



1 QUICK RECIPE:

Teriyaki Chicken Skewers

- 1 Cup Tamari or Light Soy Sauce
- 1 Cup Coconut or Brown Sugar
- ¼ Cup Unseasoned Rice Wine Vinegar
- ½ Cup Water
- 5 Large Garlic Cloves, grated
- 1 TB Grated Ginger
- 8 Boneless, Skinless Chicken Thighs, sliced into long thin pieces like sate
- Sea Salt and Freshly Ground Pepper
- 2 TB Avocado or Grapeseed Oil
- 2 TB Cornstarch
- ½ Cup Sliced Green Onions
- ¼ Cup Sesame Seeds

Step One In a small bowl whisk together soy sauce, sugar, rice vinegar, water, garlic and ginger. Pour half of the mixture over chicken in a bowl and let marinate for at least 2 hours, or preferably overnight. Reserve the other half of the marinade for finishing.

Step Two When ready to cook the chicken, place the remaining marinade in a small pot over medium heat. Add the cornstarch and whisk until dissolved. Bring to a boil, re-

duce heat and simmer 3-4 minutes, until it just begins to thicken. Remove from heat and set aside.

Step Three Preheat the oven to 400F. Place the chicken in a bowl, and using gloves, coat well with the oil and season with salt and pepper. Skewer the chicken with the bamboo skewers and brush the teriyaki sauce on each skewer.

Step Four Heat a grill or cast-iron pan over high heat and cook the chicken about 3 minutes on each side to get grill marks. Place the chicken in a 400F oven for another 3-5 minutes or until juices run clear and the temperature of the skewers are 165F. The sauce will get sticky and caramelize—don't let it burn. To serve, top with green onions and sesame seeds and if desired, a bowl of more teriyaki sauce.



Japanese immigrants came to the United States, the sweet wine was switched out for sugar and fish was eventually changed to chicken, pork or beef. Teriyaki dishes have appeared on American menus since at least the 1940s. But Seattle's Toshihiro Kasahara is credited with creating a teriyaki trend in the 1970s.

2 KITCHEN SCOOP

The word "Teriyaki" in Japanese means *teri*: the shine on the food; and *yaki*: grilling. It was associated with a style of grilling fish with a sauce primarily made from soy sauce, sweet rice wine, and sake. As

3 CLEVER

If you have teriyaki sauce left-over make sure to freeze it! Use it to glaze chicken wings before serving, or a pork chop. Just make sure you cook your protein until almost done until brushing it with the sauce. The sauce has sugar in it which can make it burn if you cook it over high heat for too long.

4 CHEERS!

A to Z Wineworks Pinot Noir

OREGON
Around \$15.00

A to Z's tagline is "The Essence of Oregon" and they prove it by sourcing grapes from over 15 vineyards in Oregon. The winery was started by a group of winemakers from famous vineyards like Eyrie, Chehalem, Archery Summit and Domaine Drouhin. Their goal was to create a delicious and affordable pinot noir to enjoy ALL days. You'll love the cherry berry aromas and tastes with the teriyaki.