

The Egg on Japan's Breakfast Rice

How rice, a raw egg and soy sauce became one of Japan's favorite breakfasts.

Three ingredients, one ritual

Rice, a raw egg and soy sauce make Tamago Kake Gohan, a dish Just One Cookbook calls one of Japan's most popular comfort foods for breakfast.

Source: [Just One Cookbook](#)

A journalist made it famous

Writer Kishida Ginko is credited as the first to eat raw egg over rice in its modern form around 1877, seasoning his bowl with salt and chili.

Source: [Wikipedia](#)

A town built around one dish

Misaki, Okayama, Kishida's birthplace, now hosts a dedicated Tamago Kake Gohan restaurant and draws about 70,000 visitors a year for it.

Source: [Just One Cookbook](#)

Its own day on the calendar

After a 2005 symposium in Unnan, Shimane, the Japan Anniversary Association registered October 30 as Tamago Kake Gohan Day.

Source: [Wikipedia](#)

Eggs graded safe to eat raw

Japanese eggs sold for raw eating carry their own label and pass a chain of vaccination, cooling and testing steps built specifically for that use.

Source: [JapanLinked](#)

IN SHORT

Half a world from Okayama, a good egg still starts the day right, cracked fresh over a Multan breakfast.

References

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