

Japanese Recipe - 4

Tori no kara-age (Deep fried chicken nuggets)

Crispy and juicy. Enjoy Japanese-style deep fried chicken.



Ingredients (Serves 2)

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|--|--------------------------------------|--------------------------------------|
| 180g chicken thigh or breast | 1/2 teaspoon grated garlic *optional | Dash of pepper |
| 2 teaspoons soy sauce | 1 teaspoon grated ginger | 1/8 lemon |
| 1 teaspoon Cooking Sake | 1 teaspoon grated onion | 45g Kara-age Flour **optional |
| 2 tablespoons potato starch or wheat flour | Dash of salt | |

Method

1. Cut chicken into seven to eight bite-sized pieces. If a piece is too large, it will take a longer time to cook.
2. Put chicken pieces, soy sauce, Cooking Sake, ginger, onion (and garlic) in a bowl, and mix it all together.
3. Sprinkle potato starch (or wheat flour) over chicken and coat it well.
4. Regulate frying oil to 180 degrees and put chicken pieces one at a time. *The oil temperature is right if you can hear the sound "tsststst" the moment a chicken piece is dropped into the oil. Use a big pot and deep fry only a few pieces one at a time. The oil temperature will drop if the pot is small, or too many pieces are fried at once.
5. Take chicken pieces out from the oil when they start to float, and leave for about three minutes on paper towel to absorb oil.
6. Push chicken pieces, using tongs or chopsticks, to reduce moisture and help crisp the chicken.
7. Put chicken pieces back in oil and wait until colour changes to light brown or gold. Then, take them out from the oil again.*Do not over fry.
8. Shake chicken pieces at least five times to lose oil. Then, put chicken pieces on an oil drain container or paper towel.
9. Sprinkle some salt and pepper over chicken pieces.
10. Serve with salad, garnish, and half moon cut lemon on a dish.
*You can simply eat without dressings, but some mayonnaise or some fresh dressing is better.



Kara-age flour improves the texture and flavour of the Tori no kara-age. It is recommended for those who have not tried Tori no kara-age before.

This Sake is suited to 'Tori no kara-age'

SAWAHIME Kimoto Junmai

"This Sake has special characteristics which changes in different temperatures and suits well with Tori no kara-age. Drinking at cold temperature will give a subtly and smooth finish. Warm it up and it will give a crispy light sweetness and quick clear taste to cleanse your palate."



Cooking Sake

Cooking sake is called Ryouri Shu, which is mainly used for cooking dishes rather than for drinking. It helps improve the flavour and when used on meat and fish, it helps kill any bad odors and helps to give off a nice smell.



**Kara-age Flour

Kara-age flour is flour used for Tori no kara-age to improve the texture and flavour of the deep-fried food. It is recommended for those who have not tried Tori no kara-age before.

Japanese groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart.



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