

Air Fryer Koji Karaage エアフライヤー麹唐揚げ

Air Fryer: 180°C

Serves: 2–3

Ingredients

- 400 g chicken thighs (鶏もも肉)
- 40 g shio/soy koji (塩麹／醤油麹)
- 200 ml soy milk (豆乳)
- 1 tsp lemon juice (or mild vinegar)
- 10 g grated ginger (生姜)
- 5 g garlic (にんにく)
- 120–150 g potato starch (片栗粉)
- 1–2 T canola oil (キャノーラ油)
- pinch salt + MSG (塩+MSG)



Instructions

1. Mix marinade: combine **koji, milk, lemon juice, ginger, garlic**.
2. Add **chicken** and coat evenly. Cover and refrigerate **4–8 hours**.
3. Remove chicken and let excess marinade drip off. Do not rinse or wipe.
4. Coat with **potato starch**. Press lightly to adhere. Shake off excess.
5. **Rest** coated chicken **15–20 minutes**. Coating becomes slightly tacky.
6. **Lightly spray** or brush all surfaces with **oil**. Even light coating, not soaked.
7. Optional: sprinkle light **salt + MSG** over surface.
8. **Preheat** air fryer to **180°C (3–4 min)**.
9. Arrange chicken with space between pieces.
10. **Cook 10–12 minutes** total. Flip halfway.
11. **Optional:** increase to **190°C** for **2–3 minutes** for extra crisp.
12. **Rest 3–5 minutes** before serving.

Notes

- Resting step is critical for coating adhesion.
- Do not overcrowd basket.
- Thighs stay juicier than breast.
- Oil application replaces deep frying effect.

Nutrition

Per serving: Kcal: 420 | Protein: 32 g | Fat: 22 g | Carbs: 18 g | Fiber: 1 g | Sodium: 600 mg | Omega-3: 0.3 g

Total dish: Kcal: 1260 | Protein: 96 g | Fat: 66 g | Carbs: 54 g | Fiber: 3 g | Sodium: 1800 mg | Omega-3: 0.9 g