



Karaage

Chicken Karaage is a classic Japanese fried chicken dish marinated in a mix of soy sauce, sake, sugar, garlic and ginger, lightly coated with potato starch

Recipes

- 700 gms – 1 ½ lbs. chicken thigh fillets
- 1 ½ tbsp fresh ginger grated
- 1 ½ tbsp garlic pressed
- 3 tbsp soy sauce
- 1 ½ tbsp sake
- 3 tsp sugar
- ½ cup potato starch

Steps:

1. Cut the chicken thigh fillets into 5 cm – 2 inch pieces and keep aside.
2. In a bowl, mix together the ginger, garlic, soy sauce, sake and sugar.
3. Add the chicken pieces to the marinade. Mix well and refrigerate for about 4 hours.
4. Right before the oil is ready, add the potato starch to the chicken. You do not need to mix it evenly. The uneven coating gives each piece its unique texture.
5. Heat the oil in a large saucepan to 190°C – 375°F and add the chicken to the oil, in batches. Deep fry for 1 minute. Transfer the chicken to a rack and let it rest for 30 seconds.
6. Return the chicken to the oil and fry for 30 seconds, and then rest on a rack for another 30 seconds.
7. Return the chicken to the oil and fry for 30 seconds, and then rest for 1-2 minutes in a warm place.
8. Serve the chicken karaage with a sprinkle of salt, lemon wedges and some Japanese mayo on the side.