

Various chicken cuts – the more you know, the more you create

Selecting the best cut for cooking

Noted for its superior tenderness, succulence and thick, rich flavor, Japanese chicken boasts a range of great cuts including the wing, breast, tenderloin, thigh and skin. Draw out the ultimate flavor chicken has to offer by selecting the best possible cut for cookery including deep-fried, stewed or grilled cuisines.



1 Wing

The wing is categorized into “flat wing tip” and “wing drumette”. Although the “flat wing tip” contains minimal flesh, it is high in collagen and fat and therefore ideal for stews or deep-fried dishes. In contrast, the “wing drumette” boasts tenderness with little fat content and is great for stir-fries or deep-frying.



2 Breast

This cut is noted for its low fat content and tenderness. With a subtle, light taste, the breast is fantastic for steamed, stewed or simmered dishes as well as deep-fried foods such as *karaage* (Japanese deep-fried chicken pieces) or deep-fried cutlets.



3 Thigh

This cut is rather tough and stringy; however, the fat concentration in this portion gives the thigh a fantastic rich taste. A very versatile cut, chicken thighs with the bone-in thigh can be used for sautés or fried chicken, while boneless thigh are great for *karaage*, stews, simmered dishes and stir-fries.



4 Tenderloin

A tender section with low fat content, this cut provides a simple, modest flavor. In addition to being ideal for deep-fried dishes, tenderloin can be used in light-boiled, steamed, salad and marinade dishes, etc.

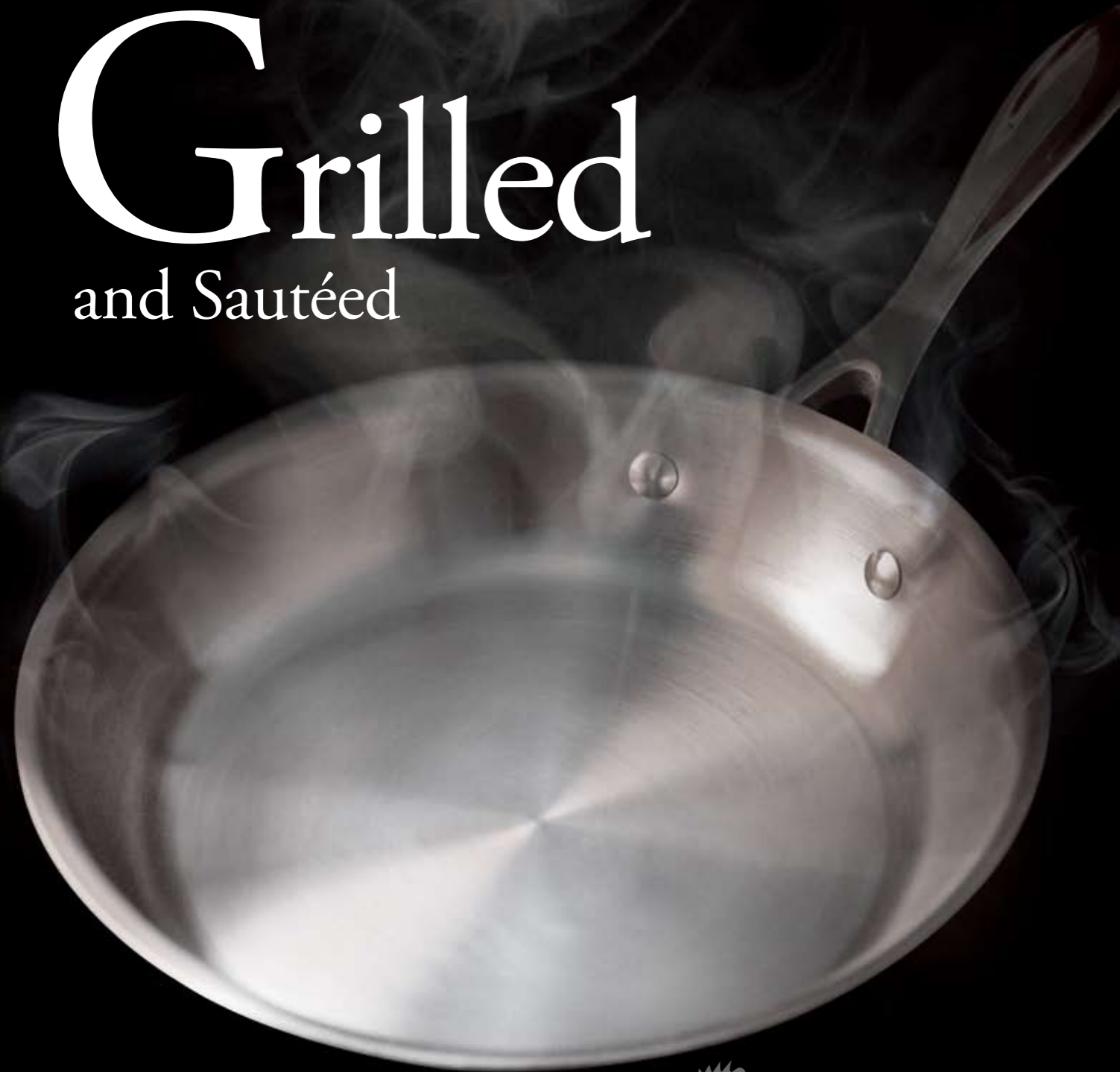


5 Skin

Noted for its high fat content, chicken skin is renowned for its rich, flavorsome quality and excellent for *yakitori* (skewered chicken), *amiyaki* (grilled/broiled cooking), stir-fries and stewed, simmered or marinade dishes.

Grilled

and Sautéed

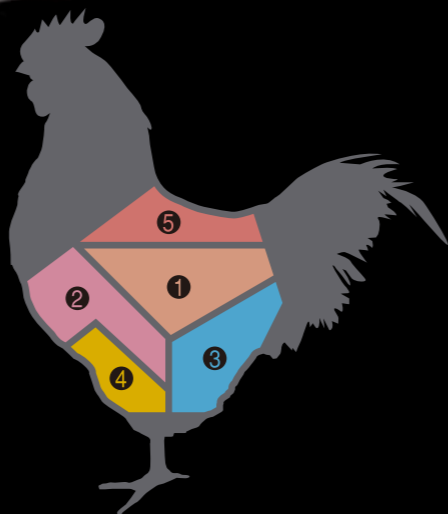


Recommended cuts

①Wing ②Breast ③Thigh ④Tenderloin ⑤Skin

Japanese chicken is delicious and firm and pieces like the “breast” and “thigh” are particularly meaty. Chicken can be used in a wide variety of dishes, but breasts are low in fat so they are particularly suited to grilling and sautéing. When roasting chicken or grilling bone-in pieces, be sure to marinate before cooking so the flavor of the meat blends with the seasoning for increased depth of flavor.

Volume conversions : 1cm=0.39 inches /100g=3.5 oz/1kg=35 oz/1 teaspoon=0.01pt/1 tablespoon= 0.03pt/100°Celsius= 212°Fahrenheit



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.

Recommended cuts

Wing

Breast

Thigh

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