

Twice cooked miso chicken skewers

By Shaun Presland

30 minutes

Prep time

15 minutes

Cooking time

20 Servings

Serves



INGREDIENTS

Tamago moto

- 1 egg yolk
- 75ml vegetable oil

Chicken skewers

- 500g chicken thigh mince
- 15g grated ginger
- 25g white sesame seeds, toasted
- 45g white miso paste
- 45g spring onions, finely chopped

To serve

- Sansho pepper
- Lemon

METHOD

Tamago moto

1. Place egg yolk into the smallest bowl of a food processor and blitz, slowly drizzling the oil into the yolk to form a thick emulsion.

Chicken skewers

1. Mix chicken and remaining ingredients in a large bowl. Add enough tamago moto to combine.
2. Place mixture in a piping bag and cut a 2.5cm hole at the tip.
3. Line the solid steam tray with baking paper. Pipe long lengths of the chicken mixture 1cm apart, onto the baking paper.
4. Steam at 80°C for 12 minutes.
5. Place in refrigerator to cool and set. Cut into 6cm lengths and skewer with 9cm bamboo skewers.
6. Remove from the refrigerator and stand the chicken for 20 minutes before browning.
7. Heat oil in a large fry pan on a medium heat, Induction setting 7, and cook until golden brown and the chicken is warmed through.

To serve

1. Serve with a light sprinkling of sansho pepper and finish with a squeeze of lemon.

Hints and tips

- Sansho S&B brand, is available at most Asian grocery store