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r/AskCulinary • 5 yr. ago

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Why do Japanese desserts have so many eggs?

Ingredient Question



Sorry, this post was deleted by the person who originally posted it.

24

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HabseligkeitDerLiebe • 5y ago •

The colour of egg yolk is a national preference. Pretty much each market has a different hue. Farmers usually feed carotin in the required amounts to colour the yolk.

Egg yolks (and whites) can have different colours, depending on the feed. High amounts of cotton seeds may result in slightly green-ish yolks and slightly rosé egg whites, for example.

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2 more replies



Taco_Supreme • 5y ago •

I raise chickens and an oranger yolk indicates a more varied diet. They can get very dark in free range chickens that eat a lot of different foods.

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10 more replies

[deleted] • 5y ago •



broke5ever • 5y ago •

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instead on egg whites for structure) in Japanese desserts than American ones, which contribute to lighter, less sweet desserts.

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⊕ 2 more replies



The_DaHowie • 5y ago •

Orange because Marigold petals contains carotene as well as other beneficial components.

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doomrabbitt • 5y ago •

Chickens are some of the easiest to keep livestock, especially on small cramped islands. Eggs are very nutritious, high in protein, and simpler than meat production. Americans are into dairy-heavy in deserts, but the Asian tendency to lactose intolerance probably is a factor for using more eggs.

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ChipNoir • 5y ago •

From what I've observed, Japan really likes to treat dessert as an occasional treat or novelty. So while the portions are vastly smaller and more expensive, they go ALL the way with their ingredients and quality. The more eggs that go into a recipe, the richer the final product is going to be.

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⊕ 3 more replies



cajunace • 5y ago •

I saw something once about Japanese feeding their chickens cayenne as it made the yolk more orange and have a better taste which was because the chickens can't taste spice.

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loooongodoggo • 5y ago •

What everyone has said is pretty spot on. I would also like to add that eggs are relatively cheap in Japan. Fruit is ungodly expensive here.

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smalleyed • 5y ago •

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osseioimure • 5y ago •

Could you post a couple of recipes here? I have a feeling they still pale in comparison with typical desserts from my country (in terms of how many eggs they use), but I would like a reference first .

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How do restaurants get their stir fry so crispy and flavorful?

449 upvotes · 75 comments



r/AskCulinary

I accidentally made breadcrumb "candy" as a topping and cannot figure out how to recreate it.

170 upvotes · 36 comments



r/AskCulinary

My mom's oven has both an air-fry and convection setting. I've always thought they were the same thing- what is the difference between the two?

169 upvotes · 40 comments



r/AskCulinary

What happens if I use the solidified fat on the refrigerated turkey stock to make the roux to make gravy with said turkey stock?

154 upvotes · 60 comments



r/AskCulinary

Why did my cherry tomato marinara sauce taste buttery without... butter?

121 upvotes · 20 comments



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Should I just start over (insanely salted dry brine turkey)?

106 upvotes · 101 comments



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72 upvotes · 20 comments



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Lots of liquid on top of my baked mac & cheese. Can I fix it before serving?

66 upvotes · 32 comments



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HELP I used 8g of baking soda in my Mac and cheese sauce!?

61 upvotes · 89 comments



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Can I still stuff butter under the skin of a turkey I'm frying?

54 upvotes · 90 comments



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How much fat will render out of a 5 pound duck?

53 upvotes · 21 comments



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Making a sweet and hot mustard sauce and it requires me to leave the mustard in vinegar over night but why?

53 upvotes · 12 comments



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Those little half chickens they serve at weddings?

52 upvotes · 26 comments



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Ripped bag of turkey thawing in the fridge

49 upvotes · 13 comments



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The Eleventh Annual /r/AskCulinary Thanksgiving Talk Thread

48 upvotes · 149 comments



r/AskCulinary

First time making mashed potatoes - did i get the wrong potato?

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Fat not congealing in refrigerated stock

43 upvotes · 34 comments



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I need substitutes for wine.

37 upvotes · 43 comments



r/AskCulinary

Do i blanch pork meat for chinese soup?

35 upvotes · 38 comments



r/AskCulinary

Too much salt used for dry brine?

30 upvotes · 16 comments



r/AskCulinary

Can you fry donuts with cocoa powder or food coloring?

28 upvotes · 9 comments



r/AskCulinary

Weird, Dessicated Turkey?

23 upvotes · 26 comments



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A la royale, what does it imply?

22 upvotes · 25 comments



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Big turkey already done?

20 upvotes · 22 comments



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Knife With a Curved Blade

19 upvotes · 41 comments



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