
Baked Mochiko Chicken

Description

This is a great Japanese dish that I like to bake vs. fry. It's healthier for you, and tastes just as good with a nice side of steaming hot rice (brown is healthier). You don't even have to use mochiko flour; you can cut cost by using a combination of regular all purpose flour and cornstarch.

Total time: 45 min Yield: 4 Servings

Ingredients

2 lb boneless skinless chicken thighs
1/2 cup mochiko
1 cup flour
1/3 cup cornstarch
1 tsp garlic salt
1/4 cup low-sodium shoyu
1/4 cup mirin
4 medium garlic cloves (minced)
1 Tbsp minced ginger
2 Tbsp sesame seeds (optional)
olive oil
cooking spray

Prep Time: 45 min Total Time: 45 min

Instructions

Cut chicken into bite-size pieces. In a small bowl combine shoyu, mirin, garlic, ginger and chicken. Add sesame seeds (if using). Marinate in the refrigerator for at least 3 to 4 hours (or overnight).

Drain chicken of marinade. In a medium bowl, sift together flour, cornstarch, mochiko and garlic salt and mix well. Set aside.

Pre-heat oven to 425° F. When ready to bake, coat the bottom of a broiler pan or cookie sheet with olive oil. Place the oiled pan into the oven and preheat the pan until the oil is very hot (you want the chicken to sizzle when you add it to the pan).

While the pan and oil is heating up, dredge the drained chicken in the flour mixture and set aside. When the pan is really hot, place the chicken pieces in single layer (very important), quickly spray with cooking spray and place in the oven - let it sizzle! Lower the heat to 350° F and cook chicken for about 10 minutes. Enjoy with rice and steamed veggies for a healthy chicken meal.

Recipe brought to you by:

Chef Michi Holland

Source:

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