



# Chicken Yakitori

## Serving portion

- ▶ Total 280g
- ▶ Chicken Yakitori 240g (4 x 60g)
- ▶ Yakitori Sauce 40g

Info: brush chicken generously with yakitori sauce after heating up in the SpeedLight. Best served with lime and chilli powder

## Cooking cycle

| Top Temp. | Bottom Temp. | Total Time |
|-----------|--------------|------------|
| 249°C     | 230°C        | 0.20       |
| Microwave | Bef/After    | Flex       |
| 0.20      | /            | On         |

## Yakitori sauce



### Ingredients (18 coffee paper cups)

- ▶ Sugar 100g
- ▶ Mirin 100g
- ▶ Soy sauce 100g



### Process

1. Combine sugar and mirin in a pot and bring to boil. Add soy sauce after 2 minutes and let it boil for another minute
2. Divide the mixture into 2 equal portions. Place one portion in the Benefit-Line refrigerator to cool (thin sauce) and continue to reduce the other half to syrupy consistency (thick sauce)

## Chicken Yakitori



### Ingredients (18 coffee paper cups)

- ▶ Chicken Leg 240g (Skinless & boneless, cut into 6 pieces)
- ▶ Thin Yakitori Sauce 150g



### Process

1. Cut chicken leg into 6-8 pieces and marinate it in the yakitori sauce for at least 1 hour
2. Divide the marinated chicken pieces into 4 skewers
3. Preheat the grill tray in the air-o-stam at 250°C
4. Grill the chicken skewers for 5 minutes. Set aside to cool and store

