

Recipe

Ray Mears' chicken yakitori



INGREDIENTS

(Serves 2-4)

2 chicken breasts
2 leeks
2 red peppers, seeded
6 mushrooms
3tsp brown sugar
4tbsp water
125ml soy sauce
125ml mirin
1 garlic clove

Ground black pepper or shichimi pepper
Pinch of salt

METHOD

1 Prepare some skewers and soak them in clean water for 30 minutes.
2 Meanwhile, beat the chicken breasts to an even thickness of 1cm. Cut into 3cm squares.



3 Cut the leeks into 4cm segments and the pepper into 3cm squares, and trim the stems on the mushrooms.

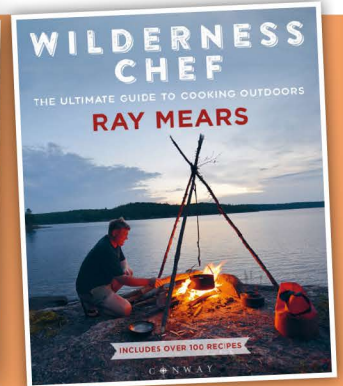
4 Prepare the skewers, alternately threading on the meat squares and the vegetables.

5 In a small billycan, combine the sugar, water, soy sauce and mirin and heat to dissolve the sugar. While it's heating, crush and add the garlic, and stir in the pepper.

Once the sugar has dissolved, set the glaze aside.

6 Begin cooking the skewers. It is traditional to have some skewers simply seasoned with salt, as well as those brushed with the sweet glaze.

7 Once the cooking has reached what you consider to be the halfway point, glaze the skewers that will be sweet. Do not worry if the glaze seems thin, it is built up



Planning a night under the stars? This chicken yakitori recipe is ideal for rustling up outdoors. “Skewer cooking is a favourite Asian cooking method, reaching great delicacy in street markets,” says writer, presenter and bushcraft specialist Ray Mears.

“Almost any food can be cooked on skewers - broccoli, shrimps, asparagus, meat, fish or shellfish - but whatever the ingredients, all are elevated when cooked in a yakitori glaze.”

For the 56-year-old, there's a real magic to the simplicity and communality of cooking outdoors, from fetching water to tending the fire together.

“You go right back to the origins of cooking,” says Ray. “Things do taste better outdoors.”

His debut cookbook, *Wilderness Chef: The Ultimate Guide To Cooking Outdoors*, brings this feeling together, along with practical advice on how and what to feed yourself and your fellow adventurers when out exploring (or even just ‘camping’ in the garden).

in layers. Season the remaining skewers with a pinch of salt.

8 Continue glazing the sweet skewers little by little until they are cooked, and the glaze is a beautiful glossy brown. Cook the salted skewers until they too are golden. Serve hot.

● *Wilderness Chef: The Ultimate Guide To Cooking Outdoors* by Ray Mears is published by Bloomsbury, priced £20.