

Japan *I*food vol.11

Try to cook easy and healthy Japanese traditional food at your home!

Information : Lion Oriental Foods Co. and Loi's Eastern Supermart

Japanese Recipes and Tips

English Section

Take me home!!!

Japanese Recipe - 21

Tsukune

Tsukune is Japanese chicken meat balls covered with a kind of Teriyaki sauce. It is popular at Yakitori restaurants and is a great appetizer as well as a main dish.



Ingredients (Serves: 16 balls)

350g ground chicken	1/4 tablespoon of salt
4 spring onion	4 tablespoon
1 egg yolk	Katakuriko
1 tablespoon of grated ginger	(potato starch)
	2 tablespoon of oil
	Teriyaki Sauce

Method

1. Chop the spring onion into thin slices.
2. In a large bowl, mix chicken, spring onion, yolk, ginger, salt and potato starch very well until it becomes very sticky. Divide it into 16 pieces and shape them into small rounds.
3. Heat oil in a frying pan at medium heat, fry patties for 3-4 minutes each side until cooked through.
4. Cook for about a minute by coating chicken with the Teriyaki sauce.



Sandra Gwee

Sake Specialist /
Manager of Lion Oriental Foods Co.
and Loi's Eastern Supermart

To celebrate Perth Japan Festival, we have organized a special free sake tasting event with Perth Sake week. Come to meet award - winning brewers! You will be also able to purchase bottles of sake at Lion on the 25th from 1pm.



Teriyaki sauce is a very universal sauce. You can mix teriyaki sauce with a lot of food.

Teriyaki sauce

Teriyaki sauce has four main ingredients, which are soy sauce, sake, sugar and ginger. In Japanese, "teri" means luster and "yaki" means grilled, broiled, pan-fried.



Katakuriko

Katakuriko is a fine vegetable starch used as a thickener in Japanese cooking. The starch was traditionally derived from the Katakuriko plant (trout lily).



This Urakasumi Zen Ginjo is ideal for 'Tsukune'

Urakasumi Zen Ginjo

Perfect soft balance with a clean sweet finish.



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