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Simple spicy chicken thighs, perfect for grilling

By Susie Iventosch



Grilled Wasabi Chicken Thighs Photo Susie Iventosch

This is what I love about being a cooking family . the kids start adding to the recipe collection and it's great fun to see what they come up with! This recipe is my son Joel's concoction. He loves to get creative in the kitchen and is always pondering new and clever ideas for interesting food combinations. It's his respite from the day-to-day grind of his high-tech job. We are the lucky beneficiaries of this pastime. He made this dish for us a few weeks ago, and when I made it later to document it, I realized that his caramelized shallot-wasabi cream sauce, which he created for a swordfish dinner many years ago, would be a wonderful complement to this chicken. If you're inclined to make the sauce, great, but if not, the chicken stands alone and is an easy dinner to prepare. Toss it on the grill for about 5-10 minutes per side and dinner is served!

Grilled Wasabi Chicken Thighs
With Caramelized Shallot-Wasabi Cream Sauce
(Serves 4)

Chicken & Marinade

INGREDIENTS

6 boneless, skinless chicken thighs

Marinade:

3/4 cup soy sauce

1.5 oz. prepared wasabi (1 tube)

2 tablespoons Chinese hot mustard

3 tablespoons toasted sesame oil

1/2 teaspoon Worcestershire sauce

1 teaspoon ground black pepper

3-4 slices fresh ginger root, peeled

DIRECTIONS

Place chicken thighs in a plastic container with a fitted lid, or a Ziploc baggie. Combine all marinade ingredients and stir well. Pour marinade over chicken and marinate for two to four hours.

Preheat grill to medium heat. (We use a gas grill, but if you're using a charcoal barbecue prepare barbecue as you normally do to cook chicken.) Remove chicken from marinade and discard marinade.

Cook chicken thighs for 5-10 minutes per side, until juices run clear and meat is cooked through.

Serve over a bed of rice along with a spoonful of the Caramelized Shallot-Wasabi Cream Sauce.

(Recipe below.) Garnish with extra wasabi, (if you're brave enough), lime wedges and a parsley or cilantro sprig.

Caramelized Shallot-Wasabi Cream Sauce

INGREDIENTS

1/4 cup shallots, chopped

1-2 tablespoons sesame oil

1 1/2 teaspoons prepared wasabi

1 1/2 teaspoons hot Chinese mustard

1/4 cup Saki or dry sherry

1/4 cup half & half

1/4 cup soy sauce

DIRECTIONS

In a small sauté pan, sauté shallots in sesame oil until browned and beginning to caramelize. Add remaining ingredients and stir well. Heat just to boiling, then reduce temperature to low or remove from stove and set aside until ready to reheat and serve. Grill Wasabi Chicken Thighs to desired doneness, and drizzle heated sauce over chicken and rice.



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[back](#)

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