

Brown Rice Chicken Teriyaki Bowl with Mushroom-Edamame Stir-Fry

Serves 4-6

For chicken:

- 2½ lbs boneless, skinless chicken thighs, cut into chunks

- 1 cup soy sauce
- 1 cup granulated sugar
- 1 ½ teaspoons brown sugar
- 6 cloves garlic, minced
- 3 tablespoons grated fresh ginger
- 1 tablespoon chile garlic paste (optional)
- ¼ teaspoon freshly ground black pepper
- 1 3-inch cinnamon stick
- 1 tablespoon pineapple juice
- 2 tablespoons saki (or rice wine vinegar)

- 2 tablespoons cornstarch
- 2 tablespoons canola oil
- 4 cups short grain brown rice (prepare according to package directions)

For stir-fry vegetables:

- 2 tablespoons sesame oil
- 2 tablespoons soy sauce
- 1 tablespoon mirin
- 1 shallot finely chopped
- 2 tablespoons finely chopped ginger
- 2 garlic cloves
- 2 tablespoons vegetable oil
- 1 red bell pepper, thinly sliced lengthwise
- 1½ cups julienned carrots
- 2 cups snow peas
- 1½ cup shelled edamame
- 3 cups sliced mushrooms, oyster and shiitake
- ½ cup sliced scallions for garnish
- 1 cup mung bean sprouts
- Sliced avocado and thinly sliced fresno chilis for garnish

For chicken:

Timing tip: If possible prepare chicken and marinade the night before or at least 8 hours ahead.

Make the soy sauce mixture by bringing liquids along with seasonings to a boil in a small saucepan, reduce heat to low and stir until sugar is dissolved, about 3 minutes, then add saki. Remove from heat and let cool. Place chicken in a heavy-duty sealable plastic bag. Add soy sauce mixture, seal bag, and turn to coat chicken. Refrigerate overnight. When ready to cook, remove chicken from bag and save marinade. Make a slurry with cornstarch with 2 tablespoons water and set aside. Pour mixture into a small saucepan. Bring to a boil over high heat, then reduce heat to low. Stir until mixture begins to thicken, and gradually stir in enough water (about 1/2 cup) until sauce is the consistency of heavy cream. Remove from heat and set aside. Preheat a skillet, add about a tablespoon of canola oil and cook chicken over high heat for about 4 minutes a side. Cook in batches if necessary. (If not cooked through, you can place in a preheated 350° oven to complete the cooking process as this will depend a bit on the thickness and size of your chicken pieces.) While chicken is cooking, place sauce over high heat and bring to a boil, and then to a simmer. Add water a little at a time so sauce remains pourable. Keep warm while you sauté vegetables.

For vegetables:

Heat sesame oil in a clean skillet on medium heat, add shallots, ginger and garlic and cook until heated through being careful not to burn. Add vegetables and stir to coat. Finally, add soy sauce and mirin then mix thoroughly until vegetables are coated.

Assemble bowls:

Place rice on one side of bowl, chicken in the middle and vegetables to fill the bowl. Drizzle warm teriyaki sauce on your bowl and garnish with sprouts, avocados fresno chilis and scallions. Serve immediately.

