

Japanese Style Fried Chicken with Ponzu Mayonnaise

Serves: 4

TASTE OF CATER CARE FACT

This recipe is based on the Japanese cooking technique Karaage, where various foods, but mainly chicken, are marinated, then lightly coated in potato starch and fried.

Although this cooking style has been used since the 17th century in Japan, it was not until the 1920's that the dish became extremely popular throughout Japan. The fried chicken in the recipe is paired with two classic Japanese ingredients, ponzu and kewpie mayonnaise, which create a delicious creamy citrus mayonnaise that is a perfect accompaniment for the fried chicken.

INGREDIENTS

- 1 1/2 tsp Crushed Ginger
- 2 Garlic Cloves - peel and finely chop.
- 30ml Sake
- 45ml Soy Sauce
- 2 tsp Caster Sugar
- 1kg Chicken Thigh Fillet - Skin On - remove any excess fat and sinew and cut into 4cm dice.
- 20ml Soy Sauce
- 20ml Rice Wine Vinegar
- 20ml Mirin
- 20ml Lime Juice
- 1 1/3 Garlic Cloves - peel and finely chop.
- 1 1/3 tsp Caster Sugar
- 300gm Japanese Mayonnaise
- 250gm Potato Starch
- To Taste - Sea Salt and Finely Ground White Pepper
- As Required - Vegetable Oil
- 1 Shallot (Spring Onion), Green Stem Only - cut into 6 cm lengths, finely slice each lengthways, place in ice cold water for 5 minutes and drain.
- As Required - Toasted Sesame Seeds or Wasabi Infused Sesame Seeds

METHOD

1. In a mixing bowl, add the crushed ginger, 2 garlic cloves, sake, 45ml soy sauce and 2 tsp caster sugar. Mix to combine.

2. Add the chicken and toss until it is evenly coated with the marinade. Cover with cling wrap, place into a refrigerator and allow it to marinate for 8 hours.

3. To make the ponzu mayonnaise, in a second mixing bowl, add the 20ml soy sauce, rice wine vinegar, mirin, lime juice, 1 1/3 garlic cloves and 1 1/3 tsp caster sugar. Mix to combine. Add the mayonnaise, and mix to combine. Cover with cling wrap and refrigerate for at least 1 hour to allow the mayonnaise's flavours to develop.

4. In a third mixing bowl, add the potato starch. Season to taste.

5. Gently roll the pieces of chicken in the potato starch until they are evenly coated. Remove the chicken, shaking off any excess potato starch.

6. Over a moderate heat, in a saucepan, add the vegetable oil to a depth of 6cm and gently heat to 150°C.

7. In batches, carefully add the chicken to the hot oil and cook for 4 minutes or until the chicken is cooked through, well browned and crisp. Remove the chicken and place it onto absorbent kitchen paper towel to remove any excess oil.

TO SERVE

Stack the Japanese style fried chicken on a serving board or platter, garnish with the finely sliced shallots. Place the ponzu mayonnaise into a serving bowl, topped with toasted sesame seeds or wasabi infused sesame seeds and serve accompanied by a bowl of freshly steamed long grain rice.