

The Raw Egg Japan Swears By

How Japan's simplest breakfast became a national obsession

One egg, one bowl, pure comfort

Tamago kake gohan is hot rice with a raw egg and soy sauce, stirred until silky. Called TKG, it has been Japan's go-to breakfast comfort food for nearly 150 years.

Source: [Wikipedia](#)

A journalist put this dish on the map

Ginko Kishida, Japan's first war reporter and a key contributor to its first Japanese-English dictionary, is credited with promoting TKG around 1877. He reportedly recommended the dish to everyone he met.

Source: [Wikipedia](#)

Eggs were avoided for centuries

Buddhist and Shinto traditions made eggs a food to avoid for much of Japan's history. During the Edo period they slowly became acceptable but stayed expensive, only turning into an everyday food in the 1950s.

Source: [Wikipedia](#)

Japan's egg safety is world class

Japan's Salmonella rate from raw eggs is just 0.0029%. Strict washing, cold storage, and best-before dating make the system reliable. Japan eats around 320 eggs per person each year.

Source: [Food Republic](#)

Fifty sauces brewed for one dish

Japan's first TKG soy sauce, Otamahan, was made in Shimane in 2002. Sweeter and milder than standard soy, Japan now has over 50 varieties blended just for this dish.

Source: [Tofugu](#)

October 30th is TKG Day

In 2005, the first Japan Tamago Kake Gohan Symposium was held in Unnan, Shimane. October 30th was registered as TKG Day, marking the dish's place in Japanese food culture.

Source: [Wikipedia](#)

IN SHORT

From Japan's volcanic valleys to a Multan morning, a golden yolk over fresh hot rice is one of the world's oldest joys.

References

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