sansai rice (wild vegetable) + teriyaki chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

For the rice

- any type of mountain veggie, in my case just bamboo shoot and dried shittake mushroom
- soy sauce, salt, stock (chicken, bonito, etc), rice vinegar.

For the chicken

- Any type of chicken meat- leg, breast, etc. Preferably with skin on because the taste is out of this world when the skin is caramelized with the teriyaki sauce.

For the chicken marinade

- soy sauce
- market bought teriyaki sauce

- ginger
- garlic
- mirin (Japanese sweet rice wine?)

- rice vinegar

Instructions

For the rice:

This is just a quick dish for me, but you definately have lots more choice in vegetable selection. Also notice that the rice is served like sushi rice style when it's in room temperature. The reason is because the heat plus the soy sauce will make the sansai rice taste bland, but once it's cooled down and rested, the light vinegrette will bring out the real vegetable taste.

1. dried shittake mushroom must be soften/soaked with water before cooking

2. Wash your rice
3. throw in chopped up bamboo shoot and shittake mushroom, this is where you can add your own choice of veggies - yam, onion, carrot, daikon, etc.

4. depending on how you cook your rice normally, but the amount of the stock would be half of the water that you would put in normally.

5. add soy sauce, again depend on how much rice you are cooking and your taste preference. I added roughly 5 tablespoons of soy sauce for 3 cups of rice.
6. Get cooking
7. Once the rice's done, we are not gonna eat it right away. Get a big bowl, put the cooked rice in there, drizzle some rice vinegar (not too much!) and a little bit of salt, start mixing it together. Then leave it cool down to room temperature before serving.

For the chicken marinade

1. throw in the chicken, shredded ginger, chopped up garlic, soy sauce, mirin, and a drizzle of rice vinegar into your favorite zip bag.
2. Marinade it for at least 2 hours.

To cook the chicken

1. skin side up, brush on some of the teriyaki sauce you bought. Grill it (or oven roast it) at 400 degree for the first 10 to 15 minute or until you see the skin's getting caramelized. Drop the temperature to 200 to 250 degree and leave it in the oven for another 30 to 45 minute depending on how much meat there is. Brush on new layer of teriyaki sauce every 10 to 15 minute at least twice.