

Much attention is given to arranging each morsel in the box. A leaf or pieces of bamboo grass separate the food to make sure that the different tastes do not blend together. Color coordination and overall arrangement are also important. Moreover, the box is filled to the top, to make sure nothing shifts in transit.

Seasonal foods play a large role in the preparation of the box lunch. When you lift the lid, you will see a feast for the eyes, whetting the appetite while reminding you of the current season.

Chicken Teriyaki

(serves four)



Prepare two de-boned chicken drumsticks, making sure to remove all excess skin and fat. Place the chicken, outer-side down, in a Teflon frying pan and slowly braise over a high fire until lightly browned.



Turn the chicken over, and quickly braise the other side, making sure all areas come in contact with the frying pan. Then turn it over again when browned. Use a paper towel to remove excess liquid and fat.



Mix soy sauce (50cc), sake (25cc), and sugar (15g) together. Pour the mixture over the chicken, and bring to a boil. Turn the chicken over from time to time, basting it with the sauce until glazed. Cut into smaller pieces. Place on a serving dish and pour the remaining sauce on top of it.



Try this recipe and enjoy your Chicken Teriyaki

My child made Chicken Teriyaki!

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