

# Katakuriko chicken

350 deg

6 boneless, skinless chicken thighs  
1 egg, beaten, with a little milk added  
Katakuriko (potato starch) or cornstarch  
Garlic salt to taste

1 C. sugar  
½ C. Japanese rice vinegar  
3 T catsup  
3 T. shoyu



Dip chicken in egg, roll in mixture of katakuriko and garlic salt. Deep fry in oil til golden, drain on paper towels. Set aside. Combine remaining ingredients in a saucepan. Bring to a boil and simmer for a few minutes. Dip chicken into sauce and place on foil lined pan. Pour remaining sauce over chicken. Bake for 30 min. Turn over and bake for an additional 15 min.

