
Griddled or Stir Fried Marinated Chicken

Description

Griddled or Stir Fried Marinated Chicken is a recipe for a dish that has great presentation appeal while its cooking, and is great eaten on its own with rice, or as a filling for a burrito, sandwich, wrap, or soft taco. The raw ingredients for this dish can be arranged attractively in a larger skillet or pan, taken to a party or picnic, and cooked on a stove, grill, or open fire, making it a true conversational dish.

Total time: 50 min Yield: 4 servings

Ingredients

4 pieces boneless chicken thighs (1" pieces)
1/2 onion (julienned)
6 clove garlic (minced)
1 Tbsp ginger (minced)
1/4 cup shoyu
2 Tbsp brown sugar
1 Tbsp gochigaru Korean chili flakes or dried chili flakes
1 tsp ground black pepper
2 Tbsp salad oil
1/4 head cabbage (cut into bit sized pieces)
1 carrot (small, 1/4" diagonal slices)
1 zucchini (small, 1/4" slices)
1/2 Anaheim chili or green bell pepper (1/4" slices)
4-6 pieces sesame or won bok leaves
1/2 cup water or chicken stock

Prep Time: 30 min Cooking Time: 20 min Total Time: 50 min

Instructions

In a medium bowl, combine the chicken and onion and mix well. In a small bowl, combine the garlic, ginger, shoyu, brown sugar, chili flakes, and black pepper; mix well then pour the marinade over the chicken and onion and stir to coat well. The chicken can marinate for as little as 30 minutes or up to 3 days.

Drizzle the salad oil on the bottom of a cold skillet or sauté pan and artistically arrange the cabbage, carrot, zucchini and pepper by color, in a ring, around the edges of the pan creating a crater in the center. Line the crater with the sesame or won bok leaves and place the marinated chicken in the center of the pan and cover with foil. Place the pan on a stove, grill, or open fire pit over high heat. Remove the foil when the vegetables begin to loudly sizzle, about 3 minutes. Add in the water or stock and place a lid

or foil to cover the pan for a few minutes. Remove the lid and stir all of the ingredients together and continue to cook until the chicken is fully cooked. If the liquid evaporates before the chicken is cooked, add in more liquid. Once everything is cooked, stir well to ensure every item is coated with sauce.

Recipe brought to you by:

Chef Grant Sato