

Japanese Frittata
Carole Carter
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Note – The Japanese method of pan cooking eggs keeps the yolks and whites separate.

3 tablespoons low sodium soy sauce
1/4 tsp ground ginger
1/4 tsp garlic powder
1/4 tsp chili powder
2 teaspoons brown sugar
1 cup sliced mushrooms
4 slices bacon, cooked and crumbled
12 eggs
6 cups cooked rice
1/2 cup green onions, sliced
1 tablespoon sesame seeds
Parsley (optional)



Mix soy sauce, spices and sugar until sugar dissolves. Place mushrooms in a large heavy skillet, pour sauce over and heat on medium until mushrooms are soft and sauce is reduced, stirring periodically. Add bacon to skillet. Break eggs into skillet, being careful not to break the yolks. Cook over medium heat, gently lifting edges toward center allowing the uncooked egg whites to run underneath. When the whites are mostly set, puncture the yolks and allow to run, creating marbled appearance. Cover, reduce heat and simmer on low heat until yolks are set to taste. Place cooked rice on serving plate. Place frittata on top. Garnish with sesame seeds, green onions, and parsley if desired. Serve warm with additional soy sauce as desired to taste.

Yield – 6 servings

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