



Ingredients, Demi-Glace Sauce:

- 1.5 Tbsp cooking oil (I used rice bran oil)
- 1 Tbsp plain flour
- 5 Tbsp ketchup
- 1 Tbsp soy sauce , regular (Kikkoman)
- 1 Tbsp Tonkatsu sauce or regular soy sauce
- 1 Tbsp honey or brown sugar
- $\frac{3}{4}$ cups water
- $\frac{1}{4}$ cups milk

Fried Rice:

- Some cooking oil
- $\frac{1}{2}$ carrot, finely chopped
- $\frac{1}{2}$ onion, finely chopped
- $\frac{1}{3}$ green bell pepper, finely chopped
- 2.8 ounces smoked ham, finely diced or minced beef, pork or chicken
- 2 cups cooked rice (short or medium grain), cooled

Rice Seasoning

- 1 Tbsp ketchup (or more if not serving with the demi-glace sauce above)
- 1 Tbsp Worcestershire sauce
- 1 Tbsp soy sauce , regular (Kikkoman)
- 1 Tbsp rice wine (mirin)

Omelet

- Some cooking oil
- 6 eggs (3 eggs per serving)
- A pinch salt

Method, Demi-Glace Sauce:

1. Combine the sauce ingredients – ketchup, soy sauce, Tonkatsu sauce, honey, water, and milk in a bowl or large measuring cup. Set aside.
2. Preheat a frying pan and add the cooking oil and flour. Cook over medium-to-medium high heat until the liquid turns dark brown. It takes about 5 to 7 minutes. Stir occasionally. Reduce the heat to low.



3. Pour the sauce in from step 1 and stir well. Bring up the heat and cook over medium low to medium heat until the sauce thickens (about 8-10 minutes). Stir often. Set aside.

Method, Fried Rice:

1. Preheat a skillet and add some cooking oil. Stir-fry carrot, onion, green bell pepper, and smoked ham until all ingredients are cooked.
2. Add the rice and the rice seasoning and mix them well for 1 to 2 minutes.
3. Turn the heat off. Cover with foil or a lid to keep the rice warm while getting other ingredients ready.
4. When ready to serve, shape the rice in a small bowl to make mounds of rice. Place the serving plate on the bowl and flip. Remove the bowl.

Tornado Omelet

1. Beat the eggs in a bowl. To give a smooth texture, sieve through the eggs. (This is also one of the key points for success as it makes the omelet turn smoothly). Add a pinch of salt.
2. Preheat a non-stick frying pan over medium high heat. It should be heated well enough for the egg to bubble up when you pour it in. Add some cooking oil, spreading it evenly.
3. Pour the beaten egg onto the pan and cook it until the edge (1/8") is cooked. However, an easier telltale is when the omelet starts forming air bubbles in the middle of the pan. You should look for a bit larger sized bubbles.
4. Hold one wooden chopstick in each hand diagonally to yourself and push the egg from the edge towards the centre while maintaining about 1.5-2 inch gap between each chopstick, and start twirling your chopsticks in one direction. Holding diagonal instead of parallel to yourself will give you more room to turn the egg.
5. Swap the chopstick holding hands in between twirling to be able to keep turning and to make the tornado egg smoothly. Cook the omelet until it is about 95% cooked. (If the omelet is fully cooked, it is hard to keep the tornado shape as it might break in the center.)
6. Hold the chopsticks with one hand and slowly slide the omelet from the pan onto the shaped rice.
7. Pour the demi-glace sauce (or ketchup if you did not make the sauce) and serve.