

# Recipes and Tips



## Chicken Teriyaki

Serves 4

120ml soy sauce

100gr sugar

$\frac{3}{4}$  teaspoon of brown sugar

3 cloves garlic, crushed

1 tablespoon grated fresh ginger

pinch of pepper

cinnamon stick

$\frac{1}{2}$  tablespoon pineapple juice

4 skinless, boneless chicken thighs

1 tablespoon cornflour

In a small saucepan, combine all ingredients except cornflour and chicken. Bring to a boil over high heat. Reduce heat to low and stir until sugar dissolved, about 3 minutes. Remove from heat and let cool. Discard cinnamon stick and mix in 60ml.

Place chicken in a heavy-duty resealable plastic bag. Add mixture, seal bag and turn to coat chicken. Refrigerate for at least an hour, ideally overnight.

Remove chicken and set aside. Pour mixture into a small saucepan. Bring to a boil over high heat, then reduce heat to low. Mix cornflour with a tablespoon of water and add to pan. Stir until mixture begins to thicken, and gradually stir in enough water until sauce is the consistency of double cream. Remove from heat and set aside.

Heat a grill. Lightly brush chicken pieces with sauce and grill about 3 minutes per side. When cooked, slice chicken into strips, arrange on plate and drizzle with sauce.