



EPISODE 21 - TERIYAKI SAUCE & TERIYAKI CHICKEN

Ingredients - Sauce:

200 ml of sake
200 ml Mirin
250 ml light soy sauce
80 g brown sugar

Recipe - Sauce:

Heat all ingredients in a small saucepan until sugar is completely dissolved
Pour into a sterilised bottle and put aside

Ingredients for about 4 servings:

800 g of chicken thigh meat
1 large onion cut into slices
1 can of button mushrooms halved
1 large garlic clove
3 cm piece of ginger
1 tbsp cornstarch
Some white cabbage

Recipe:

Heat some oil in a large pan
Add onions, garlic and ginger and fry until the onions are lightly caramelised
Remove and set aside
Put some more oil in the pan and heat
Fry the chicken meat for about 8 minutes
Add mushrooms and the onion mixture and mix well
Add the teriyaki sauce and simmer
Mix the cornflour with a little cold water and add to the pan
Mix well
Simmer again for a few minutes and add sesame oil
Serve with finely sliced white cabbage and a little mayonnaise