

Valentine ⚡
SWISS MADE

Recipe n°7

JAPANESE STYLE MARINATED CHICKEN FINS

Prepared with the Valentine TF3 fryer
by Chef Philippe Lignon





Valentine presents a recipe created by Chef Philippe Ligron

RECIPE N°7

JAPANESE STYLE MARINATED CHICKEN FINS

FOR 4 PERSONS

Preparation time	15 min
Cooking time	5 min

Ingredients

Chicken fins	400 gr
Corn-starch	50 ml
Saké	2 cc
Chopped garlic	20 gr
Fresh ginger	10 gr
Dashi (Base for Miso soup)	20 ml
Sesame oil	50 ml
Salt	4 pinches
Grounded pepper	4 pinches
Basmati rice	200 gr
Shallots	50 gr
Water	600 ml
Salt	4 pinches
Grounded pepper	4 pinches
Fresh shizo	few leaves
Watermelon for side dish	100 gr

Material needed

A high rim dish
A large saucepan
Valentine TF3 fryer
Absorbent paper

METHOD

- The technical objective of this recipe is to bundle the fins. So I suggest you cut the end of chicken drumstick and remove the small bone for the fin.
- Then, gently turn the skin and flesh in the opposite direction as shown on the pictures.
- In a large dish, mix the chicken fins, drumsticks, dashi, garlic, ginger, sake, salt and sesame oil. Coat well and let the mixture marinate for 1 hour.
- Peel and finely chop the shallots.
- Sweat the shallots in a saucepan without colouring and add the rice, season.
- Make the rice pearl, which means he turns into the same matt colour as nacre.
- Add the water being careful not to leave grains of rice on the inner rim of the pan.
- Give a big boil, put a lid and let sweat over VERY low heat.
- Do not lift the lid too often so as to avoid cooking water to evaporate. Do not stir the rice.
- When the cooking water is completely absorbed, stir the rice with a fork.
- Check the cooking and seasoning, keep warm.
- As side dish, I chose watermelon dices. Stir-fry them quickly in a very hot pan, set aside.
- Heat your TF3 fryer to 180°C.
- Pour the corn-starch on a plate and pass the drained chicken wings to coat them well.
- Immerse them in the oil until they are golden and crispy, then drain them on paper towel. Add salt and pepper.





DID YOU KNOW?

Life is Beautiful :

Indeed, this recipe is a great opportunity for me to tell you about this incredible food which is rice!

This is not because it can also be found in the Camargue where I originally come from, but above all because it can be found everywhere! Staple food of many civilizations and cultures, rice has since long time ago crossed the natural borders of our beautiful planet to be part of our daily life.

Throughout my numerous professional trips, I could realize how varied rice can be varied but above all, essential for human nutrition : sustainable and favourable to the most common food allergies.

In many Asian languages, the word “to eat” also means “to eat rice”. It is therefore very common to eat rice with every meal!

Originally from China where it diversifies, it symbolizes prosperity and abundance. This is why rice is thrown at the bride and groom when exiting the church; luckily stones do not have the same meaning! ...

More seriously, for Muslims, rice would be born from a drop of the Prophet's sweat that fell to the ground.

A Japanese legend says that in a very distant time when the population was hungry, a monk noticed a mouse nibbling on a small unknown seed. To find out where it came from but without scaring the mouse, he would have discreetly hooked a string to its paw and it would thus have revealed the place where the rice grew in abundance. The mouse has been a sacred animal ever since.

In some parts of Asia, people even believed that rice would have a soul and that is why the harvest should be done in silence... So as not to frighten the soul of the rice.

In India, the rice spread around the cradles of new-borns protected against evil spirits.

Sometimes coloured in red to symbolize fire, rice always has a benevolent function in the different regions of the world!

Symbol of the divine, rice is among us... To my great happiness!