

# Fried chicken liver skewers

Total time **15 mins** 5 mins preparation time 10 mins cooking time

Nutritional facts (per portion):  
**513 kJ / 122 kcal**

Fat: **4.1 g** Protein: **14 g**  
Carbohydrates: **6.9 g**

## INGREDIENTS

4 portion(s)

**240 g** chicken liver  
**6 tbsp** Kikkoman Yakitori Sauce  
- Glaze & Marinade  
  
or  
**4 tbsp** Kikkoman Sauce for Rice  
- sweet  
  
or Sauce for chicken liver kebabs:  
**1 tbsp** honey  
**2 tbsp** red wine  
**2.5 tbsp** Kikkoman Naturally  
Brewed Soy Sauce  
  
**0.5 tbsp** vegetable oil  
**0.5 tbsp** sansho pepper (or white  
pepper)

## PREPARATION

### Step 1

1. Clean and trim the chicken liver. Then wash the liver, dab it dry, cut into sizes, e.g. 2.5 cm (weighing approx. 15 g each) and thread onto skewers.
2. Heat the vegetable oil in a frying pan and fry the chicken liver skewers over a medium heat for approx. 3 minutes (covered with a lid). Turn over the skewers and cook for approx. 1 minute on the other side. Then put them on a plate and keep them warm.
3. Drain the remaining oil from the pan. Pour the yakitori sauce (or Kikkoman Sauce for Rice) into the pan and heat through. Place the skewers back in the pan and shake it so that they are all completely covered with sauce.
4. Arrange the skewers on a plate, sprinkle with sansho (or white pepper) and serve.

### Step 2

Preparation without Kikkoman Yakitori Sauce (or Kikkoman Sauce for Rice / Sucrée):

1. Follow steps 1 and 2 above. Then drain the remaining oil from the pan. Add the honey and the red wine to the pan and simmer until the honey has dissolved. Pour in the soy sauce and bring to the boil. Cook the mixture until the sauce thickens slightly.
2. Place the skewers back in the pan and shake it so that they are all completely

covered with sauce.

3. Arrange the skewers on a plate, sprinkle with sansho (or white pepper) and serve.