

Grilled Chicken Teriyaki Skewers with Miso Ranch

Oscar · 29/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 45 mins

Description

A delicious recipe for teriyaki chicken skewers If teri means shine and yaki refers to grilling then these chicken skewers are the perfect example of teriyaki Marinated in soy sauce sake and mirin the chicken is grilled to sweet smoky perfection and dipped in a refreshing herby miso ranch sauce thatll send your summer cookout guests into a frenzy The only bottles not invited to this party are bottled teriyaki sauces Garnish with sesame seeds if desired

Ingredients

- - 12 bamboo skewers - 2 pounds skinless
- boneless chicken thighs - ½ cup soy sauce - ½ cup sake - ? cup mirin (Japanese sweet wine) - ¼ cup brown sugar - 2 tablespoons minced green onions - 2 teaspoons finely grated ginger - 1 tablespoon vegetable oil - ¾ cup mayonnaise - ? cup buttermilk - ¼ cup sour cream - 1 tablespoon white miso paste
- or to taste - 1 tablespoon minced green onion - 1 clove garlic
- crushed - 1 tablespoon finely chopped fresh tarragon - 1 tablespoon finely chopped fresh dill - 1 tablespoon finely chopped fresh chives - freshly ground black pepper to taste - 1 pinch cayenne pepper

Instructions

1. Soak bamboo skewers in water. Prepare the chicken skewers: Cut chicken thighs in half lengthwise along the creases and halve the thicker portions to get 3 or 4 pieces each. Place chicken in a bowl. Pour in soy sauce
2. sake
3. mirin
4. brown sugar
5. green onions
6. ginger
7. and oil. Toss by hand until well combined and brown sugar is dissolved. Cover top in plastic wrap and marinate in the refrigerator for 2 to 6 hours. Make the dressing: Combine mayonnaise
8. buttermilk
9. sour cream
10. and miso in a bowl. Add green onion
11. garlic
12. tarragon
13. dill
14. and chives. Season with black pepper and cayenne. Whisk dressing until thoroughly combined. Thread chicken pieces onto skewers. Strain marinade into a saucepan and bring to a boil to make the glaze. Preheat a grill for medium-high heat. Grill skewers
15. basting with some of the reserved marinade
16. until meat firms up and springs back to the touch
17. 4 to 5 minutes per side. Serve skewers next to the miso ranch dressing and brush with reserved glaze. Chef John Chef's Notes Substitute crème fraîche or yogurt for the sour cream if desired. Try to avoid an extra-long marination
18. especially for such small chunks. The meat will cure in the sweet
19. salty mixture
20. which can give it an odd texture once cooked and make it easier to fall apart.