

Simmered Taro and Chicken

筑前煮

● Ingredients (Serves 2)

0.5 lb. Chicken Breast or Thigh

1 peeled Carrot

1 peeled Onion

4 Dried Shiitake Mushrooms

1 cup Water (leftover from soaking Shiitake)

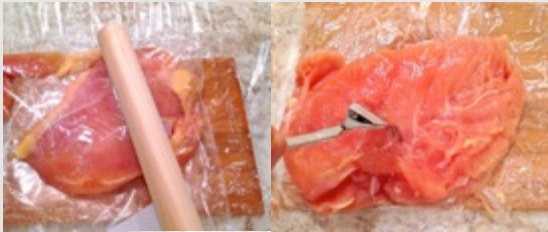
3 Taros

5 tablespoons Soy Sauce

5 tablespoons Cooking Sake

4 tablespoons Mirin (Sweet cooking rice wine)

● Prepare Chicken Breast



Beat chicken breast with rolling pin and plunge a fork all over into the meat.



Take off the fat.



Combine the chicken, $\frac{1}{2}$ tablespoon of baking soda, 1 teaspoon of salt and $\frac{1}{2}$ cup of water in a zipper bag.



Put it in the refrigerator for about 24 hours. This process will make the chicken breast nice and tender .

If using chicken breast start preparing the day before you want to cook the meal. You don't need to do this if you use chicken thigh.

● Prepare Vegetables

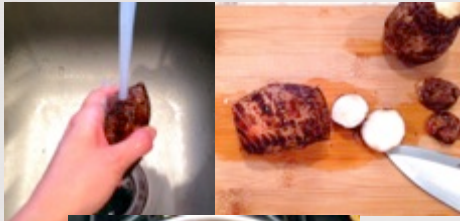


Soak 4 dried Shiitake mushrooms in 1 cup of cold purified water and put in the refrigerator for 24 hours (start soaking the day before you want to cook the meal)

※After soaking keep 1 cup of the soaking water



Cut off the shiitakes' hard tips and cut into 4 equal parts.



Wash 3 taros and cut off both ends of each.



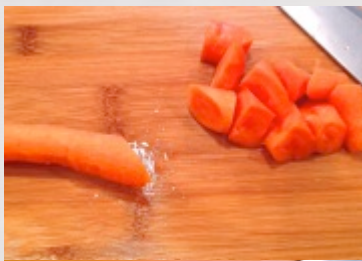
Put the taro in a pan with just enough water to cover the taro, and cook over medium heat. When it boils, cook over medium-low heat for 10 minutes.



After the 10 minutes, cool the taro down to the point where you can peel the skin with your fingers.



Cut into 4 equal parts.



Cut a peeled carrot into squares 1 inch or so in size.



Cut a peeled onion into 4 equal parts.



After the 24 hours, rinse the chicken with water and cut into bite-size pieces.

● Cook



Heat 1 tablespoon of vegetable oil over high heat in a pan.



Add the chicken to the pan and stir.



When the chicken turns white, add the carrot and the onion. Stir 2 minutes or so.

● Season



Add 1 cup of the water used for soaking the shiitake mushrooms to the pan.



Add
5 tablespoons of cooking Sake
5 tablespoons of soy sauce
and 4 tablespoons of Mirin



● Simmer



Add the taro and the shiitake mushrooms.



Heat over high heat until it boils. When it boils turn the heat down to low and simmer for 20 minutes.



During this time remove the white bubbles that come from the chicken to help the final presentation look its best.

● Serve



After the 20 minutes, turn off the heat and let it cool down because this helps the seasoning soak into all the ingredients.



Top with some chopped onion or parsley.