

Chicken and Vegetable Yakitori

INGREDIENTS

Sauce:

½ cup mirin

¼ cup soy sauce

2 tbsp honey

2 thin slices fresh ginger

1 garlic clove, smashed

Pinch red pepper flakes

Skewers:

1½ lbs boneless, skinless chicken thighs, cut into 1" cubes

6 green onions, white parts only, cut into ½" lengths

1 green bell pepper, cut into

1" dice

¼ lb cremini mushrooms, wiped clean, halved or quartered if large

2 tbsp vegetable oil, plus more for oiling the grill

½ tsp salt

¼ tsp freshly ground black pepper

¾ cup teriyaki sauce, divided

1 tsp grated orange zest (from 1 orange)

1. Combine all the sauce ingredients in a small saucepan. Bring to a boil, lower the heat and simmer until thickened, about 10 minutes. Remove ginger and garlic, and set aside.
2. Thread chicken and vegetables onto 12 small bamboo skewers (presoaked in water for 15 minutes); leave space for even cooking. Place on a plate, brush with oil and sprinkle with salt and pepper.
3. Preheat grill to medium. Put about 1/3 cup teriyaki sauce in a small bowl for basting; add zest to remaining amount to use for dipping. Oil the grill racks and cook skewers, turning occasionally and basting with teriyaki, until browned and cooked through, about 12 minutes.

Yields 6 appetizer servings

Source: Reprinted with permission from The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces And More (Random House)