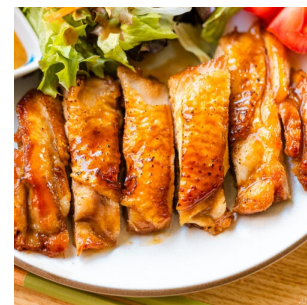


Chicken Teriyaki

Learn how to cook classic Chicken Teriyaki at home in less than 20 minutes using authentic Japanese cooking methods. You'll love the seared and juicy chicken thighs glazed in an easy and flavorful homemade sauce. No bottled teriyaki sauce needed!

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins



4.74 from 326 votes

Course: Main Course **Cuisine:** Japanese

Keyword: teriyaki, teriyaki sauce **Servings:** 2 **Calories:** 652kcal **Author:** Namiko Chen

Ingredients

For the Chicken

- 340-454 g boneless, skinless chicken thighs (I highly recommend using **skin-on**, boneless chicken thighs if you can find them)
- 1/8 tsp Diamond Crystal kosher salt
- 1/8 tsp freshly ground black pepper
- 1 Tbsp neutral oil (for cooking the chicken)

For the Teriyaki Sauce

- 2 Tbsp soy sauce
- 2 Tbsp mirin
- 2 Tbsp sake
- 1 Tbsp sugar

Instructions

1. In Japan, we use **boneless, skin-on chicken thighs** for this dish because the flavorful skin provides a protective layer, keeps the meat juicy, and helps the delicious glaze adhere to the chicken. Thighs are more forgiving to cook than chicken breasts, too. Read more about it in the blog post above.

For this recipe, I focus on **skinless and boneless thighs** since that's how they're commonly sold in the US. However, if you have the chance, I encourage you to try **my skin-on recipe** at the end of the instructions below.

2. Now, gather all the ingredients.

To Mix the Teriyaki Sauce

1. In a small microwave-safe bowl, combine the sauce ingredients: **2 Tbsp soy sauce**, **2 Tbsp mirin**, **2 Tbsp sake**, and **1 Tbsp sugar**.
2. Microwave the sauce until hot. Mix well to dissolve the sugar and set aside.

To Prepare the Chicken

1. Place **340-454 g boneless, skinless chicken thighs** smooth side down on a cutting board. Now, use **the scoring method** to create an **even thickness** so the thighs cook evenly. First, cut slits across the meat every $\frac{1}{2}$ inch (1.3 cm) without slicing all the way through. **Note:** Do not use a meat mallet/tenderizer for this important step, as you may damage the thighs.
2. Make deeper slits on the chicken's thick parts and skip scoring the thin parts. After each cut, press open and flatten the meat with your fingers. In the below images, you can see how I scored (left) and flattened (right) one piece. Once you finish scoring, check again to make sure the thigh has an even thickness. Repeat with the rest of the thighs.
3. Lightly season the chicken pieces with $\frac{1}{8}$ **tsp Diamond Crystal kosher salt** and $\frac{1}{8}$ **tsp freshly ground black pepper**.

To Sear the Chicken

1. Heat a large frying pan over **medium to medium-high heat**. When the pan is hot, add **1 Tbsp neutral oil**. When the oil is hot, place the chicken **smooth side down** in the pan. **Note:** The bottom side will be the presentation side.
2. Cook the chicken for **5 minutes** (set a timer). Immediately, **press down hard** on the chicken with a spatula for **5–10 seconds** to give the presentation side a nice sear. The right image below shows what the chicken looks like after 5 minutes of cooking; please adjust the time based on your stove and cookware.
3. Flip over the chicken. Immediately press it down again with the spatula for **5–10 seconds**.
4. Switch to **low heat**, then cover with a lid and steam the chicken for **3 minutes**.
5. Open the lid. Use a paper towel to wipe the excess grease and protein from the pan. This helps create a more transparent sauce.

To Add the Teriyaki Sauce

1. Now, increase the stove's heat to **medium** and add the teriyaki sauce to the pan. Tilt the pan and frequently spoon the sauce over the chicken.
2. When the chicken is well coated with the sauce and cooked through, transfer it to a cutting board.
3. When the sauce is thick enough, transfer it to a bowl. Remember to stop cooking while the sauce is slightly thin because the residual heat will continue to thicken the sauce. If you'd like it thicker, reduce the sauce for 2–3 more minutes.
4. Slice the chicken into bite-sized pieces. Transfer them to a ceramic plate. Sear with a kitchen butane torch to enhance the flavor. You can also use a broiler in the oven.

To Serve

1. Serve on a plate with the sauce drizzled on top. You can also serve it over steamed rice with the sauce drizzled on top, as I did here. I also served green salad and tomato wedges on the side.

To Store

1. You can keep the leftovers in an airtight container and store in the refrigerator for 3 days or in the freezer for a month.

To Cook Skin-on Chicken Thighs

1. If your $\frac{3}{4}$ –1 **lb skin-on chicken thighs** are bone-in, ask your butcher to remove the bone or you can debone them yourself. Place the thigh meat **skin side down** on a cutting board. To even the thickness, make slits on the meat every $\frac{1}{2}$ inch (1.3 cm) without cutting all the way through. Cut deeper slits on the thick parts and skip scoring the thin parts. As you score, press open the meat to flatten it. Once you finish scoring, check again to make sure the meat has an even thickness. Repeat with the rest of the thighs.
2. Place the thighs **skin side down** in a hot frying pan and cook using the same method as the recipe above.
3. Slice the chicken into bite-sized pieces. Transfer them to a ceramic plate. Sear with a kitchen butane torch to enhance the flavor. You can also use a broiler in the oven. Serve on a plate and drizzle the sauce on top.

Nutrition

Calories: 652 kcal · Carbohydrates: 10 g · Protein: 38 g · Fat: 47 g · Saturated Fat: 18 g · Polyunsaturated Fat: 8 g · Monounsaturated Fat: 17 g · Trans Fat: 1 g · Cholesterol: 222 mg · Sodium: 849 mg · Potassium: 521 mg · Fiber: 1 g · Sugar: 6 g · Vitamin A: 177 IU · Vitamin C: 1 mg · Calcium: 25 mg · Iron: 2 mg