

Japan *I*food vol.12

Try these new recipes to get your taste buds to reach their full potential!

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

Japanese Recipes and Tips

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Japanese Recipe - 23

Yakitori

Yakitori means grilled chicken and also refers to skewered food in general. Yakitori is commonly made with bite-sized pieces of chicken meat and vegetables.



Ingredients (Serves 2)

- 70ml of **Yakitori Sauce**
- 450g of chicken thighs
- 2 long white spring onions
- Drops of Vegetable oil
- Pinch of **Sanshou**

Method

1. Cut chicken thighs into 2cm cubes, and cut spring onions into 2cm long pieces.
2. In a heated frying pan, spread oil very thinly, and cook meat at medium high heat for 5 minutes. Turn and cook for another 5 minutes until browned and cooked through.
3. Immediately dip chicken in the Yakitori sauce, and serve.



Sandra Gwee

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

"Perth Sake Week" was a major success. It was a good opportunity for the people in Perth to experience high quality Sake and to see what Japan is all about. Sake can be enjoyed in so many ways and it can be served with Japanese food as well as other European foods to understand and appreciate Japanese culture to a high level.



Yakitori sauce is similar to teriyaki sauce but it is more salty. Brushing the Yakitori on the sauce gives it a more juicy texture.

Yakitori Sauce

Yakitori Sauce is a Japanese sauce for barbequing. Items are brushed with it before grilling, then brushed with it a few times more while cooking. In Japanese, it is called "Yakitori no tare". "Tare" means "sauce" in Japanese.



Sanshou

The pulverized mature fruits ("peppercorns" or "berries") known as "Japanese pepper" or kona-zanshou are the standard spice for sprinkling on the broiled eel (kabayaki unagi) dish. The finely ground Japanese pepper, kona-zanshou, is nowadays usually sold in sealed packets, and individual serving sizes are included inside heat-and-serve broiled eel packages.



Sawahime- Yamahai
Junmai for 'Yakitori'

Sawahime Yamahai Junmai

Dry and crisp
with sweet finish.



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



Huge range of Japanese Sake and Plum Wines available.

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t: 08 9228 9898
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