

## Japanese Style Turkey Skewers



### *Ingredients*

#### **For the Skewers**

8 bamboo skewers, soaked in water for 1 hour  
500g cooked turkey, very finely chopped  
1 egg, lightly whisked  
1/2 cup panko breadcrumbs  
1 tbsp Japanese style mayonnaise  
2 tsp grated ginger  
2 spring onions, finely chopped  
1 tsp sesame oil  
1/2 tsp salt

#### **For the Glaze**

3 tbsp soy sauce  
3 tbsp mirin  
2 tbsp sake  
2 tbsp brown sugar  
1 tsp sesame oil

Togarashi (Japanese spice mixture), optional

### *Directions*

Step 1 – In a small saucepan, combine the sauce ingredients and simmer over low heat for around 15 minutes until the sauce starts to reduce. Set aside.

Step 2 – Combine the turkey, egg, breadcrumbs, mayonnaise, ginger, spring onion, sesame oil and salt in a large bowl and mix well. The mixture should be quite wet, so it adheres to the skewers. Divide into 8 equal portions.

Step 3 – With wet hands, form each portion into a log shape and place the skewer in the centre, forming the meat so it encases the skewer and is compressed tightly.

Step 4 - Heat the BBQ to medium – high heat (200 - 220°C) and prepare for direct cooking with a hotplate or BBQ safe frying pan. Cast iron works best for this recipe.

Step 5 – Once the hotplate or pan has reached temperature, cook the skewers, with the BBQ lid closed, for 6 minutes. Turn the skewers and cook for a further 4 minutes. Once cooked on both sides, brush the skewers liberally with the glaze and cook for an additional one minute each side, ensuring until an internal temperature of 70°C is reached.

Step 6 – Brush the skewers again with the sauce before serving and sprinkle with Japanese spice mixture if using.

