



# Cook / Local Japan

**Gifu**

Why not visit the official tourism website (while eating this dish)?



## Today's recipe

### "Kei-chan"

Chicken and vegetables grilled in a sweet and spicy miso based sauce.

It is a popular dish in the north-central part of Gifu prefecture. Different restaurants and families have different tastes and ingredients.

>> Serves: 2

>> 10 mins to prepare and 15 mins to cook (ex. 1 hour for marinating)

↓ Regular supermarket(R), Japanese grocery store(J)

## Available at ① Ingredients & Preparation

Available at	Ingredients & Preparation
<input type="checkbox"/> R	200g <b>chicken thigh (boneless)</b> cut into bite-sized pieces
<input type="checkbox"/> R J	1 tsp <b>garlic</b> grated
<input type="checkbox"/> R J	1 tsp <b>ginger</b> grated
<input type="checkbox"/> J	1 tbsp <b>cooking sake</b>
<input type="checkbox"/> R J	1 tbsp <b>mirin</b>
<input type="checkbox"/> R	1tsp <b>sugar</b>
<input type="checkbox"/> R J	1 tsp <b>soy sauce</b>
<input type="checkbox"/> R J	1 tbsp <b>miso (fermented soybean paste)</b>
<input type="checkbox"/> J	a pinch of <b>shichimi-togarashi (seven taste chilli pepper)</b>

<input type="checkbox"/> R J	1 tbsp <b>sesame oil</b>
<input type="checkbox"/> R	100g <b>onion</b> cut into wedges
<input type="checkbox"/> R	100g <b>sweet heart cabbage</b> cut into bite-sized pieces

<input type="checkbox"/> R	30g <b>gem lettuce</b>
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## Place / Prefecture

## ② Method

1 Prick the **chicken** with a fork to make it easier to soak up the flavor. Put the **garlic, ginger, cooking sake, mirin, sugar, soy sauce, miso** and **shichimi-togarashi** in a zipper bag and mix well. Then add chicken to the bag and keep it in fridge. (Marinate for 1 hour.)

2 Heat the **sesame oil** in a pan over a medium heat, add the chicken and fry until chicken is almost cooked. Then add the **onion** and **cabbage** and fry until vegetables are tender.

3 Serve on plates and garnish with the **gem lettuce**.