



Tatsutage Fried Chicken with Spicy Yuzu Mayonnaise

 Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



6154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds chicken pieces bone-in
- 2 tablespoons chili paste depending on your taste pref
- 1.8 cups flour all-purpose
- 0.3 cup ginger fresh peeled finely chopped (from 1 [3-inch] piece)
- 10 medium garlic clove thinly sliced
- 0.3 cup honey
- 0.5 teaspoon kosher salt

- 2 cups soy sauce low-sodium
- 2 cups mayonnaise such as kewpie japanese-style
- 1.5 cups mirin
- 0.3 cup rice flour
- 0.5 cup rice vinegar
- 1.3 cups seltzer water
- 2 quarts vegetable oil
- 2 tablespoons yuzu juice drink
- 2 tablespoons frangelico
- 2 tablespoons frangelico

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- plastic wrap
- kitchen thermometer
- aluminum foil
- slotted spoon
- dutch oven
- candy thermometer

Directions

- Combine the soy sauce, mirin, vinegar, honey, garlic, and ginger in a large, nonreactive bowl. If using chicken breasts, cut them in half.
- Add all of the chicken pieces to the marinade and toss to coat. Cover the bowl with plastic wrap and refrigerate for at least 2 1/2 hours, or overnight.

- Heat the oven to 350°F and arrange a rack in the middle. Line a baking sheet with aluminum foil; set aside.
- Remove the chicken pieces from the marinade, letting the excess drip off, and arrange them skin-side up on the prepared baking sheet.
- Bake until an instant-read thermometer inserted into the thickest chicken piece reads 160°F to 165°F and the meat near the bone is no longer pink, about 30 to 40 minutes.
- Whisk all of the ingredients together in a medium bowl. Cover and store in the refrigerator until ready to serve. For frying: When the chicken is ready, heat the oil in a Dutch oven or a large, heavy-bottomed pot over medium-high heat until it reaches 350°F on a deep-frying/candy thermometer. Set a wire rack over a second baking sheet; set aside. While the oil is heating, place 1 cup of the all-purpose flour in a shallow dish; set aside.
- Whisk together the remaining all-purpose flour, rice flour, furikake, and salt in a medium bowl. Slowly whisk in the sparkling water until you have a light, smooth batter; set aside. When the oil is ready, coat 3 of the chicken pieces with the reserved flour and shake off the excess. Dip each piece in the batter, let the excess drip off, and place in the oil. Fry, turning occasionally, until golden brown and crispy, about 8 to 10 minutes. Using a slotted spoon or spider, remove the chicken to the rack on the prepared baking sheet. Repeat with the remaining chicken pieces.
- Serve immediately with the yuzu mayonnaise, if using.

Nutrition Facts

■ PROTEIN 4.96% ■ FAT 87.31% ■ CARBS 7.73%

Properties

Glycemic Index: 85.07, Glycemic Load: 47.51, Inflammation Score: -9, Nutrition Score: 46.192608895509%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 6154.26kcal (307.71%), Fat: 604.62g (930.18%), Saturated Fat: 98.77g (617.28%), Carbohydrates: 120.46g (40.15%), Net Carbohydrates: 117.38g (42.68%), Sugar: 40.57g (45.07%), Cholesterol: 278.37mg (92.79%), Sodium: 6506.65mg (282.9%), Alcohol: 8.85g (100%), Alcohol %: 0.84% (100%), Protein: 77.31g (154.63%), Vitamin K: 1057.75µg (1007.38%), Vitamin E: 43.92mg (292.78%), Vitamin B3: 26.26mg (131.28%), Selenium: 69.71µg (99.58%),

Phosphorus: 781.32mg (78.13%), Vitamin B6: 1.5mg (74.76%), Manganese: 1.32mg (65.76%), Vitamin B2: 0.99mg (58.49%), Vitamin B1: 0.72mg (47.91%), Folate: 182.93µg (45.73%), Magnesium: 175.2mg (43.8%), Iron: 7.75mg (43.08%), Zinc: 5.95mg (39.67%), Vitamin B5: 3.83mg (38.27%), Potassium: 1236.1mg (35.32%), Copper: 0.39mg (19.42%), Vitamin B12: 1.09µg (18.18%), Vitamin C: 11.92mg (14.45%), Fiber: 3.08g (12.31%), Calcium: 115.35mg (11.53%), Vitamin A: 521.29IU (10.43%), Vitamin D: 0.84µg (5.61%)