

Japanese-style Chicken (or Turkey) Meatballs (Tsukune)

Yield: 20 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-style-chicken-recipe>

Ingredients:

- 1/2 cup dark soy sauce like Kikkoman
- 1/2 cup mirin
- 1/4 cup sake sherry or Shaoxing wine
- 1/4 cup light brown sugar
- 1 tablespoon rice vinegar
- 4 cloves garlic peeled and smashed
- 1 piece ginger sliced
- 1/2 tablespoon whole black peppercorns
- 1 1/2 pounds ground chicken or turkey, dark meat recommended
- 1/2 cup panko bread crumbs
- 2 teaspoons cornstarch
- 2 scallions medium, white and green parts, finely chopped
- 1 large egg lightly beaten
- 2 teaspoons fresh ginger finely grated
- 1 tablespoon minced fresh garlic finely, about 2 large cloves
- 2 teaspoons toasted sesame oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground pepper
- scallion greens Thinly sliced
- toasted sesame seeds

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 40 milligrams
4. Fat: 3.5 grams
5. Protein: 7 grams

6. SaturatedFat: 1 grams
 7. Sodium: 510 milligrams
 8. Sugar: 3 grams
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