

Yakitori Recipe

<Ingredients>

16 (Negima) Chicken Skewers

600g Chicken thigh
(about 2 pieces of chicken thighs)

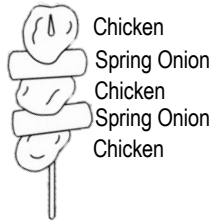
2 Spring onion
(White part)

Sauce

2 tbs Soy sauce (Kikkoman Brand)

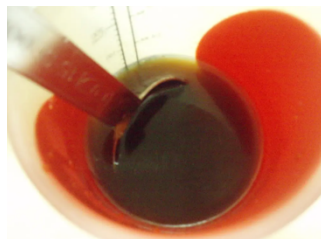
2 tbs Mirin sauce

1 tbs Brown sugar



Chicken (Negima) Skewers

<Preparation>



<Sauce>

Mix all the ingredients.



<Chicken & Spring Onion>

Cut the white part of the spring onion into 3cm length. Discard the green part.



Cut the chicken into 24 pieces.
2 chicken will make 48 pieces.



Skewer the ingredients; chicken, spring onion, chicken, spring onion then chicken.

<How to Cook>



On medium heat, brown the chicken skewers, about 2 minutes on each side.

It should look like this:



Cover the frying pan and cook for further 5 minutes.



In the meantime, heat the sauce in a pot until it bubbles up.



Pour the sauce on to the chicken and cook until the sauce is thick and caramelised. Keep turning the skewers.



Keep an eye on it because it'll get burnt very quickly from here onwards. Take them off the heat when the chicken is cooked through.

Vegetarian Skewers

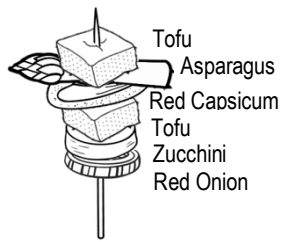
16 Vegetarian Skewers

300g	Tofu
6	Asparagus
1	Red Capsicum (L)
1	Zucchini (S)
1	Red Onion

Sauce

6.5tbs	Soy sauce (125ml)
6.5tbs	Mirin sauce(125ml)
3tbs	Brown sugar

Vegetarian



<Preparation>



Cut the tofu in half and place it on the tea towel. Cover and gently press down to squeeze out the moisture. Place a frying pan and weigh it down with something heavy inside to further squeeze out the moisture. Wipe the tofu dry. Cut the tofu into small cube.



Trim off the stem of the red onion and peel off the outer one or two layers of dry skin.



Cut the onion in half and halve them again giving you four quarters.



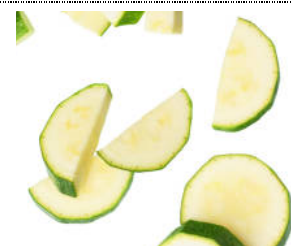
Peel away the outer 4-6 layers from the inner core.



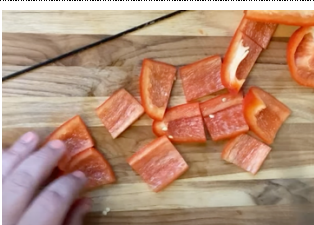
Separate each piece into two layers. Cut each piece roughly into the same size as other vegies.



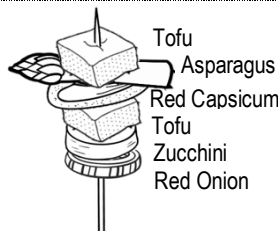
Cut the woody ends off the asparagus and cut them into about 3cm length.



Cut the zucchini long way in half then slice them into about 1/2 cm.



Cut the capsicum long way into 4 then cut each into 3.



Skewer the ingredients – from bottom to top: red onion, zucchini, tofu, red capsicum, asparagus then tofu.

<How to Cook>

Follow the instructions for Chicken (Negima) Skewers.