

7-Eleven Egg Salad Sandwiches - Japanese

Food & Wine



- 5 large eggs
- 1/4 cup Kewpie mayonnaise
- 1/2 teaspoon kosher salt, plus more to taste (use less if using table salt)
- 1/2 teaspoon granulated sugar
- 1/8 teaspoon black pepper
- 2 teaspoons heavy cream
- 1 tablespoon unsalted butter, softened
- 2 sliced white bread, soft type, Japanese milk bread preferred

Per Serving (excluding unknown items): 534 Calories; 42g Fat (74.3% calories from fat); 18g Protein; 15g Carbohydrate; 1g Dietary Fiber; 535mg Cholesterol; 1088mg Sodium; 3g Total Sugars; 3mcg Vitamin D; 112mg Calcium; 3mg Iron; 212mg Potassium; 277mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 2

1. Bring a medium saucepan of water to a boil over medium-high. Using a slotted spoon, carefully lower eggs into boiling water; cook 11 minutes. Remove eggs using a slotted spoon, or carefully drain into a sink. Plunge eggs into a bowl filled with ice water, and let stand until cool, about 15 minutes. Drain well. Carefully peel eggs.
2. Using your hands, split eggs open; separate yolks and whites. Place yolks in a medium bowl, and mash using the back of a fork until broken down and a few chunks remain; set aside. Finely chop egg whites; place in a small bowl, and set aside.
3. Add mayonnaise, salt, sugar, and pepper to mashed yolks in bowl; gently stir until mixture is combined and some chunks remain. (Mixture should not be too chunky or a paste.)
4. Add half of the chopped egg whites to yolk mixture in medium bowl; reserve remaining egg whites for another use. Gently fold whites into yolk mixture until just coated. Chill 1 hour.
5. Stir cream into chilled egg mixture; season with additional salt to taste. Set aside. Spread butter evenly over one side of each bread slice. Top 1 slice, butter side up, with egg salad. Cover with remaining slice, butter side down. Trim off and discard crust; cut sandwich in half diagonally so you have 2 triangles. Serve.