



Cook Local Japan



Today's recipe

"Tori-ten"

Deep-fried chicken in a light batter (Chicken tempura).

It is a popular dish in Oita prefecture. It can be eaten with the refreshing juice of the kabosu citrus which is a local specialty.

>> Serves: 2

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

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

Place / Prefecture

Oita

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



Available at Ingredients & Preparation

| Available at | Ingredients & Preparation |
|------------------------------|---|
| <input type="checkbox"/> R J | 1tsp garlic grated |
| <input type="checkbox"/> R J | 1tsp ginger grated |
| <input type="checkbox"/> J | 2 tsp cooking sake |
| <input type="checkbox"/> R | a pinch of salt |
| <input type="checkbox"/> R | a pinch of ground black pepper |
| <input type="checkbox"/> R | 1 tsp sugar |
| <input type="checkbox"/> R J | 2 tsp soy sauce |
| <input type="checkbox"/> R | 250g chicken breast cut into large bite-sized pieces |

Method

- Put the **garlic, ginger, cooking sake, salt, ground black pepper, sugar** and **soy sauce** in a zipper bag and mix well. Then add the **chicken** to the bag and marinate for 10 minutes.

| | | | |
|----------------------------|--------------------|----------------------|--------|
| <input type="checkbox"/> R | enough to deep fry | oil | |
| <input type="checkbox"/> R | 4 tbsp | flour | |
| <input type="checkbox"/> J | 1 tbsp | potato starch | |
| <input type="checkbox"/> R | 1 | egg | beaten |
| <input type="checkbox"/> | 60ml | water | |

- Half fill a deep pan with **oil** and heat to 180°C. Mix the **flour, potato starch, egg** and **water** in a bowl, then dip the chicken in the batter. Carefully drop the chicken into the oil and deep-fry for 5 minutes until golden brown and rising to the surface. Drain on a rack.

| | | | |
|------------------------------|---------|--|--|
| <input type="checkbox"/> R | 30g | gem lettuce | |
| <input type="checkbox"/> R | 30g | cherry tomatoes | |
| <input type="checkbox"/> R | 1 wedge | lemon | |
| <input type="checkbox"/> R J | 30ml | ponzu (Japanese citrus seasoned soy sauce) | |
| <input type="checkbox"/> | 1/2 tsp | yuzu-kosho (yuzu citrus pepper paste) | |

- Serve on plates and garnish with **gem lettuce, cherry tomatoes** and **lemon**. Use **ponzu** and **yuzu-kosho** to taste.