



Chicken Teriyaki (for sushi)

INGREDIENTS:

- 180g chicken thighs
- ½ tsp ginger – fresh grated
- Pinch salt
- 1 tsp vegetable oil
- ½ tbsp. honey
- ½ tbsp. mirin
- ½ tbsp. soy sauce

METHOD:

1. Rub the ginger and salt into the chicken and let this sit for at least 30 minutes
2. After it is marinated, use paper towel to dry the chicken as best you can, removing any excess ginger pulp
3. Whisk teriyaki sauce in a medium bowl (honey, mirin and soy sauce)
4. Heat the oil in a heavy bottomed frying pan over medium heat
5. You don't want to start the chicken off over to high a heat otherwise it will not cook through before burning
6. Flip the chicken, then add the teriyaki sauce. Let this mixture boil, while flipping the chicken repeatedly to coat evenly
7. The chicken teriyaki is cooked when most of the liquid has evaporated and the sauce forms a thick glaze around the chicken
8. Slice finely for sushi and pour as much of the remaining teriyaki sauce over the chicken as you wish

