

# Grilled



## Teriyaki chicken wings

Enjoy the resilient texture particular to firm Japanese chicken, the delicious taste of melted collagen and fragrant skin of wings bathed in *teriyaki* sauce and grilled.

### Ingredients

- 10 flat chicken wing tips
- 2 cloves garlic
- Marinade
  - 50ml soy sauce
  - 50ml *mirin* (sweet rice wine)
- Salad oil

### Directions

1. Marinate chicken wings. Line chicken wings in a container and pour marinade over them. Crush garlic with skin intact and add. Marinate in a refrigerator for 1 hour allowing flavors to penetrate and turning chicken wings 2 or 3 times.
2. Bake in a 250°C oven for 8-10 minutes

Recommended cuts



# Simmered



## Stewed chicken thigh

Delicious flavor is locked in to the meat by first sautéing then simmering. This recipe is suited to the juicy and tender meat of Japanese chicken. It is a sophisticated dish that will keep you coming back for more.

### Ingredients

- 4 bone-in chicken thighs
- Pinch of salt and pepper
- Flour
- 2 tablespoons oil

### Sauce

- 50ml port
- 20ml white wine
- 2 tablespoons wine vinegar
- 100ml consommé
- 40g butter
- 2 tablespoons diced tomato

### Directions

1. Cut chicken thigh into two pieces at the joint. Sprinkle with salt, pepper and flour and brown on both sides in 2 tablespoons of oil. Discard excess oil, add flavor with port and white wine, add wine vinegar and boil down slightly.
2. Add consommé and reduce. Add butter a little at a time, and then add salt and pepper to create a sauce. Finally, add in tomatoes.

Recommended cuts





# Simmered

## Lightly boiled chicken tenderloins

With high quality Japanese chicken, you get a refreshing and sweet flavor by quickly immersing chicken in hot water and lightly cooking the surface. It's a delicate dish that's beautiful to look at.

Recommended cuts

Breast Tenderloin

### Ingredients

4 pieces of tenderloin (fresh meat)  
1 scallion  
Wasabi or horseradish  
60ml soy sauce  
20ml soup

### Directions

1. Make a slice along the white sinew of the tenderloin and remove the sinew.
2. Bring water to a boil in a pot and quickly immerse the chicken tenderloin in it. Remove chicken when it turns white. Immerse in ice water. Remove when cool and drain excess water.
3. Cut at an angle in large slices.
4. Slice the scallion and immerse in water to remove the hot flavor. Drain excess water.
5. Place chicken on a plate and garnish with wasabi.
6. Dip chicken into a mixture of soup and soy sauce and enjoy.



# Fried

## Spicy stir fried chicken wings

Slowly fry Japanese chicken wings to draw out sweetness from the bone marrow. This flavour-enhanced fried chicken is mixed with a spicy sauce for a rich dish.

Recommended cuts

Wing Breast

### Ingredients

500g flat chicken wing tips  
Seasoning A  
2 tablespoons each of sake for cooking and soy sauce  
1 clove garlic  
1 knob ginger  
2-3 dried chili peppers  
3 shiitake mushrooms  
1/2 red pepper  
Seasoning B  
2 tablespoons sugar  
3-4 tablespoons soy sauce  
Potato starch  
Frying oil

### Directions

1. Remove the hull of the red pepper and cut in half. Remove the hard tip of the stem of the shiitake and cut in half. Smash the garlic and ginger and julienne. Remove the seeds from the chili peppers.
2. Mix seasoning A with chicken.
3. Sprinkle potato starch over chicken and slowly fry in 150° to 180° oil.
4. Heat 3 tablespoons of oil in a frying pan. Lightly sauté the pepper and shiitake then remove. Add the garlic, ginger and chili pepper, and then add the chicken. Add Seasoning B and mix.
5. Return the pepper and shiitake to the frying pan. Add potato starch mixed with water.