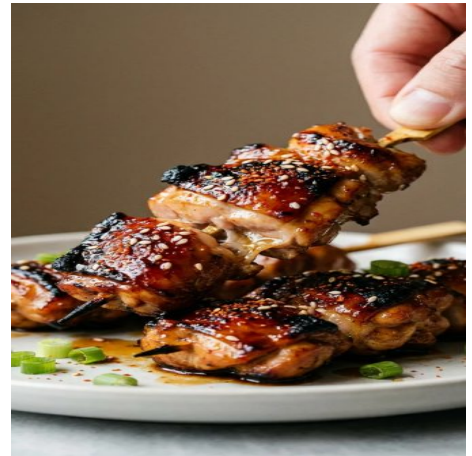


Yakitori: Grilled Chicken Thigh Skewers

Tender meat and charred scallions glazed in a thick sweet soy sauce



PREP
20 min

COOK
10 min

TOTAL
1 hr 2 min

SERVES
12 servings

CALORIES
150 kcal

Ingredients

- 1 lb boneless, skin-less chicken thighs
- 1 bunch green-onion–type scallions, cut into 1-inch pieces
- 1/2 cup soy sauce
- 1/4 cup grape or apple juice
- 1/4 cup water
- 2 tbsp light brown sugar
- 1 tsp sesame oil, optional
- 1 tsp ginger, finely grated, optional
- 1 tsp shichimi togarashi, optional, for garnish
- 1 tsp toasted sesame seeds, optional, for garnish
- bamboo skewers, soaked in hot water for 30 min

Instructions

1. Prepare the equipment: Preheat your grill to medium-high (around 218°C [425°F]). Soak your bamboo skewers in hot water for 30 minutes. This prevents the wood from burning when it hits the high heat.
2. Cut the ingredients: Cut the chicken thighs into 1-inch cubes and pat them dry with paper towels. Slice the scallions into 1-inch lengths. Keep some green parts aside to use for garnish.
3. Simmer the glaze: Whisk soy sauce, juice, water, brown sugar, sesame oil, and ginger in a small saucepan. Bring the mixture to a gentle simmer over medium heat. Reduce to low and stir occasionally until it thickens slightly.

4. Refine the sauce: Strain the sauce through a fine mesh to remove the ginger solids. Let it cool until it is pourable but not hot. Set aside a small portion for the final drizzle.
5. Assemble the skewers: Thread chicken cubes and scallion segments onto each skewer in alternating order. Leave a few centimetres of slack between pieces. This space allows you to brush the glaze evenly on all sides.
6. Grill and glaze: Brush the skewers with warm tare sauce and place them on the grill. Sear each side for 2–3 minutes and brush with more sauce during each turn. Cook until the internal temperature reaches 74°C [165°F].
7. Rest and finish: Remove the skewers from the heat and let them rest for 2 minutes. Brush them with the reserved sauce for a glossy finish. Sprinkle with toasted sesame seeds and shichimi togarashi.

Notes

What to serve with it Plate the skewers over fluffy steamed jasmine or sushi rice. Garnish with sliced green onions and a drizzle of extra tare. For a complete meal, serve with a mixed cucumber salad, light miso soup, or sides of edamame and pickled daikon to provide an authentic Japanese balance of flavours.

Making it ahead Prepare the tare in the refrigerator overnight to allow for a deeper flavour and more consistent sweetness. Keep any uncooked skewers refrigerated. Do not leave them at room temperature for more than 2 hours to ensure the chicken remains safe and fresh before you move them to the grill.

Storing and reheating Freeze cooked yakitori in an airtight container for up to 4 months. Thaw the skewers in the refrigerator overnight. Reheat them in a toaster oven or on the grill. Add a splash of water during this process to retain moisture and prevent the chicken from drying out.

Getting the texture right Soak bamboo skewers in hot water for 30 minutes to prevent them from burning on the grill. Use a digital instant-read thermometer on the thickest part of the chicken. Ensure it reaches 74°C (165°F) so the meat is cooked through without losing its succulent, juicy texture.