

Easy Japanese Chicken Liver Skewers Recipe (Reba Yakitori)

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
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

Clean and trim the chicken livers. Then wash the liver, dab it dry, cut into sizes, e.g. 2.5 cm (weighing approx. 15 g each) and thread onto skewers.

Step 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.

Step 3

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 Kikkoman soy sauce and bring to the boil. Cook the mixture until the sauce thickens slightly.

Step 4

Place the skewers back in the pan and shake it so that they are all completely covered with sauce.

Step 5

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