

Yakitori – Japanese Chicken Skewers

yield: 4 servings

- ❑ 14 oz (400 g) chicken thigh fillet trimmed and cut into bite-sized cubes
- ❑ 4 stems of spring onion (thick stems) trimmed and cut into 1" (3 cm) length pieces
- ❑ bamboo skewers 5" long
- ❑ optional: mushrooms or other vegetables
- ❑ salt to taste (optional)



Teriyaki Sauce

- ❑ 1/3 cup soy sauce
- ❑ ¼ cup water
- ❑ 1 ½ oz (50 g) fine sugar
- ❑ ¼ cup Mirin
- ❑ grated ginger root (optional)

Combine soy sauce, water and sugar in a saucepan and cook on medium heat until the sugar has dissolved. Add Mirin and simmer for 10 minutes. Use immediately, or cool and store in the refrigerator to up to one month.

You can also use a store-bought teriyaki sauce, if you prefer.

Thread chicken and onions alternating onto bamboo skewers. For a strong teriyaki flavor, marinate skewered chicken for at least 30 minutes.

Warm-up the Cook-N-Dine teppan cooktop. When yellow light is off, set temperature to 7. Coat cooking surface lightly with vegetable oil.

If not marinated, brush chicken skewers lightly with teriyaki sauce and place onto the cooking center. When starting to brown, turn and brush other side lightly. Watch the temperature so the sauce does not burn before the chicken is cooked through. Repeat procedure a few times until chicken is done.

Turn Cook-N-Dine off.

Serve Yakitori with a little white rice and/or grilled vegetables.