

Teriyaki Chicken

Ingredients: serves 4

4	Free range chicken thighs (skin on)
2	Leeks
2-3 tbsp	Katakuriko (starch for coating)
¼	Cabbage (for garnish)

For frying:

2 tbsp	Vegetable or sunflower oil
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Seasonings for the original teriyaki sauce:

3 tbsp	Shoyu
3 tbsp	Sake
3 tbsp	Mirin
1½ tbsp	Brown sugar

Spices:

Shichimi	(seven spices)
Yuzu gosho	(green pepper paste with yuzu citrus)

Preparation:

1. Cut the chicken into pieces. Cut the leeks into 2cm lengths.
2. Mix the teriyaki seasonings together, until sugar dissolves.
3. Slice the cabbage thinly, then soak in cold water in a large bowl to stop it from drying out. Put the bowl in the fridge until ready to serve.

Method:

1. Lightly coat the pieces of chicken with Katakuriko (potato starch).
2. Heat the frying pan then add 1 tbsp of oil.
3. Fry the leeks to brown them, then remove from the pan and set aside.
4. Continuously add the 1 tbsp of oil, then fry the chicken skin side down to brown the outside. Turn over a few times.
5. Put the leeks back in the pan then add teriyaki sauce and simmer for 4 mins until sauce thickens.
6. Strain the water from the cabbage to garnish on the plate.
7. Serve the chicken while it is hot, sprinkle with shichimi or yuzu gosho if you like it spicy!