

Chicken Skewers Pan-Fried Recipe

(Dakkochi Gui - Korean Recipes)

Ingredients: Makes 8 skewers

500g chicken thigh breast fillets, cut into 24 pieces
1 clove garlic, crushed
½ teaspoon grated ginger
2 teaspoons sesame oil
¼ teaspoon ground white pepper
16 small button mushrooms
8 scallions or 2 leeks, white portion only, cut into 24 pieces
8 bamboo skewers
2 tablespoons vegetable oil

Bulgogi Marinade:

1½-2 tablespoons minced garlic
4-5 tablespoons soy sauce
2 tablespoons soft brown sugar
2 tablespoons corn syrup or sugar syrup
½ teaspoon freshly ground black pepper
2 tablespoons rice wine or sake
1 tablespoon sesame oil
1 large nashi pear (about 3½ cups/600g), grated
2 scallions, finely sliced
½ cup beef stock (optional)

Method:

Mix all the Bulgogi Marinade ingredients together in a bowl and set aside. Season the chicken pieces with the garlic, ginger, sesame oil and pepper. Mix well and set aside to marinate for 5 minutes. Thread 3 pieces of chicken, 2 pieces of mushrooms and 3 lengths of scallions alternately through a skewer. Repeat with the remaining ingredients, alternating them in the above order. Coat the skewered ingredients with the Bulgogi Marinade and leave to marinate for 5 minutes. Drain the marinade from the skewers into a small saucepan and bring to a boil for 2 to 3 minutes, then pour the marinade into 4 dipping bowls. Heat the oil in a skillet and pan-fry the skewers over medium heat. Cook for 2 to 3 minutes on each side, using a spatula to press down on the skewers gently. If preferred, the skewers can also be placed under a grill or broiler. Serve with the bowls of warmed Bulgogi Marinade.

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