



Chicken breast and vegetable grille

Taste the simple flavors of Japanese chicken with this grilled dish. The dressing sets off the quality of the ingredients and the lemon is refreshing.

Ingredients

2 200g chicken breasts	Seasoning A
1 small eggplant	3g each of oregano, Italian parsley, basil, minced mint,
1 zucchini	2 tablespoons lemon juice,
1 yellow pepper	100ml olive oil
4 mushrooms	Salt, pepper, olive oil
10 mini asparagus	

Directions

1. Cut eggplant and zucchini in to 7mm slices, leave mushrooms as they are and cut yellow pepper coarsely. Sprinkle all with salt, pepper and olive oil.
2. Mix A to make the dressing.
3. Heat the grill, oil, and grill vegetables over medium heat. Turn over when browned. When cooked, brush with dressing while still hot.
4. Remove excess oil and skin from chicken. Season with salt and pepper, sprinkle with olive oil.
5. Grill chicken on the skin side. When chicken meat turns white, turn over. When meat is cooked, brush with dressing.

Recommended cuts

Breast

Thigh



Stir fry chicken breast with nuts

The delicious flavor of Japanese chicken is locked in by a pre-treatment of coating then frying. Enjoy the strong characteristics of each ingredient in harmony with the others.

Ingredients

300g chicken breast	80g cashew nuts
Seasoning A	1 head of bok choy
1/2 an egg, 1/3 teaspoon salt,	5 chives
1 teaspoon soy sauce, 1 tablespoon sake for cooking, 1/2 teaspoon baking powder, pinch of pepper, 3 tablespoons potato starch	5cm leek
Seasoning B	1/2 knob of ginger
2 1/2 tablespoons soy sauce, 1 1/2 tablespoon vinegar, 1 tablespoon sake for cooking, 2 teaspoons salt, 2 tablespoons soup	2 dried chili peppers
	1 teaspoon Sichuan pepper
	1 teaspoon potato starch
	Salad oil

Directions

1. Cut chicken into bite sized pieces. Except for potato starch, combine ingredients of seasoning A and sprinkle over chicken. Leave for 10 minutes then sprinkle with potato starch.
2. Cut chives into 2cm pieces. Cut bok choy in half lengthwise and then into 2cm pieces. Roughly mince ginger. Cut chili pepper into rounds.
3. Mix the ingredients for Seasoning B.
4. Heat 3 tablespoons of oil in a frying pan. Sauté leek, ginger, chili pepper and Sichuan pepper. Break apart the chicken from step 1 and add. When chicken is cooked through, add the bok choy then ingredients from step 3.
5. When boiling, add potato starch mixed with water, and then add nuts and chives.

Recommended cuts

Wing

Breast

Thigh

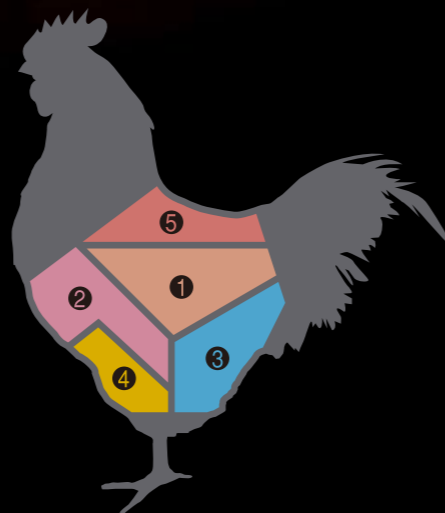
Simmer and Steam



Recommended cuts

①Wing ②Breast ③Thigh ④Tenderloin ⑤Skin

Chicken has a high water content and shrinks when cooked so consider size when cutting. Making a slice along the bone makes a piece cook easier and allows the flavors to sink in. Cook chicken with the skin as the skin adds flavor. When steaming, sprinkle with salt and sake for cooking for about 10 minutes. Steam with the skin side up so flavor from the skin can penetrate into the meat.



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.