

Tori Teriyaki Recipe

(Grilled marinated chicken recipes)

Ingredients: Serves 6, Oven: Preheat to 200°C

1 x 1½ kg (3 lb) roasting chicken
½ cup Japanese soy sauce
½ cup mirin or dry sherry
2 tablespoons sugar
1 clove garlic, peeled
pinch salt
1½ teaspoons finely grated fresh ginger
few drops sesame or vegetable oil

Method:

Joint the chicken and then, with a heavy cleaver, cut each drumstick and thigh in halves. Cut breast in halves lengthways, then cut each half across into three pieces. Wings are cut in three at the joints and the tips discarded or put into the stock pot. The back may be cut across into four pieces, or used for stock if preferred. Combine soy sauce, mirin and sugar in a large bowl. Crush garlic with a good pinch of salt and add to bowl together with ginger and sesame oil. Put chicken pieces one at a time into the marinade, turning them so they are coated all over. Let them stand in the marinade for at least 1 hour, turning them two or three times, or marinate overnight if more convenient. Oil a large baking dish and put pieces of chicken in a single layer in the dish. Roast in preheated hot oven for 15 minutes, then turn each piece over with tongs and roast for 10 minutes longer. Turn oven down to moderate, 170°C, pour away fat from the baking dish, and spoon some of the marinade over the chicken. Return chicken to oven for a further 20-25 minutes, basting with marinade every 10 minutes, until chicken is tender, well glazed and browned. Serve hot with rice, or cold as an appetizer or picnic food.

Note: To cook chicken teriyaki in a frying pan, drain the pieces of chicken well, reserving marinade. Dry chicken on absorbent paper and pierce the skin a few times with a fork. Heat 2 tablespoons oil in a large, heavy frying pan and put in chicken pieces, skin side down. Brown on one side, then turn with tongs and brown other side. Pour away oil, add half the marinade to pan, turn heat low. Cover and cook for 15-20 minutes or until chicken is almost tender. Uncover and cook for a further 5 minutes or until chicken is well glazed and brown and marinade is quite thick.