

KOREAN BBQ CHICKEN

ADAPTED FROM JUDIAANN WOO, FOOD NETWORK.COM

PREP 20 MIN / MARINATE 1-2 DAYS / COOK 20 MIN



INGREDIENTS:

5 LBS CHICKEN THIGHS, BONELESS & SKINLESS
½ C BROWN SUGAR (OPTION: COCONUT SUGAR OR STEVIA BROWN SUGAR)
1 C TAMARI OR SOY SAUCE, REDUCED SODIUM
½ C WATER
¼ C MIRIN (RICE WINE)
1 ONION, FINELY GRATED
1 ASIAN PEAR, FINELY GRATED
4 T GARLIC, MINCED
2 T SESAME OIL, ROASTED
¼ TSPN BLACK PEPPER
2 GREEN ONIONS, THINLY SLICED

DIRECTIONS:

- SPRINKLE ¼ C OF BROWN SUGAR OVER CHICKEN AND MIX EVENLY TO COAT. LET SIT AT ROOM TEMPERATURE FOR 10 MIN WHILE PREPARING MARINADE.
- IN A MIXING BOWL, COMBINE THE REST OF THE INGREDIENTS, INCLUDING THE REMAINING ¼ C BROWN SUGAR.
- TRANSFER CHICKEN TO A MARINATING DISH OR SEALABLE FREEZER BAG (YOU MAY NEED 2). ADD MARINADE AND COVER DISH (OR SEAL BAGS, REMOVING EXCESS AIR).
- REFRIGERATE FOR 1-2 DAYS.
- HEAT A GRILL PAN OR CHARCOAL GRILL OVER MEDIUM HIGH HEAT. DRAIN EXCESS MARINADE AND GRILL CHICKEN, TURNING ONCE, FOR 9-10 MIN PER SIDE.

NOTES: THIS DISH CAN ALSO BE MADE USING BEEF OR TOFU. TRADER JOE'S COLD PRESSED ROASTED SESAME OIL RECOMMENDED.