

# FutureChef

## Resources: Recipes

### Hayley's Crispy Korean Style Chicken



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## Introduction

This recipe has been created to support and enrich culinary lessons, designed for teachers and young people. The recipe can be used on an individual basis at home or within school to support and compliment a cooking lesson as part of the FutureChef programme.

If there are any resources you think would be useful, please get in touch with us at [info@futurechef.uk.net](mailto:info@futurechef.uk.net)



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## Hayley's Crispy Korean Style Chicken

### INGREDIENTS

#### Chicken ingredients:

- 650g boneless & skinless chicken thighs
- Large chunk of ginger
- 50g cornflour
- Vegetable oil (for frying)

#### Sauce ingredients:

- 6tbsp dark brown sugar
- 2tbsp Gochujang paste
- 2tbsp soy sauce
- 2 large garlic cloves
- Small piece of grated ginger
- 2tsp sesame oil

#### Optional serving suggestions:

- Crushed peanuts
- Diced spring onions
- Sesame seeds
- Sticky white rice
- Asian inspired slaw



Perfect this sweet and spicy dish and add it to your repertoire

### METHOD

1. Pre-heat the oven to 200degrees. Place a baking tray in the oven to heat up
2. To make the sauce, combine all the ingredients together for the sauce and gently bring to a simmer (around 3 – 4 minutes). Make sure to stir & keep on a low heat to prevent sicking/ catching from the sugar
3. If needed, de-bone & de-skin the chicken thighs (if easier, these can be brought already prepared). Chop into around 3 pieces. Season the chicken in salt & pepper & toss through the cornflour

4. In a deep sided frying pan/ wok, heat around 2cm of oil to a medium/ high heat
5. In small batches, fry the chicken pieces for a few minutes each side. They won't turn a golden colour, as they are in corn flour
6. After each batch, place on the pre-heated tray in the oven
7. Once fried once, re-fry the chicken pieces, for extra crispiness
8. Place the chicken in a bowl and drizzle over the sauce
9. Serve and enjoy!