



Kuro Goma Tsukune

NIBBLEDISH CONTRIBUTOR

Ingredients

(Makes about 30 bite size pieces) Kuro Goma Tsukune - 600g minced chicken - 200g canned crushed pineapple (squeeze out as much liquid as possible) - 30g black sesame seed - a pinch of whole peppercorns - a pinch of sea salt - 3tbs cooking sake - 2tbs plain flour - Ao Nori (optional, just to sprinkle on top) Honey Yakitori Sauce - 100ml soy sauce - 100ml mirin - 25g sugar - 1tbs honey

Instructions

I'm quite surprised on how this recipe turns out :D I was trying to figure out a way to use up the leftover pineapple from baking hummingbird cake. The sesame seed is really fragrant and the sweetness of the pineapple just add some bite to it. To Make Kuro Goma Tsukune 1. Place the sesame seed and peppercorn in a pan, and roast until just fragrant. Caution : the peppercorn might pop when heated, so watch out ! 2. When ready, place in mortar & pestle add in the salt and crush them. 3. In a bowl, combine mince chicken, drained pineapple, crushed sesame,peppercorn & salt, sake, and flour. 4. Mix them until well combined. 5. Form into bite size balls using two spoons (they are quite wet, so if you can manage forming them into balls without making a mess, pls do so :D) 6. There are many ways that you can cook them, skewer them and cook on grill / bbq, pan fry them, or put them in a 200 C oven for about 5-10minutes. To Make Honey Yakitori Sauce 1. Place everything into a pan 2. Heat until the sauce starts to thicken.