KIKKOMAN

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.