

Chicken Wing Donburi

Ingredients and Instruction for 2 servings

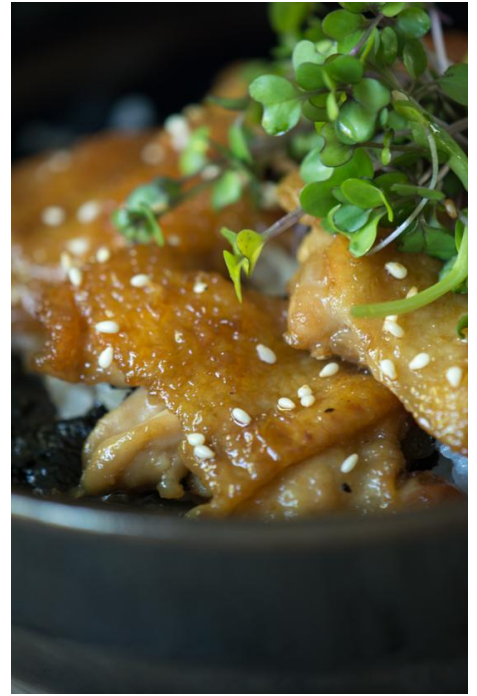
- 8 Chicken wings – 4 chicken wings per donburi

For sauce (the amount is for 8 chicken wings)

- Soy sauce, sake and Mirin 2 Tablespoons each
- Sugar 1 Tablespoon Whisk to combine well.

- Cooked rice 1 cup per donburi. Keep warm
- Seaweed (optional)
- Powdered sansho pepper (Japanese pepper)
- White toasted sesame seeds
- White radish sprout or long onion julienned for garnish.

1. Prepare wings - wash chicken wings in large bowl full of water to inspect for any dirt or feathers and clean. Dry with a paper towel.
2. Cut off the pointy part of the chicken wing.
3. Slit skin in the between the middle section and rest. Grab both ends and bend to break the bone joint then cut off with a knife.
4. Hold the flabby skin and slide knife above and along side of bones butterfly.
5. Cut connecting tip of two bones. Scrape off the bones from meat. Remove any cartilage left on skin.
6. Heat non-stick pan at medium heat. Lay the prepared chicken wings in the pan skin side down and brown. Turn over to brown the other side. Be careful, chicken releases a lot of fat, it may splash. Turn off heat and wipe the excess oil up with a paper towel. Note: grill them until charred instead of pan fry if you like.
7. Turn the heat back on and pour the prepared sauce and cook until well coated.
8. Assembly – put rice in donburi, scatter torn seaweed on top of rice (if using), Place 4 pieces of chicken wings with some sauce over the rice, sprinkle with sesame seeds and Japanese pepper. Garnish with radish sprout or long onion. Serve warm.



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