

Japan's Daily Raw Egg Ritual

How one raw egg over rice became a beloved Japanese breakfast ritual.

A Reporter Started This Ritual

Journalist Kishida Ginko is credited with popularizing raw egg over hot rice around 1877. Early accounts say he seasoned it simply with salt and pepper.

Source: [Wikipedia](#)

A Day All Its Own

Since a 2005 symposium in Shimane, Japan has marked October 30th as Tamagokake Gohan Day, an unofficial food day celebrating the dish as a cherished home staple.

Source: [Wikipedia](#)

Eggs Made For Cracking Raw

Japanese eggs are washed, chilled fast, and stamped with a short best-before date. The system assumes many will be eaten raw, not cooked.

Source: [Wikipedia](#)

A Soy Sauce Just For This

The dish spawned its own condiment category. Milder soy sauces, often laced with dashi and mirin, are bottled specifically for pouring over a cracked egg and hot rice.

Source: [Wikipedia](#)

One Bowl, Every Generation

Eggs became widely affordable in Japan from the 1950s onward, and tamago kake gohan stuck as cheap, quick comfort food. It remains one of the fastest breakfasts in Japanese homes today.

Source: [Wikipedia](#)

IN SHORT

Half a world from Tokyo, a good Multan morning still starts the same simple way: one really good egg.

References

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