

Teriyaki Chicken

Cooking Lessons with CGJNY



INGREDIENTS

1 piece	Chicken Thigh	Sauce	
30ml	Oil	30ml	Soy sauce
6g	Flour	30ml	White wine
	Salt & Pepper	9g	Sugar
		30ml	Honey

Directions

1. Poke holes into the chicken with a fork, skin-side up. Season with some salt and pepper.
2. Combine the chicken and flour in a resealable bag and massage to fully coat the meat.
3. Mix the ingredients for the sauce together in a bowl, and set aside.
4. Using a generous amount of oil, fry the chicken skin-side down on medium heat until golden brown (around 3-4 minutes). Flip and continue to fry until both sides are golden brown.
5. Remove the excess oil. You can use a paper towel to do this.
6. Add the sauce mixture to the pan. Cook until the sauce has thickened and the chicken is well-coated. Remove from heat, and cut the chicken into easy to eat pieces.
7. Top with the remaining sauce from the pan, adjusting the amount to your preference. Serve with lettuce salad or any vegetables you like.



ENJOY!

It is delicious by itself.
Please also try it as a sandwich!

MEET THE CHEF MR. YASUHIRO SHIMA



Hello everyone. I am a chef at the Consulate General of Japan Ambassador's Residence. I hope you will enjoy cooking "Teriyaki Chicken".

It can be tough to cook 3 meals a day, so here is my tip: if you already have an idea of what you will make and have gathered the ingredients, prepare any similar things all at once. You can store the prepared items away in portions for use in later recipes, which will help you save time on prep work.