

Fast, good and hearty Imabari Yakibuta Tamago Meshi

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Imabari Yakibuta Tamago Meshi was born at the Chinese restaurant, Gobankaku (already closed) in Imabari, about forty years ago. I think there are lots of people who have eaten it on the way home after club activities during high school. As of 2010, it is served at about fifty restaurants in Imabari and is quite popular. Every restaurant serves it with its own characteristics: the thickness and parts of the roast pork, eggs and sauce.

At the Onomichi Teppan Grand Prix, which was a highlight of Onomichi Minato Matsuri (sponsored by Onomichi Port and Harbor Association and the Chugoku Shimbun Bingo central office), Imabari Yakibuta Tamago Meshi fared well among 19 teams from 7 prefectures. Imabari Yakibuta Tamago Meshi became the first champion over Fujinomiya Yakisoba, Japan's top B class gourmet. The champion is decided in this way: People vote for the most delicious dish with their chopsticks and the weight of them determines the winner. This is the same as the B Class Gourmet Grand Prix. The chopsticks entered for Imabari Yakibuta Tamago Meshi reached a weight of 3,440grams, which showed its high popularity. The second was Tsuyama Hormone Udon and the third was Fujinomiya Yakisoba.

It's pretty easy to make Yakibuta Tamago Meshi. Here is an easy-to-make recipe:

Ingredients

* rice

* roast pork, as much as you like

Daikokuya Restaurant uses mincemeat but a thin or thick piece of meat is also OK.

* 2 eggs

* sauce, to taste

Store-bought salty-sweet sauce is available, e.g. grilled meat sauce or broiled eel sauce.

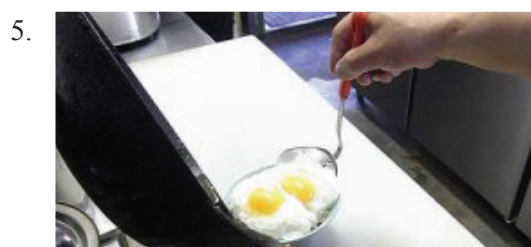
Or make your own: dark soy sauce, mirin and sake are mixed in a ratio of 1:1:1. Let it cook down. Add garlic and ginger to taste. Season with sugar and salt.

* salt and pepper, to taste

Directions

1. Put as much roast pork as you like on the rice.
2. Pour sauce over pork and rice, but don't over do it.
3. Fry eggs sunny-side up with a little oil.
Don't cover the pan and don't put water in it.
4. Sprinkle some salt and pepper on the eggs.
5. Place the eggs on top of the rice and pork and pour some more sauce over the eggs.

And you are all done!



Yakibuta Tamago Meshi is a local Imabari dish with three points: it's fast, good and hearty. Most importantly, we can whip it up. This dish was the result of the ill-tempered nature of people in Imabari; people want their meal served quickly. It can take less than 20 seconds to serve this dish! But please eat it with a spoon, not with chopsticks. Look for the recognizable yellow flag outside of restaurants and savour some Imabari Yakibuta Tamago Meshi!

For more information, please visit our website at <http://i-ytm.com/>

(Translated by Kasumi Matsubara: 松原 加純)