

YAKATORI MEAT SKEWERS & DIPPING SAUCE

F EASY

Last Modified: 07/13/2014

PREP: 1 Hr
COOK: 30 Min
GRILLED

ASIAN

MAKES 10 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|-------|---------|--|---------|
| 1 1/2 | Pounds | Meat (Chicken, Shrimp, Pork, Beef) | Strips |
| | | (If using Shrimp, leave whole - 21 / 25 Count) | |
| 2 | Bunches | Green Onions (Divided 1 + Remaining) | Chopped |
| 1 | Package | Bamboo Skewers | Soaked |
| 1 | Piece | H. D. Aluminum Foil folded into thirds | |

GLAZE & DIPPING SAUCE

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|-------------------------|----------|-----------------------------|---------|
| 1 | Cup | Soy Sauce (Lee Kum Kee) | |
| 3/4 | Cup | Granulated Sugar | |
| 1/2 | Cup | Mirin (Takara Pale Gold) | |
| SUBSTITUTE IF NECESSARY | | | |
| 1/2 | Cup | Sherry (Holland House) | |
| 1 | Stalk | Green Onion (Whites Only) | Crushed |
| 1 | Tsp | Garlic | Minced |
| 1 | 1/4 Inch | Piece Fresh Ginger (Peeled) | Crushed |
| 1/4 | Tsp | Lemon Zest | |
| 3 | Tbsp | White Sesame Seeds | |

PREPARATION

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|----------------|---|
| FACTOID | Readily available in every city and shrine I was in throughout Japan (even baseball games). Made with an array of different Meats and Seafoods. Extremely popular as a street food from vendor carts like the ever-present hot dog carts in American Cities. Great as either a main meal with some Rice and Veggies or simply as a finger food appetizer. |
| TOOLS | 1) Large Mixing Bowl 2) Charcoal OR Gas Grill 3) Small Saucepan 4) Bamboo Skewers |
| PREP | 1) Soak the Bamboo Skewers in cold water for a minimum of 1 hour. Sink them with a weight. |
| PREP | 1) Cut the Meat into 1/8 inch thick slices, no more than 1 inch wide - remove all fat / sinew, etc. Try to make the slices uniform as possible for equal cooking times. |
| PREP | 1) Blot the Meat dry with paper towels and weave them evenly on the wooden skewers. Leaving a 4 inch long "handle" on the end. Cover and refrigerate them until ready to cook. |
| PREP | DISH 1) Thinly slice the Green Onion greens and set them aside reserving 1 Green Onion Stalk white. |

YAKATORI MEAT SKEWERS & DIPPING SAUCE

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| PREP | GLAZE & DIPPING SAUCE 1) Crush the reserved Green Onion white with the flat side of a knife, thinly slice the white and set it aside. 2) Peel and crush the Ginger with the flat side of a knife, thinly slice it and add it on top of the Green Onion white. 3) Mince the Garlic Cloves and add them on top of the Onion white. 4) Zest the Lemon and add it on top of the Onion white. |
| 1 | Preheat the grill to high and wipe the grates with Vegetable Oil just before cooking to keep the Meat from sticking. Place the aluminum foil sheet(s) so they protect the exposed ends of each skewer to keep them from burning. |
| 2 | In a small saucepan, mix the Soy Sauce, Sugar, Mirin, Green Onion whites, Garlic, Ginger and Lemon Zest and bring to a boil over medium heat - stirring often, cook until the mixture is thick and syrupy (bubbles on bubbles). Transfer to a bowl large enough to dip the skewered meat into. |
| CAUTION | DO NOT dip the skewers in the sauce for the first time until AFTER the initial 2 minute cooking time in order to prevent any raw meat bacteria from contaminating the sauce. Grill the skewers for 2 minutes on each side to cook the outside of the Meat - remove, dip in the sauce and return to the grill. Continue to grill / dip / turn the skewers until the Meat is firm and the sauce is a shiny glaze. DO NOT allow the sauce to burn on the skewers! |
| SERVE | Place the cooked skewers on a serving plate and sprinkle evenly with the Green Onions and Sesame Seeds - since the remaining sauce is not contaminated with raw meat bacteria, you may optionally serve it as either a Dipping Sauce or simply drizzle it over the top of the skewers just prior to serving. |