

**Japanese Food Made Easy by Aya Nishimura**

'Izakaya/Bar Food'

Yakitori (Grilled Chicken Skewers) (p. 48)

Serves: 4

Preparation: 30 minutes

Cooking: 10 minutes

There are numerous varieties of yakitori, including chicken offal and skin, but the classic and probably most popular is negima – chicken thigh and spring onion with a sweet soy sauce.

800 g (1 lb 12 oz) skinless chicken thigh fillets, excess fat trimmed and cut into 4 cm (1½ inch) cubes

8 spring onions (scallions), white part only, cut into 4 cm (1½ inch) pieces

½ cup (125 ml) teriyaki sauce (store-bought or homemade, see page 218)

12 bamboo skewers

4 teaspoons sunflower oil

½ teaspoon shichimi togarashi, (store-bought or homemade, see page 166)

Soak the bamboo skewers in water for 15 minutes, as this will prevent them from burning during grilling.

Spear the chicken and spring onions onto the soaked skewers – there are no strict rules, but aim for a good mix of both chicken and spring onion.

Heat the oil in a cast-iron frying pan over medium heat. When it starts to sizzle, place the chicken skewers in the pan, cover with the lid and cook for 4 minutes on each side or until cooked through.

Pour the teriyaki sauce into the pan, turn the skewers with tongs and toss them with the sauce. As the sauce thickens, take the pan off the heat.

Arrange the skewers on a serving plate, drizzle with the cooking sauce, sprinkle with the shichimi togarashi and serve.

**Japanese Food Made Easy by Aya Nishimura (£14.99, Murdoch Books). Photography by Lisa Linder.**