

Chicken

Chicken Teriyaki Meatballs

Bill Daley for the Chicago Tribune - recipe from Rick Rodgers "I Love Meatballs"
Palm Beach Post

MEATBALLS

1 pound ground chicken
1/2 cup panko (Japanese bread crumbs)
1 large egg, beaten
1 green onion, minced
1 tablespoon cornstarch
1 piece (1-inch long) ginger, peeled and shredded
1 tablespoon Japanese-style soy sauce
1/2 teaspoon salt
1/4 teaspoon black pepper
8 quarter-sized pieces fresh ginger, crushed

TERIYAKI SAUCE

2/3 cup Japanese-style soy sauce
2/3 cup mirin
1/3 cup sugar
1 tablespoon rice vinegar
2 green onions (for garnish), minced

For The Meatballs: In a large bowl, mix together the chicken, panko, egg, green onion, cornstarch, shredded ginger, soy sauce, salt and pepper.

Cover and refrigerate for at least 15 minutes up to 4 hours.

Heat a large saucepan of water and bring the eight pieces of ginger to a boil over high heat, Reduce to a simmer.

Using wet hands rinsed under cold water, shape the chicken mixture into twenty meatballs about 1 1/2-inches each.

Carefully add the meatballs to the saucepan. Simmer until cooked through, about 6 minutes.

For The Teriyaki sauce: In a medium saucepan over high heat, bring the soy sauce, mirin, sugar and rice vinegar to a boil. Boil until thickened and reduced to about 2/3 cup, about 5 minutes.

Remove the meatballs from the cooking liquid. Drain.

Serve over rice. Drizzle with the sauce and garnish with green onions,

Yield: 20 meatballs

Per Serving (excluding unknown items): 1514 Calories; 48g Fat (28.9% calories from fat); 149g Protein; 116g Carbohydrate; 6g Dietary Fiber; 639mg Cholesterol; 1580mg Sodium. Exchanges: 1 Grain(Starch); 21 Lean Meat; 6 Vegetable; 1/2 Fat; 4 1/2 Other Carbohydrates.