

Yakitori Chicken Kebabs

Makes 12

Preparation Time: 20 mins

Cooking Time: 20 mins

These skewers are incredibly moreish and would be the star dish at any party or barbecue.

Ingredients

- ❖ 6 boneless chicken thighs
- ❖ 150ml (¼ pint) Japanese soy sauce
- ❖ 90g (½ cup) sugar
- ❖ 25ml (1½ tbsp) sake or dry white wine
- ❖ 15ml (1 tbsp) plain all-purpose flour

Directions

1. Soak 12 wooden skewers in water for at least 30 minutes. Make the sauce. Stir the soy sauce, sugar, sake or wine into the flour in a small pan and bring to the boil, stirring. Lower the heat and simmer the mixture for 10 minutes or until the sauce is reduced by one-third. Set aside.
2. Cut each chicken thigh into bite-size pieces and set aside.
3. Preheat the grill/broiler or prepare the barbecue.
4. Thread the chicken on to the drained skewers. Grill/Broil under a medium heat or cook on the barbecue, brushing generously several times with the sauce. Allow 5-10 minutes, or until the chicken is cooked but still moist.
5. Serve with yakitori sauce.

Variation

Bite-size chunks of turkey breast, lean boneless pork or lamb fillet can be used instead of chicken. Small, whole button mushrooms are also delicious for a vegetarian alternative.

Serving Suggestion

Serve with rice or noodles.

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