

MOIST AND CRISPY CHICKEN KARAAGE

3-4 servings

INGREDIENTS

1-1 ½ Lbs. Boneless chicken thigh, skin-on (easier to find bone-in and debone)

5 Tbs. Soy sauce or tamari sauce and enough water to fill up to 1 C liquid

½ Lemon, sliced

½ Cup ginger, thinly sliced

1 Clove garlic, smashed

¼ Tsp Maple syrup (or similar sweetener)

3 Tbs. (heaping) Rice flour for batter plus more if necessary, use non-glutinous rice flour from Asian markets, Bob's Red Mill will seem gritty

Non-dairy substitute or milk (or water in a pinch) to form batter (I like oat milk.)

Cornstarch for coating chicken (or potato starch)

Oil for frying, enough for about 1 inch deep

DIRECTIONS

Prepare the chicken

Debone chicken thigh if necessary then cut the thigh with skin-on into 1" by 1" pieces. Cut into similar sizes to cook thoroughly and evenly. Place chicken in a lidded glass container or gallon sized Ziploc. Set Aside.

Prepare the brine for the chicken

Add 5 Tbsp of soy sauce or tamari sauce to a 4 cup measuring cup. Now add enough cold water to the measuring cup for 1 cup of liquid. Slice ½ a lemon thinly. Squeeze slices over the measuring cup then add them into the brine. Add ½ Cup peeled and thinly sliced ginger. Add one peeled and smashed garlic clove and ¼ Tsp maple syrup. Stir and check the balance of flavors. Set aside.

Add chicken to brine

Pour brine into the container with the chicken. Mix thoroughly and cover. Let sit in the refrigerator 4-5 hours or longer.

For the last 30-60 minutes, pull out the container from the refrigerator and let it come up to room temperature. (This will make for crispier chicken once fried.)

Using a large plate lined with paper towels, pull the chicken out of the brine and let drain on the plate. Lightly pat the chicken on top to soak up additional brine.

Coat the chicken

Make a rice flour batter with a non-dairy substitute or milk. (Consistency should be similar to pancake batter.) Dip the now dry pieces of chicken inside the batter and dredge with cornstarch. Set aside the pieces on a different large plate. Avoid crowding.

Fry the battered chicken

Heat the oil in the pot (enough for about 1 inch deep) on medium high. The oil is ready when it bubbles quickly when a small piece of chicken is added and floats quickly to the surface. Once heated, add the chicken to the oil, do not overcrowd. Let fry untouched to set the batter then check that no pieces are stuck to the bottom. Be good about agitating the pieces so that they cook evenly.

The chicken is cooked when the outside is golden and has browned evenly. Place on a prepared cooling rack. Continue until all the pieces are cooked. Enjoy with some freshly squeezed lemon juice!