



Bone-in chicken thigh confit

Confit is deep fried at a low temperature for a long time. When using a bone-in cut of meat, the meat will shrink very little. With Japanese chicken, you'll enjoy the tender texture of the fleshy meat.

Ingredients

- 3 bone-in chicken thighs
- 1 clove garlic
- 3 stalks rosemary
- 3 stalks thyme (Roughly 12-13g per stalk)
- Pinch of salt
- Olive oil
- 1.25kg duck fat or lard

Directions

1. Poke several holes in the chicken with a skewer. Sprinkle with salt, cover with sliced garlic, rosemary, and thyme. Sprinkle with olive oil. Wrap in kitchen wrap and refrigerate overnight.
2. Put chicken in a pot with enough fat to cover the chicken and heat to 90°C. Retain at this same temperature for 2 hours.
3. Before eating, sauté the skin side in a frying pan.

Recommended cuts

Wing

Thigh



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.

Ingredients

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

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.

Recommended cuts

Wing

Breast

Japanese Chicken

Safe, high quality Japanese chicken

