

Yakitori Three Ways (Shio, Tare & Yuzu-Kosho)

焼き鳥三種 (塩・たれ・柚子胡椒)

Serves 2

Cosori air fryer

Ingredients

Chicken

- 500 g boneless skinless chicken thighs 鶏もも肉
- Negi
- 120 g white portion naganegi, cut into 2.5–3 cm pieces 長ねぎ

Shio Seasoning

- 1 tsp / 5 g canola oil キャノーラ油
- $\frac{3}{4}$ tsp salt + pinch MSG / 4 g total 塩+MSG
- $\frac{1}{4}$ tsp white pepper 白こしょう

Tare Sauce

- 2 T / 30 g low-sodium soy sauce 減塩しょうゆ
- 1 T / 15 g mirin みりん
- 1 T / 15 g sake 酒
- 2 tsp / 8 g sugar 砂糖

Yuzu-Kosho Version

- Yuzu kosho 柚子胡椒
- Lemon wedges レモン

Instructions

1. Cut **chicken** thighs into approximately 3 cm pieces.
2. Cut **naganegi** into 2.5–3 cm lengths. The pieces should be similar in width to the chicken.
3. Combine chicken with **oil**, **salt + MSG**, and **white pepper**. **Rest 20 minutes**.
4. Thread skewers: chicken → negi → chicken → negi → chicken.
5. Leave small gaps between pieces to allow air circulation.
6. **Preheat** air fryer to **200°C** for **4 minutes**.
7. Install the skewer rack and arrange skewers without touching.
8. Cook at **200°C** for **8 minutes**.
 - The chicken should just begin browning around the edges.
9. Rotate the rack 180 degrees.
10. Continue cooking at **190°C** for **5–7 minutes**.
 - Cook **1–2 minutes longer** if deeper color is desired.
 - Avoid overcooking; yakitori should remain juicy.
11. Chicken should be lightly browned and fully cooked. Negi should be softened with light charred edges.
12. **Rest 3 minutes before serving**.



Variation 1 – Shio Yakitori

- Serve immediately after cooking. Traditionally accompanied by lemon wedges.

Variation 2 – Tare Yakitori

- Combine tare ingredients in a small saucepan.
- **Simmer 3–5 minutes** until slightly thickened.
- Brush skewers **after the first 8 minutes** of cooking.
- Brush again during the **final 2 minutes** for a glossy finish.

Variation 3 – Yuzu-Kosho Yakitori

- Prepare the shio version and serve with small amounts of yuzu kosho and lemon.

Skewer Rack Notes

- Do not overcrowd the rack.
- Expect the rear skewers to brown faster than the front.
- Rotating the rack halfway through cooking improves evenness.
- A batch of 4–6 skewers is usually ideal.

Vegetable Side Dish 1 – Japanese Cucumber Salad

- 200 g **cucumber** きゅうり
- 1 tsp **rice vinegar** 米酢
- Pinch **salt + MSG** 塩+MSG
- Thinly slice cucumber, season, and **chill 15 minutes** before serving.

Vegetable Side Dish 2 – Air Fryer Shishito Peppers

- 150 g **shishito peppers** ししとう
- Light oil spray 油
- **Air fry** at **190°C** for **6–8 minutes** until blistered.

Vegetable Side Dish 3 – Air Fryer Asparagus with Lemon

- 180 g **asparagus** アスパラガス
- **Lemon wedge** レモン
- **Air fry** at **190°C** for **Air fry** at **190°C** and finish with lemon juice.

Suggested Menu

Yakitori + Shishito Peppers + Cucumber Salad + Small Rice Portion

Nutrition – Shio Version

Entire Dish

Kcal total: 980 | **Protein:** 92 g | **Fat:** 60 g | **Sat Fat:** 16 g | **Carbs:** 8 g | **Sugars:** 4 g
| **Fiber:** 1 g | **Sodium:** 1650 mg | **Omega-3:** 0.5 g

Per Serving (2 servings)

Kcal total: 490 | Protein: 46 g | Fat: 30 g | Sat Fat: 8 g | Carbs: 4 g | Sugars: 2 g |
Fiber: 1 g | Sodium: 825 mg | Omega-3: 0.3 g

Notes

- Chicken thigh is recommended for authentic yakitori and better moisture retention.
- The Cosori air fryer can produce results surprisingly close to traditional yakitori grills.
- Making half shio and half Tare is a good way to compare styles during your first trial.