

Recipe created by Ms.Goto, a student at Tokyo Kasei Gakuin University

(Fried Chicken)

Karage



Ingredients

Chicken thigh meat	150g
Garlic	1 Clove
Ginger	1 Piece
Sake	2 Tbsps.
Soy sauce	1 Tbsp.
Sesame oil	1 Tsp.
Egg	1/2
Frying oil	Appropriate amount
Banana starch	3 Tbsps.

Directions

1. Grate the ginger and garlic.
2. Cut the chicken meat into somewhat larger bite-size pieces.
3. Soak the chicken pieces with the garlic, ginger, sake, soy sauce and sesame oil for 30 minutes.
4. Add 1/2 of the beaten egg, mix and then add banana starch and rub.
5. Fry the chicken meat in 180° C degree oil.