

Chicken Tsukune 鶏つくね (skewered meat balls) with Mango Sauce



<Ingredients (serve 4)>

- 400g Minced chicken
- 1 Large egg
- 1 Leek (white part)
- 4 stalks Coriander (with roots)
- 4 cloves garlic

1/2 tsp Sea salt

12 stalks Lemon grass

4 quail eggs

<Mango Sauce>

1/2 Mango

1 Tbsp White Saikyo Miso

1 tsp Japanese Light colour soya sauce

<Spicy Soya Sauce>

50ml Japanese dark colour soya sauce

1 Large green chilli

<Garnish (option)>

Small lime

Shichimi Togarashi (seven chilli spices)

<Method>

1. Prepare

Mince the leek, coriander and garlic. Halve the lemon grass of half length on lengthways and make some fine cuts against the fiber for infusing the flavour.

2. Make the meat balls

Put the chicken, leek, coriander and garlic in a bowl and crack the egg into it. Dust the salt and kneed until the mixture is sticky and firm texture. Divid into 12 and stick the lemon grass into one meat ball. Repeat the process for the rest of them.

3. Cook the meat

Array the meat in a large frying pan and cook on low heat with a lid. Sometimes turn the meat over and cook for 15 minutes or until nice brown colour.

4. Make the sauces

Meanwhile make two sauces.

Mango sauce: spoon the flesh and mash in a bowl. Add the Saikyo Miso and light colour soya sauce and mix well.

Spicy soya sauce: slice the chilli and marinate with dark colour soya sauce.

5. Serve

Crack the quail eggs and drop some spicy soya sauce and mix well. Drizzle the mango sauce over the chicken and dip into egg mixture. Sprinkle lime juice and seven chilli spices if you like.

Enjoy!