



Miele

Karaage chicken with spinach and pickled cucumbers

By Miele

45 minutes, plus marinating and pickling time

Preparation Time

25 minutes

Cooking Time

4 serves

Serves

INGREDIENTS

Spinach rolls with sesame

1 large bunch spinach with stems
(approximately 200 g)
3 tsp tamari
3 tsp rice wine vinegar
1 tsp sesame oil
1 ½ tsp white sesame seeds

Karaage chicken

600 g chicken thigh fillets, cut into 2 cm cubes
2 cm piece fresh ginger (10 g), finely grated
2 garlic cloves, crushed
60 ml (¼ cup) tamari
1 tbsp (20 ml) mirin
200 g (1 cup) potato starch
Vegetable oil in a spray bottle

Miso pickled cucumbers

2 small Lebanese cucumbers, sliced 4 mm rounds
Salt flakes
60 g (¼ cup) red or white miso
1 tbsp (20 ml) mirin

To serve

Togarashi
Steamed short grain Japanese rice
Salt flakes
1 lemon, cut into wedges
Japanese mayonnaise, to serve

METHOD

Spinach rolls with sesame

1. Wash the spinach very well keeping the stems intact. Place into a perforated steam container.
2. Place into the steam oven and Steam at 100°C for 2 minutes, or until wilted. Refresh in iced water.
3. Drain the spinach, remove the roots and lay on a clean tea towel, reorganising the spinach so half the stems are facing each direction. Gently squeeze excess water out. Roll into a tight cylinder and cut into 8 pieces.
4. Combine the tamari, vinegar and sesame oil in a bowl.
5. Drizzle the dressing and sesame seeds over the spinach rolls just before serving. This dish can be served at room temperature.

Karaage chicken

1. Combine the chicken with the ginger, garlic, tamari and mirin and marinate in the fridge for at least 3 hours.
2. Drain the chicken and lightly toss in the potato starch, shaking off any excess.
3. Place the chicken on a perforated baking tray. Spray liberally with oil.
4. Place the universal tray on shelf level 1 and preheat the combi steam Pro oven on Combi Mode: Fan Plus at 220°C + 0% moisture.
5. Place the perforated baking tray on shelf level 2 and cook for 10 minutes. Turn the chicken over and continue cooking for 10 minutes, or until crisp and golden brown.

Miso pickled cucumbers

1. Lightly sprinkle the cucumbers with a little salt and leave for 30 minutes. Rinse off the salt and dry on paper towel.
2. Combine the miso, mirin and cucumber in a small bowl. Place into a small vacuum sealing bag. Place into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3.
3. Allow to sit for 3 hours at room temperature.
4. Remove from the bag and remove excess miso mixture.

To serve

1. Sprinkle togarashi on the steamed rice. Serve the chicken with salt, lemon wedges and Japanese mayonnaise.

Alternative appliance method

- The chicken can also be shallow fried on the cooktop, on high heat, induction setting 8, or using TempControl level 2.
- The rice can be made in the steam oven or in the microwave steam oven, which makes it much quicker!

Hints and tips

- Using this method in the combi steam Pro oven creates an environment to “fry” the chicken using hot air and less fat.
- The miso pickling mix can be used for other vegetables, it is great with turnips, beans or carrots. It’s a good way to use up leftover vegetables.
- This recipe was tested in a 45 cm combi steam Pro oven. If you own a 60 cm model, cook the chicken on shelf level 4.