

Boneless, Skinless Chicken Thighs in Homemade Teriyaki Sauce

Sauce

1/2 cup soy sauce
2 tablespoons orange juice
1/2 cup water
2 teaspoons grated ginger
2 cloves garlic chopped finely or crushed
2 teaspoons sesame oil
1 tablespoon rice vinegar or apple cider vinegar
1/3 cup brown sugar, packed
2 tablespoons cornstarch
4 tablespoons water
8-10 boneless chicken thighs

First prepare your sauce. Mix together soy sauce, juice, water (don't switch out more soy sauce for less water or the result will be super salty), grated ginger (I used frozen, shhh), garlic, sesame oil, vinegar and brown sugar in a 2 quart (smallish) pot. Bring to a low boil. While this is cooking, mix cornstarch into the water (water first, it "opens" the starch) and whisk till smooth with whisk or fork. Add this mixture to the pot slowly, whisking all the while for a few minutes till sauce thickens up a bit. It's not super thick and that's correct. Let sauce cool.

Preheat oven to 400 F/205 C. Take a rimmed baking sheet and line with foil or place a sheet of parchment paper on it to save a massive cleanup and lay your rinsed chicken on it and take a bowl and pour out some teriyaki sauce (you will have leftover sauce for another time so don't contaminate it by sticking brush into container) and brush sauce on tops of chicken, turn over and brush other side with sauce as well. Let chicken sit and marinate till oven comes to temperature. When oven is hot, brush chicken tops again and place in oven for 15 minutes. Remove and turn chicken over and brush again with sauce (adding more sauce to bowl if need be) and return to oven to bake another 15 minutes or till browned and cooked through. These are terrific served with rice or equally delish in a sandwich.