



Ingredients :

- 6 chicken breasts
- 10 cl mirin
- 10 cl sake
- 10 cl black soy sauce
- 2 c. tablespoons sugar
- 1 leek
- wooden skewers

Preparation :

Soak wooden skewers in cold water for 20 minutes to avoid the meat clings to the sticks.

Cut the leek and chicken fillets into pieces of 3 cm.

In a bowl put the mirin, sake, soy sauce and sugar and mix well until the sugar is well dissolved and set aside.

Marinate meat in sauce for 30 minutes in the fridge.

Skewer the chicken pieces and alternating with pieces of leek and cook on a grill or barbecue for 7-8 minutes on each side.

Brush over the skewers occasionally with remaining sauce.

Serve with white rice.

Tips : you can use beef, pork and vegetables to other like mushrooms or peppers.

Anecdotes : Traditional yakitori consists only of chicken and vegetables, but in modern usage is used

beef, beef patty, chicken skin, pork, fish, seafood or fake meat with vegetables. The yakitori is typically served with salt or teriyaki sauce made from mirin, sweet sake, soy sauce and sugar. This is a very popular dish in Japan and throughout Asia.

www.azizen.com - copyright 2011-2012 - tous droits réservés