



Cuisine

Asian

Japanese

Chicken

Soy

Gluten

Chicken

High-Protein

Japanese Popcorn Chicken (Karaage)

Crispy, delicious fried chicken is one of life's greatest pleasures, but every once in a while, you feel the desire to mix things up. That's where this recipe for Japanese popcorn chicken steps into the picture. It's everything you love about fried chicken but what a Japanese kick, thanks to a handful of ingredients like garlic, ginger, sake, soy sauce, and sesame oil. They're the perfect way to spice up game day...or any day.

Alvin Zhou

Tasty Team

*Updated on June 10, 2019***Total Time**

1 hr 25 min

Prep Time

1 hr 10 min

Cook Time

15 min

Ingredients

for 2 servings

- 3 boneless chicken thighs, chopped into 1-inch chunks
- 3 cloves garlic, finely minced
- 2 tablespoons ginger, finely grated or minced
- 2 tablespoons soy sauce
- 2 tablespoons sake
- 1 tablespoon sesame oil
- 1 tablespoon sugar
- ½ cup potato starch (80 g)
- oil, for frying

TO SERVE

lemon wedge

fresh parsley

Nutrition Info

Calories **680**Fat **28g**Carbs **46g**Fiber **3g**Sugar **6g**

Protein **58g**

Estimated values based on one serving size.

Preparation

- 1** Combine the chicken with the garlic, ginger, soy, sake, sesame oil, and sugar in a bowl until evenly coated. Cover and refrigerate for about 1 hour.
- 2** Heat oil in a pot over high heat until about 340°F (170°C).
- 3** Give the chicken a stir to re-incorporate the marinade, then sprinkle the potato starch on top. Lightly toss until somewhat combined, but do not mix until each chicken piece is evenly coated because the uneven pockets of potato starch will give the chicken its signature unique texture.
- 4** Fry half of the chicken at a time, until light golden and bubbly, about 5-7 minutes. The oil temperature will drop to about 320°F (160°C). Rest the chicken on paper towels and increase the heat.
- 5** Heat oil to about 390°F (200°C), then fry the chicken again for about 2-3 minutes until golden brown. Drain the chicken on paper towels.
- 6** Serve with lemon and parsley.
- 7** Enjoy!
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