

Martin Yan's CHINA

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Tea-Infused Chicken Kebabs

Makes 4 servings

Brine

2 tablespoons salt
¼ cup sugar
2-inch piece ginger root, peeled and sliced into rounds
6 cloves garlic, peeled and lightly crushed
½ cup jasmine tea leaves

3 chicken breasts, cut into ½-inch-wide strips
2 tablespoons vegetable oil

Sauce

¼ cup Chinese black vinegar or balsamic vinegar
¼ cup sugar

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Bring the salt, sugar, ginger, garlic and 5 cups water to a boil in a 2-quart saucepan. Meanwhile, combine the tea, in a large heatproof bowl. Pour the boiling water over the tea and set aside until completely cooled, about 1 hour. Pour the tea through a fine sieve into another clean bowl, discarding solids.

Add the chicken to the cooled tea brine, cover and refrigerate overnight.

Soak fifteen 6-inch bamboo skewers in warm water for 30 minutes. Drain.

Drain the chicken, discarding the brine. Skewer each piece of chicken onto a bamboo skewer. Brush the skewered chicken with some of the oil.

Place a grill pan over medium-high heat until hot. Place the chicken on the grill pan and cook, turning once, until it is no longer pink in the center, about 2 minutes on each side.

Meanwhile, combine the sauce ingredients in a small saucepan and boil over medium-high heat, cooking until sugar dissolves.

Transfer chicken to a serving plate. Drizzle the sauce over the top and serve.

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