



Soy Brined Tea Eggs

Discover the Next Trend - 7 Spice Blend; Japanese Shichimi-Togarashi

8 Minute Eggs:

12 eggs

Water enough to cover eggs

1/2 Tablespoon salt

For the Brine:

2 cups water

1 cup Bluegrass Soy Sauce

1/2 cup sherry vinegar

1/4 cup mirin

1 garlic clove, smashed

1 shallot, sliced

1 bay leaf

1 star anise

1 Tablespoon Bourbon Smoked Sugar

1 Tablespoon Bourbon Smoked Sea Salt

1 teaspoon white peppercorns
1/2 teaspoon Bourbon Smoked Togarashi
1/2 cup black tea leaves or 5 tea bags

In a large saucepan, cover the eggs with 2 inches of cold water; add salt. Bring to a boil over high heat. Immediately turn off the heat; cover the pot for 5 minutes. Remove eggs with a slotted spoon; place in a bowl of ice water until chilled. Peel eggs.

In a medium saucepan, add the brine ingredients, except the black tea. Bring to a simmer; turn off the heat. Add the black tea; steep for 4 minutes. Strain the brine through a fine mesh sieve. Allow the brine to cool; place peeled eggs in large container; then pour over the brine. Cover; brine eggs in the refrigerator overnight. Eggs will keep in the refrigerator up to 2 weeks.

Recipe by: Chef Annie Pettry, Decca, Louisville, Kentucky. Recipe in *Eat Your Bourbon Cookbook* by Matt Jamie, 2017, Culinary Publishing.
burbonbarrelfoods.com

Note: The recipe called for adding ½ cup salt to water to make the eggs easier to peel.

Cook's Note: I made half of this recipe and found some Togarashi seasoning at a local Asian store. It also comes under the name Japanese 7 Spice *Blend* or Shichimi-Togarashi: I also reduced the amount of salt added when boiling the eggs. The salt was suggested to increase the temperature of the water and seal cracks.

About the Recipe: Soy sauce adds a deep and savory flavor pop to the boiled eggs. They have a light tan color and are a wonderful addition to a fresh salad or rice bowl dinner. They would also make a delicious appetizer if they were cut into quarters.

What is Togarashi? Shichimi-*Togarashi*: (schee-CHEE-mee) is a peppery Japanese condiment. The spice mixture will vary depending on the producer. Generally, it will include powdered/flaked red chili pepper, black pepper, sesame seeds, dried mandarin orange peel, green nori seaweed flakes, prickly ash pods, hemp seeds, and poppy seeds. Shichimi Togarashi is often called Japanese 7 Spice Blend. Do not substitute Chinese 5 spice since it is completely different.

For More Information See:

<http://www.myrecipes.com/ingredients/what-is-togarashi>

Substitution for Sherry Vinegar: Sherry vinegar seems to be a little between red and white wine vinegar. It will add a soft, more rounded flavor than the usual wine vinegars. If you are unable to find it, you can try using rice wine vinegar, champagne vinegar, white wine vinegar, or red wine vinegar.