

MAIA Japanese Cooking Class for Foreign residents

Chicken Nanban and Corn and egg soup

30 May 2004



Chicken Nanban (Serves 4)

Ingredients

400g chicken thigh fillet
2 eggs
flour for coating the chicken
oil for frying

Tartare sauce

1 cup of mayonnaise
50g onion
50g pickled cucumbers
1 boiled egg
1 tbsp. chopped parsley
10ml lemon juice

Nanban vinegar

70ml vinegar
50g sugar
35ml sake
1 small tsp. salt
1/2 tbsp. soy sauce

Instructions

Tartare sauce:

1. Prepare boiled egg.
2. Finely dice onion. To reduce the sharp flavour of the onion, place in water.
3. Finely chop the pickled cucumbers, parsley, and boiled egg.
4. Use a fine strainer to drain the water from the diced onion. Mix all of the prepared ingredients together with the mayonnaise.
5. Finally, add the lemon juice to stretch the mixture into a sauce.

Nanban vinegar

Mix all of the required ingredients. Place in a small saucepan on medium to low heat until the sugar has fully dissolved into the mixture.

Preparing and frying the chicken

1. Cut the chicken thighs into bite size pieces, season with salt and pepper.
2. Fill a tray or plate with flour. Into a bowl or tray break two eggs and beat lightly. Cover each piece of chicken in the flour, followed by the egg mixture. Deep fry in oil at a medium temperature.
3. After deep frying, immediately soak the chicken briefly in the Nanban vinegar.
4. Serve the chicken drizzled with tartare sauce. Bon appetit!

Corn and egg soup (serves 8)

Ingredients

5 cups of water
4 tsps. Chinese soup stock
1 tbsp. sake
1 tsp. salt
1 can (450g) of sweet corn paste
2 eggs (beaten)
1 tbsp. corn starch
Salt and pepper for seasoning.

Instructions

1. In a large pot, add the Chinese soup stock, sake, and salt to the 5 cups of water and bring to a boil.
2. Add the sweet corn and boil again.
3. After coming to a boil, add the corn starch which has been dissolved in water, and continue to boil.
4. While stirring well, carefully drizzle the beaten egg mixture into the soup. Pour a little at a time until all has been added.
5. Season with salt and pepper to taste.