

Shio Koji Chicken

With *shio koji*, a natural seasoning used in Japanese cooking, you can make easy and delicious Shio Koji Chicken in no time with just 4 ingredients!



4.72 from 49 votes

Prep Time	Cook Time	Marinating Time	Total Time
5 mins	25 mins	30 mins	1 hr

Course: Main Course **Cuisine:** Japanese **Keyword:** chicken, shio koji

Servings: 8 chicken thighs **Calories:** 273kcal **Author:** Namiko Chen

Ingredients

- 8 pieces boneless, skin-on chicken thighs (or use bone-in, skin-on chicken thighs and ask the butcher to remove the bones)
- 240 ml shio koji
- 1 Tbsp soy sauce
- freshly ground black pepper

Instructions

1. Gather all the ingredients.

To Marinate

1. Combine **240 ml shio koji** and **1 Tbsp soy sauce** in a bowl or measuring cup.
2. Season both sides of **8 pieces boneless, skin-on chicken thighs** with **freshly ground black pepper**.
3. Pour the shio koji mixture on the chicken pieces and coat them well on both sides. Cover and let it marinate in the refrigerator for 30 minutes (minimum) or up to 3 hours.

To Bake

1. Preheat the oven to 350°F (180°C). For a convection oven, reduce cooking temperature by 25°F (15°C). Remove the shio koji as much as possible and transfer to a baking sheet lined with parchment paper.
2. If your oven doesn't come with a temperature probe, you can use a ThermoWorks Chef Alarm. Insert the stem of the probe into the thickest part of the chicken, or in the center of the chicken if it is even in thickness.
3. **Bake** at 350°F (180°C) until the internal temperature of the chicken reaches to 165°F (74°C), roughly 25 minutes.
4. Once the chicken is cooked through, change the oven setting from Bake to Broil. **Broil** the chicken until the skin has nice char, about 3–5 minutes (depends on how far the chicken is from the heat source). Remove from the oven.

5. Cut each chicken thigh into 4 pieces (if you eat with chopsticks) and serve immediately.

To Store

1. You can keep the leftovers in an airtight container and store in the refrigerator for up to 4 days and in the freezer for 2–3 months.

Nutrition

Calories: 273 kcal · Carbohydrates: 2 g · Protein: 18 g · Fat: 19 g · Saturated Fat: 5 g · Trans Fat: 1 g ·

Cholesterol: 111 mg · Sodium: 657 mg · Potassium: 232 mg · Sugar: 4 g · Vitamin A: 88 IU · Calcium: 9 mg · Iron: 1 mg