

Braised Chicken Recipe (Chikuzen-Ni Recipe)

Ingredients: Serves 4

200 g chicken thigh
450 g taros
50 g carrot
50 g burdock
100 g lotus root
½ konnyaku (devil's tongue jelly)
6 small dried shiitake mushrooms
15 snow peas
1½ tablespoons salad oil

Simmering Stock:

1½ cups dashi stock or water
2 tablespoons sake
3 tablespoons sugar
1½ tablespoons mirin
3 tablespoons soy sauce

Method:

Brush and wash mud away from taros. Cut both ends off and peel the skin to make six sides. Cut in halves and soak immediately in water. Wash briefly. Cover with water and ½ teaspoon salt in a small pan and bring to a boil. When it comes to a boil, discard water and wash under running water. Boil again in water without salt two times and remove sliminess (taros cooked over low heat are liable to fall to pieces, so cook over rather high heat). Leave aside. To prepare chicken, remove and discard the yellow fat and skin sticking out of the body. Cut lengthwise in half and into bite-sized pieces. Leave aside. Peel skin of carrot and cut into bite-sized pieces. Soak in water. Brush burdock in water and cut into bite-sized pieces. Soak in vinegared water until water turns brown to remove harshness. Rinse and drain in a colander. Set aside. Peel skin and cut lotus root into bite-sized pieces. Soak in vinegared water for 3-4 minutes. Rinse, drain and set aside. Place konnyaku in water and bring to a boil. Boil for 5 minutes and transfer to cold water. Cut into bite-sized pieces with a spoon. Set aside. Wash dried shiitake mushrooms briefly and soak in water until soft and place a weight like a plate on them to prevent from floating. Cut stems off and leave aside. Prepare snow peas by removing strings and parboil briefly in salted water. Heat ½ tablespoon salad oil in a pan. Remove the pan from the heat and let it cool placed on a wet cloth. Add the chicken and coat with the oil. Stir-fry over medium heat until slightly colored and transfer to a bamboo colander. Heat the rest of the oil in the pan. Stir-fry all the other ingredients except snow peas. Transfer all to the same colander. Remove excess oil by pouring plenty of boiling water over. This will improve the taste and prevent the oil from coming out on the surface when cooled. Add all the ingredients in a pan with the dashi stock and stock ingredients. Simmer over high heat. When it comes to a boil, turn heat to medium. Skim off any scums that forms and continue simmering with a wooden lid dropped directly onto the food. In the meantime, turn the ingredients upside down (nabegaeshi). When the liquid is almost reduced, slant the pan and boil down the liquid. Transfer to a metal pan. To serve, arrange ingredients with color in mind. Place green snow peas here and there for accents.