

Japanese recipe

'Tori no kara-age (Deep fried chicken nuggets)'



Ingredients (Serves 2)

- 180g chicken thigh or breast
- 2 teaspoons soy sauce
- 1 teaspoon cooking Sake or white wine
- 2 tablespoons potato starch or wheat flour
- 1/2 teaspoon grated garlic *optional
- 1 teaspoon grated ginger
- 1 teaspoon grated onion
- Dash of salt
- Dash of pepper
- 1/8 lemon

Crispy and juicy.

Enjoy Japanese-style deep fried chicken.

Method

1. Cut chicken into seven to eight bite-sized pieces. If any piece is too large, it takes too long to cook.
2. Put chicken pieces, soy sauce, Sake (or white wine), ginger, onion (and garlic) in a bowl, and mix 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 in individually.

*The oil temperature is right if you can hear the sound "tsssss" the moment a chicken piece is dropped into the oil. Use a big pot and deep fry only a few pieces at any one 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 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 crispen the chicken.
7. Put chicken pieces back in oil and wait until colour changes to light brown or gold. Then, take them out from oil again.
8. Shake chicken pieces at least five times to lose oil. Then, put chicken pieces on oil drain container or paper towel.
9. Shake 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, fresh dressing is good.

Put lots of love in when you cook and enjoy your delicious *Kara-age*.

Presented by ZEN Japanese restaurant Owner Chef Hideki Hayashi

Asian groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart (Refer to P22).

note

Manners to eat rice

Generally speaking, Japanese people, when eating rice, will not leave a single rice grain on the dish. This is a distinctly Japanese custom. Superstition has it that leaving rice grains can lead to blinding of one's eyes. In the Japanese Kanji, the word 'rice' is written as '米', which is said to consist of two 'eights' (written in Kanji as '八') and one 'ten' (written in Kanji as '十'), therefore

'eighty eight'. The number is believed to suggest that one rice grain is produced by combining farmers' eighty eight burdens and hardships. Thus, it is regarded as good manners to give thanks to farmers, a custom still handed down from parents to children even now.