

Tsukune Japanese chicken skewer with maple soy glaze and green onion |

Recipe for 12 Tapas



Description

Tasty chicken dumplings with green onion and ginger, and a sweet and savory sauce.

The traditional name for this recipe is "Tsukune".

Note

Pork can be substituted for chicken.

Ingredients

Meatballs

- 600 Gr Chicken breast
- 15 Gr Fresh ginger
- 2 Unit(s) Green onion
- 1 Tbsp Roasted sesame oil
- 1 Unit(s) Egg
- 50 Gr Cornstarch
- 1 Pinch(es) Salt

Sauce

- 100 Ml Sake
- 100 Ml Soy sauce
- 100 Ml Mirin
- 50 Ml Maple syrup
- 1 Tsp Roasted sesame oil
- 1 Clove(s) Garlic
- 1 Pinch(es) Ground ginger

Topping

- 2 Unit(s) Green onion
- 2 Tbsp Fried onions

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Set up

Finely chop the green onion for the dumplings and slice the green onion for the garnish.

Chop the chicken.

Peel and chop the garlic

Meatballs

In a large bowl, mix the onion, sesame oil, ginger, egg, salt, cornstarch and chicken until sticky. Cover with cling film and refrigerate for 10 minutes.

Oil your palms with a few drops of sesame oil, then form the dumplings with the chilled mixture.

In a frying pan, plancha or grill, cook each side for a few minutes until golden-brown.

Thread the meatballs onto skewers and place on a baking sheet.

Coat the meatballs with a little sauce and finish cooking in the oven for 10-12 minutes.

Sauce

In a saucepan, combine soy sauce, sake, mirin, brown sugar, ginger, garlic and sesame oil. Bring to the boil to melt the brown sugar.

Cook gently for a few minutes to obtain a sticky sauce.

On the plate

Place the skewers on your plates and generously coat with the remaining sauce, finishing with the green onion and fried onions.

Bon appétit!