

## Juicy Glazed Chicken Skewers: The Best Yakitori-Inspired Recipe

Juicy Glazed Chicken Skewers



**TIME**  
**30 min**

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### INGREDIENTS

1 lb boneless skinless chicken thighs, cut into bite-sized pieces

Wooden or metal skewers

Yakitori Sauce:

60 ml soy sauce

60 ml mirin (Japanese rice wine)

60 ml sake

1 tablespoon brown sugar

1 clove garlic, minced

1/2 teaspoon ginger, grated

Garnish:

Sesame seeds

Sliced green onions

Swaps and Notes:

**Chicken:** Boneless, skinless chicken thighs are highly recommended here for their fat content, which keeps them juicy. You can use chicken breasts, but be careful not to overcook them.

**Skewers:** If you're using wooden skewers, be sure to soak them in water for at least 30 minutes before grilling to prevent them from burning.

**Mirin & Sake:** These Japanese ingredients are crucial for the authentic flavor of the sauce. You can find them in most Asian markets or in the international aisle of your grocery store.

**Brown Sugar:** The brown sugar adds a deep, caramel-like sweetness to the sauce. You can also

use honey or granulated sugar.

Step-by-Step Instructions:

**Make the Sauce:** In a small saucepan, combine the soy sauce, mirin, sake, brown sugar, minced garlic, and grated ginger. Bring the mixture to a simmer over medium heat, stirring until the sugar has dissolved. Reduce the heat to low and let it simmer for 5-7 minutes, or until the sauce has thickened slightly. Set aside a small amount of the sauce for brushing on the skewers later.

**Prep the Chicken:** While the sauce is simmering, cut the chicken thighs into bite-sized pieces. Thread the chicken onto the skewers, about 4-5 pieces per skewer.

**Cook the Skewers:** Preheat a grill or a grill pan to medium-high heat. Lightly oil the grates. Place the chicken skewers on the grill and cook for 3-4 minutes per side.

**Glaze and Finish:** During the last few minutes of cooking, brush the skewers generously with the reserved sauce. Continue to cook, turning and brushing, until the chicken is cooked through and a beautiful, sticky glaze has formed.

**Serve:** Remove the skewers from the grill. Garnish with sesame seeds and sliced green onions. Serve immediately.

Tips for Success:

**Don't Overcrowd the Skewers:** Leave a little space between the chicken pieces to ensure they cook evenly.

**Marinate if You Have Time:** While this recipe is delicious without it, if you have the time, you can marinate the chicken in the sauce for 30 minutes before grilling for an even deeper flavor.

**Use a Grill Pan for Easy Cleanup:** A grill pan is a great option for a consistent sear and easy cleanup. You can also broil them in the oven.

**Watch the Glaze:** The sauce contains sugar, so it can burn quickly. Keep a close eye on the skewers during the final glazing step.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 300 kcal

Carbohydrates: 15g

Protein: 30g

Fat: 12g

Saturated Fat: 3g

## DIRECTIONS

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9. Watch the : Glaze: The sauce contains sugar, so it can burn quickly. Keep a close eye on the skewers during the final glazing step.
10. Serving Suggestions and Pairings: These Juicy Glazed Chicken Skewers are perfect on their own, but they also pair beautifully with a variety of side dishes. They would go great with a side of steamed rice, a simple cucumber salad, or roasted vegetables. For a full feast, serve them alongside other delicious meals like this Mexican Chicken and Rice Casserole or some easy cheesy chicken sliders.
11. Nutritional Information (per serving, approximate):  
Calories: 300 kcal
12. Carbohydrates: 15g
13. Protein: 30g
14. Fat: 12g
15. Saturated : Fat: 3g
16. Cholesterol: 100mg
17. Sodium: 900mg
18. Fiber: 0g
19. Sugar: 10g
20. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
21. Storage and Leftover Tips: Leftovers of these skewers are fantastic. Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm them gently in a skillet or in the microwave.
22. More Recipes You'll Love: If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
23. This : Cajun Chicken Sausage Gumbo is my favorite bowl of Southern comfort
24. These : Chicken Enchiladas are my go-to for cozy, crowd-pleasing dinners
25. A light, tangy chicken salad I actually crave (and there's no mayo in sight)

## SWAPS & NOTES

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/juicy-glazed-chicken-skewers-the-best-yakitori-inspired-recipe/>