are 7/8 done, remove from the pan to a bowl or plate and set aside.
7. Now add some oil to the still hot pan and add a thin layer of egg. You don't make the whole lot of eggs at once, but repeat this process about 3x. You use about a standard-sized ladleful for each pan (see photo above). So that there is a thin layer (similar to a crepe) of egg on the pan. Swirl the pan to spread the egg. (See photo). Allow to set until the consistency reaches a semi-liquid-solid consistency (see photo) and then set aside on a plate. My dad still folds it up a bit like a crepe before taking it out of the pan (see photo above). This way the shrimp egg foo yong pieces will have exactly the right thickness afterwards.
8. When you finish the last omelette crepe, return the shrimp and the remaining egg to the hot pan. Then you break it up into small pieces with a spatula and stir it again and again. Finally season with salt and pepper. Caution: the egg cooks quickly. Take it off the fire just before it's the right consistency. (See photo) It continues to cook a little on the plate.
9. Now serve on the still steaming rice and optionally sprinkle with some raw tomato and chives. Enjoy your meal!

hp The tomato is added raw as it changes the whole flavor of the dish when cooked. Raw, it harmonises very well



with the flavors, cooked at the same time, it doesn't go well. However, it is completely optional, so you can omit it. PPS. such as B. with delicious scrambled eggs, it is also important with this Cantonese crab omelette that the egg does not become too dry.

