



# TERIYAKI CHICKEN

My Teriyaki Recipe Is Awesome, But Is Soooooo Non Traditional It'd Make A Samurai Commit Seppuku

Ok, we ALL know what Teriyaki Chicken is. Everyone has had it at Chinese take-out, or have had it while eating a teriyaki bowl. I'm not going to go through a long description of what it is, other than saying it originates from Japan. However, 'fast food' or even dine-in Teriyaki is typically a RIDICULOUS amount of points and calories. We're so used to it being coated in an extremely thick and sugary sauce, it's often one of the highest calorie dishes on a menu. My version uses a LOT of ingredient substitutions to make it fat free, and sugar free, with the exception of the teeny bit of wine (0.1g sugar).

### Servings Info.:

Yields: 4 chicken breasts  
Servings: 4  
Serving Size: 1 breast



- last checked 11/30/22 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.

### Ingredients:

#### Chicken:

- 4 good sized boneless skinless chicken breasts (see notes)

#### Marinade:

- 1 Tbsp low sodium soy sauce
- 1 tsp 'dark' soy sauce (optional, primarily for color)
- 3/8 tsp baking soda, dissolved with 1 Tbsp water

#### SAUCE: (mix together, set aside)

- 2 Tbsp PLUS 1 tsp low sodium soy sauce
- 1-1/2 tsp 'dark' soy sauce (optional, primarily for color)
- 1 Tbsp no sugar added ketchup (**No arguing!!** \*see notes\*)
- 2 Tbsp rice vinegar
- 1 Tbsp white wine
- 1-1/2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1/2 to 1 tsp fresh ginger, minced (to taste)
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water

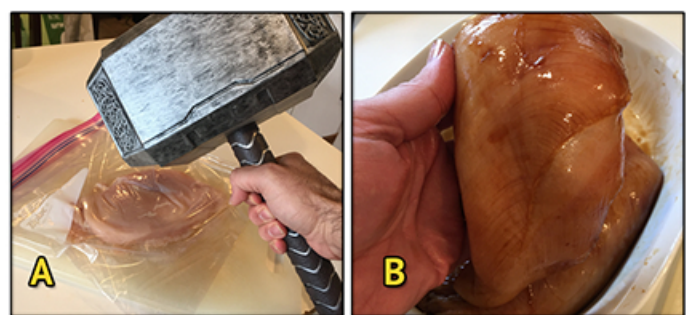
#### Additional Ingredients:

- 2 Tbsp water (for braising, step 2B)
- 1/2 cup water (for sauce, set aside for step 3B)

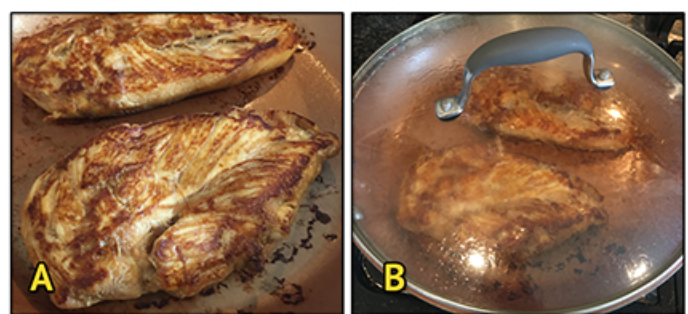
### RECIPE NOTES:

Though my recipe calls for 4 chicken breasts... you might notice that my pictures only show 2. Well... that's because, like an uncoordinated panda, I dropped 2 of them.

### Directions:



1. (A) Use a kitchen mallet, or summon Thor's hammer, then lightly flatten the thickest area of your chicken. Try to make them a uniform size, without pulverizing them. (B) Mix the marinade together, rub/smear it all over the chicken, then set aside for at LEAST 30 minutes.



2. (A) Heat a LARGE pan over High heat, for 1 minute, then spray with cooking spray. Add the chicken breasts into the hot pan, smooth sides down. Let them sear, unmoved, for 2 minutes. Flip the chicken and sear 2 more minutes. (B) Pour 2 Tbsp water into the pan and immediately cover with lid. Reduce heat to medium, cook for 5 minutes, covered.





3. **(A)** Remove the lid and turn the heat up to medium-high. Stir the sauce again, making sure to get the cornstarch off the bottom, then pour the sauce into your pan. Cook the chicken in the sauce, flipping occasionally, until the sauce thickens and almost all of the liquid evaporates. Remove chicken from pan, set aside to rest. **(B)** Turn the heat up to High, then add an additional 1/2 cup of water to the pan. Mix the water and thickened bits o' sauce, till they are once again 'mostly' smooth, and cook till reduced down a bit more. **(C)** When the sauce has thickened slightly, pour it through a wire strainer, to remove any leftover bits. You want a flavorful and smooth sauce. **(D)** Now that your chicken has rested, you can serve it however you'd like. Serve it as whole breasts, or sliced, with sauce drizzled on top. If you want to serve it a little more Chinese-style, you can slice the chicken, then add it to the pan during step 3B. Then, the sliced chicken will be coated with sauce. If you go that route, you can skip steps 3C & D.

## NOTES & SUGGESTIONS:

- **CHICKEN:** For my recipe, I'm using good sized, large, thick chicken breasts.
- **COOK TIME:** The cook times for my recipe take into account using large, thick chicken breasts. Seriously, I used Dolly Parton sized Costco chicken breasts. If you are using 'thin sliced' chicken breasts, do NOT sear them on high heat for as long as I did, then braise them for 5 minutes in the water, they'll taste like shoe leather. If you use thin breasts, I'd try searing on high heat for 1 minute per side, then braise for maybe 2 minutes per side. Remember... after cooking, covered, they still get cooked for a few more minutes in the sauce. Nobody likes dry chicken, shoe leather chicken breasts.
- **THIS ISN'T A TRADITIONAL RECIPE!!!!!!:** Ya'don't say, Nancy?
- **RICE VINEGAR???:** Traditional teriyaki recipes call for using a good amount of 'Mirin', which is a sweetened rice wine vinegar. Well, Mirin has points. Instead, we're using 0 point rice vinegar, then adding some sweetener. Boom, problem solved. (I used lakanto monkfruit)
- **WHITE WINE!?!:** Again.... it's a lower point ingredient swap. Regular teriyaki uses Sake, which is a Japanese rice alcohol. Sake, being hard liquor, has a good deal of points. I'm substituting 1 Tbsp of white wine because it's 0 points. Combined with the rice vinegar and sweetener, it's a good and viable substitute for no added points.
- **DARK SOY SAUCE:** Gives the finished dish it's dark, rich looking coloring. Without it, the chicken will be pale.
- **RED HUE:** I know you guys are scratching your head, wondering "WHAT THE HECK IS HE THINKING..... KETCHUP?!?!" Well, I'm including it because I'm used to fast food teriyaki chicken, which we ALL know has a red coloring to it A lot of fast food places add red food dye to their sauces. Instead, I'm adding that tiny, 1 Tbsp of no sugar added ketchup. That little bit will give a very slight reddish hue to the sauce. However, if you don't want to include it, skip it. Or, if you want to use it but don't want to go buy a bottle of ketchup, use 1 Tbsp of tomato sauce.

