



## 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	Sauce
Pinch of salt and pepper	50ml port
Flour	20ml white wine
2 tablespoons oil	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

Wing

Thigh

## Whole chicken and ginseng soup

Simmered whole chicken and ginseng is like a medicinal food. Japanese chicken in particular is very meaty, so this dish is great for gatherings and sharing with a large number of people.

### Ingredients

1 chicken (insides removed)
1 ginseng root (if ginseng is unavailable you may make it without)
50g sticky rice(soak in water overnight)
4-5 dates (or prunes, etc)
2 chestnuts
Pinch of salt
Pine nuts to taste

### Directions

1. Rinse the inside of the chicken.
2. Push in the neck of the chicken and close with a pick or other instrument. Stuff the chicken with sticky rice, dates and chestnuts. Truss the opening of the chicken.
3. Place ingredients from step 2 and ginseng in a deep pot and pour in about 3 liters of water, just enough to cover. Bring to a boil over high heat and skim the scum then reduce heat to low and simmer for 2 hours.
4. Season with salt to taste and sprinkle in pine nuts if desired.

Recommended cuts

Wing

Breast

Thigh

Tenderloin

Skin

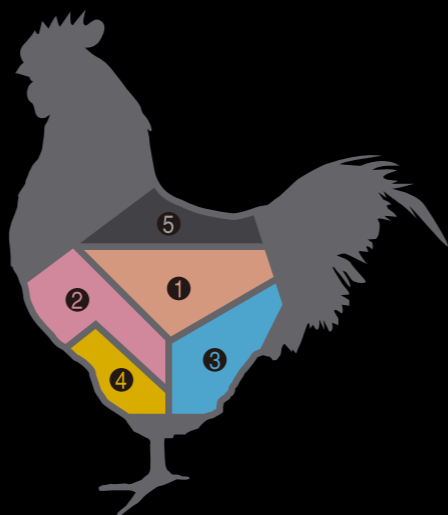


# Fried

## Recommended cuts

1Wing 2Breast 3Thigh 4Tenderloin

Determine which cut to use depending on your own preference; use chicken thigh when you want a tender texture and breast when you want a firm meat. Wings also offer firm meat and have a unique crispy texture. The appropriate temperature for frying differs depending on the dish. To reduce oil and make a dish crispy, turn up the temperature before finishing the cooking process.



## Fried chicken with onion sauce

This dish with plenty of volume uses just one breast and one thigh. To enjoy a firm texture, try Japanese chicken breast, if you'd like a more tender texture use thigh meat.

Recommended cuts

Breast

Thigh

## Ingredients

1 each chicken breast and thigh  
Seasoning A  
Sake for cooking  
1 tablespoon soy sauce  
1 teaspoon sesame oil  
1 egg  
1/2 cup potato starch  
(cornstarch can be used to substitute)

Sauce  
1/2 leek chopped (or onion)  
2 tablespoons each of sake for cooking and soy sauce  
1 tablespoon sugar  
2 teaspoons sesame oil  
Frying oil  
1 head bok choy

## Directions

1. Slice into the thick part to make the chicken a uniform thickness. Marinate in seasoning A for 15 minutes. Cut bok choy into quarters.
2. Add ingredients from step 1 to a beaten egg and leave for 20 minutes.
3. Sprinkle with a generous amount of potato starch and thoroughly fry in medium hot oil. Mix ingredients for sauce and spoon over chicken while still hot. Garnish with fried bok choy.