



INGREDIENTS

- ½ Cup Soy Sauce
- ½ Cup Mirin (or substitute Sweetened Rice Vinegar)
- ¼ Cup Sake
- ¼ Cup Water
- 2 Teaspoons Brown Sugar (packed and leveled off)
- 1 Cup Tokyo Negi (naga negi; or substitute Green Onions)
- 1 Pound Chicken Thighs (boneless skinless; at room temperature)
- Neutral Oil (for the wire rack)
- Shichimi Togarashi (Japanese seven spice; optional for a spicy kick; or substitute with a mixture of Chili Flakes, Sesame Seeds and Salt)

DIRECTIONS

1. Separate the green part of the green onions from the white and light green parts. Cut the white and light green parts into 1¼-inch pieces. Cut the green parts in half crosswise.
2. To a small saucepan, add soy sauce, mirin (or rice vinegar), sake and water. Then add brown sugar and the green part of the green onion.
3. Bring it to a boil over high heat. Once boiling, reduce the heat to low and simmer, uncovered, until the sauce reduces to one-third of its original volume. It will take about 30 minutes. Let it cool to room temperature before using.
4. Cut chicken thighs into 1¼-inch squares.
5. On a flat work surface, fold a slice of chicken in half. Holding the skewer at a 45-degree angle, pierce the side of the folded meat. Then, tilt the skewer down so it's parallel to the work surface and thread it all the way through. Next, add a piece of green onion next to the chicken piece.
6. Add another piece of chicken, then another piece of green onion. End with a piece of chicken.
7. Line a baking sheet with aluminum foil. Place an oven-safe wire rack on top. Grease the grate of the wire rack with neutral oil.
8. Place the skewers on top in two rows, with the handles resting along the edges of the baking sheet. Cover the top and bottom of the handles with folded strips of aluminum foil to prevent burning.
9. Turn on the broiler to High (550°) with a rack placed on the middle position of the oven. Place the skewers under the broiler for 6 minutes.
10. After 6 minutes, brush with the yakitori sauce. Flip the skewers carefully with a pair of tongs and brush the sauce on the other side. Continue to broil for 3–4 minutes to caramelize the sauce.
11. Finally, flip one more time. Baste with the sauce, then broil for an additional 1–2 minutes. Remove the baking sheet from the oven.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE



YIELD

10 Skewers

PORTION SIZES

Toddler: 1 Skewer

Preschool: 1½ Skewers

School Age: 2 Skewers

Adult: 2 Skewers