
Chicken Nishime

Description

Chef's Note: *This traditional Japanese New Year's simmered dish usually contains 9 or 11 items of the fall/winter season, cut into decorative shapes that represent the harmony of nature.*

Total time: 45 min Yield: 6 servings

Ingredients

1 Tbsp salad oil
1 lb boneless skinless chicken thighs cut into 1" cubes
1 pkg konnyaku (cut into triangles)
1 pieces gobo (cut into obliques)
3 pieces dried shiitake mushrooms (rehydrated, cut in half)
8 cup chicken stock
1/2 cup shoyu
1/2 cup sugar
1 carrot (cut into obliques)
6 pieces araimo (peeled)
1 pieces bamboo shoot (cut into wedges)
6 pieces konbu knots

Prep Time: 10 min Cooking Time: 35 min Total Time: 45 min

Instructions

Heat a medium sized pot and add in the oil.

When the oil lightly smokes, add in the chicken and saute for 2 minutes. Next add in the konnyaku, gobo and shiitake mushrooms and saute for another 2 minutes.

Add in the chicken stock, shoyu and sugar, stir well and simmer for 30 minutes. Add in the carrots, araimo, bamboo shoots and konbu and simmer for another 30 minutes.

Serve hot in the broth.

Recipe brought to you by:

Chef Grant Sato