

Grilled Chicken with Soy Sauce

(This is an adaptation of a Japanese dish and can be served either as part of a Japanese meal, Or as a tempting appetizer) Serves 4

Ingredients: -

4 - whole chicken breasts, skinned

125ml/4fl oz - sake or dry sherry

50ml/2fl oz - soy sauce

125ml/¼ oz - chicken stock, skimmed of all fat

10ml/2 tsp – cornflour

2 - celery stalks, thinly sliced into sticks

8 - spring onions

Method: -

Warm the sake or sherry in a small saucepan.

Remove from the heat, then ignite the sake or sherry with a match.

Allow it to burn until the flames die down.

Stir in the soy sauce and chicken stock.

Dissolve the sugar and cornflour in 45ml/3 tbsp of the soy sauce mixture.

Pour the remaining soy sauce mixture into a shallow dish.

Preheat the grill to moderately high.

Coat the chicken breasts on one side in the soy sauce mixture, then grill until they are golden



brown on that side.

Remove from the heat, coat the other side in the soy sauce mixture and return to the grill to cook the second side until it is golden brown.

Remove from the heat and coat the chicken breasts again with the soy sauce mixture.

Place on the grill rack and brush them generously with the soy sauce and cornflour mixture.

Cook for a further 6 minutes by which time they should be a deep golden brown.

Transfer the chicken to warmed serving dishes and garnish with the celery and spring onions.