



# ASIAN FRIED CHICKEN (ORIENTAL INFUSION DISH)

SERVES 6

English

## INGREDIENTS:

1 lb. Chicken  
1 1/2 C Canola Oil

## SAUCE:

1" Ginger, Grated  
1 Clove Garlic, Minced  
1/2 tsp Salt  
4 tsp Sugar  
1/2 ts MirinWine (Sake)  
1/2 tsp Vinegar  
1 tsp Sesame Oil  
1/2 tsp Oyster Sauce

## FLOUR MIXTURE:

1/2 C All-Purpose Flour  
1/2 tsp Salt  
1/2 tsp Pepper

## COOKING INSTRUCTIONS:

1. Mix all ingredients for sauce.
2. Cut slits in chicken and let chicken sit in sauce for one day.
3. Roll in flour mixture and fry.

## NUTRITION FACTS PER SERVING:

Calories 717; Total Fat 64g; Saturated Fat 6g; Sodium 481mg; Total Carbohydrates 12g; Dietary Fiber 0g; Sugars 3g; Protein 19g





# MOA PALAI `ĀSIA (FRIED CHICKEN)

HA'AWINA 'AI: 6

Hawaiian

## NĀ MEA HO`OHUI:

1 Paona Moa

1 1/2 kī`aha `aila canola (No ka palai ana)

## KE KAI:

1 Manamana `Awapuhi, olo `ia

1 `aka `akai pulau, `oki`oki `ia

1/2 puna kī pa`akai

4 puna kī kōpa`a

1/2 puna kī waina mirin

1/2 puna kī wīneka

1 puna kī `aila sesamī

1/2 puna kī kai `ōlepe

## PALE PALAOA MAKA:

1/2 kī`aha palaoa maka

1/2 puna kī pa`akai

1/4 puna kī pepa `ele`ele

## NĀ `ŌKUHI

1. E ho`ohui nā mea pono a pau no ke kai.
2. `Oki he mau puka li`ili`i i ka moa a waiho ka moa i ke kai.
3. E ho`oma`ū ka moa i ke kai no ho`okahi lā.
4. Uhi ka moa i ka pale palaoa maka a palai i ka `aila.

## NUTRITION FACTS PER SERVING:

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# ASIAN POLLO FRITO (PLATO DE INFUSIÓN ORIENTAL)

PORCIONES 6

Spanish

## INGREDIENTES:

1 libra de pollo

1 1/2 taza de aceite de canola para freir

## SALSA:

1 pulgar de jengibre rallado

1 diente de ajo picado

1/2 cucharadita de sal

4 cucharaditas de azúcar

1/2 cucharadita de vino Mirin (sake)

1/2 cucharadita de vinagre

1 cucharadita de aceite de sésamo

1/2 cucharadita de salsa de ostras

## SALSA:

1/2 taza de harina

1/2 cucharadita de sal

1/4 cucharadita de  
pimienta

## INSTRUCCIONES DE COCCIÓN:

1. Mezcle todos los ingredientes para la salsa.
2. Haga cortes en el pollo y dejarlo reposar en la salsa durante un día
3. Pasar por la mezcla de harina y freir.

## NUTRITION FACTS PER SERVING:

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## ASIAN

# FRIED CHICKEN (ORIENTAL INFUSION DISH)

JONAN KILEPEN: 6

Marshallese

### MŌÑĀ KO:

1 lb Bao

1 1/2 Kap in canola oil ñan bŭrae

### KEIN KĀRE KO:

1 Ginger (joñan wōt maan adin pa kilelep eo) emōj kajidrikdriki

1 tiroro in Garlic, emoj kajidrikdriki

1/2 tsp jool

4 tsp juka

1/2 tsp Mirin wine (sake)

1 tsp vinegar

1 tsp Sesame Oil

1/2 tsp Oyster sauce

### BILAWE UKOOR:

1/2 kap in bilawe ukoor

1/2 tsp Salt

1/4 tsp Pepper

### KŪLEN KŌMATTE:

1. Kobaik aolep kein kare ko ippen doon.
2. Mwijiti bao ko im kowaetoktoki im kōtlok bwe ren jojo ilo kein käre eo imuni juon raan.
3. Likut ilowan bilawe okôôr eo emōj lōōki kōn kein käre im lak mōj bŭraeiki.

### NUTRITION FACTS PER SERVING:

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