

Korean Egg Rice

Ingredients

- Steamed Rice – 1 cup (Short-grain or Sushi rice works best)
- Unsalted Butter – 1 tablespoon
- Large Egg – 1
- Avocado Oil – 1 tsp (for frying)
- Soy Sauce – 2 tsp (or to taste)
- Sesame Oil – 1 tsp (toasted)
- Green Onion – 1 stalk, finely sliced
- Sesame Seeds – 1 tsp (toasted)
- Optional: Roasted seaweed (nori) crumbles

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Instructions

1. Prep

Finely slice the green onion. If your sesame seeds are raw, quickly toast them in a dry pan for 1–2 minutes until golden and fragrant. Set garnishes aside.

2. The Rice (Must be Piping Hot)

- **Fresh Rice:** Use immediately after cooking.
- **Leftover Rice:** Place in a bowl, sprinkle with a few drops of water, cover, and microwave for 2–3 minutes.
- **The Butter Mix:** Immediately add the tablespoon of butter to the hot rice. Mix vigorously until the butter is fully melted and coats every grain. Transfer to your serving bowl.

3. The Egg

Heat a non-stick skillet over Medium-Low heat. Add the avocado oil and swirl to coat.

- Crack the egg gently into the pan.
- Cook for 2–3 minutes until the whites are opaque and nearly set, but the yolk is still runny.
- **Chef's Tip:** Tilt the pan slightly and spoon the hot oil over the yolk for the final 30 seconds. This sets the top of the yolk without overcooking it.

4. Assembly

Slide the fried egg directly onto the center of the buttered rice.

5. The Finish

- Drizzle the soy sauce and sesame oil directly over the egg and rice.
- Sprinkle generously with sesame seeds and green onions.