



teriyaki

Discover A Japanese Sauce that Change Your Cooking:
A Teriyaki Cookbook with Delicious Teriyaki Recipes

Teriyaki Recipes

A Teriyaki Cookbook with Delicious
Teriyaki Recipes

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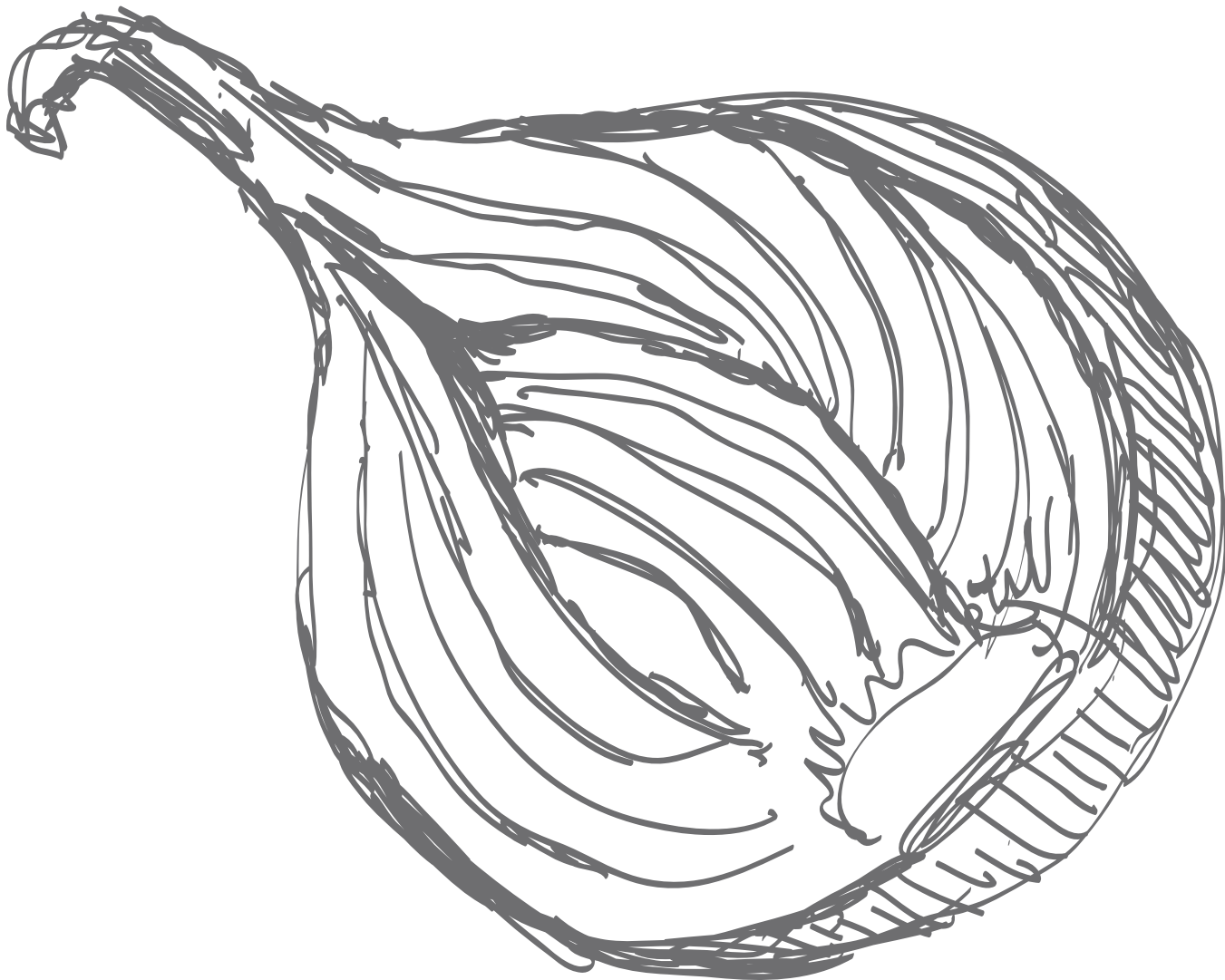


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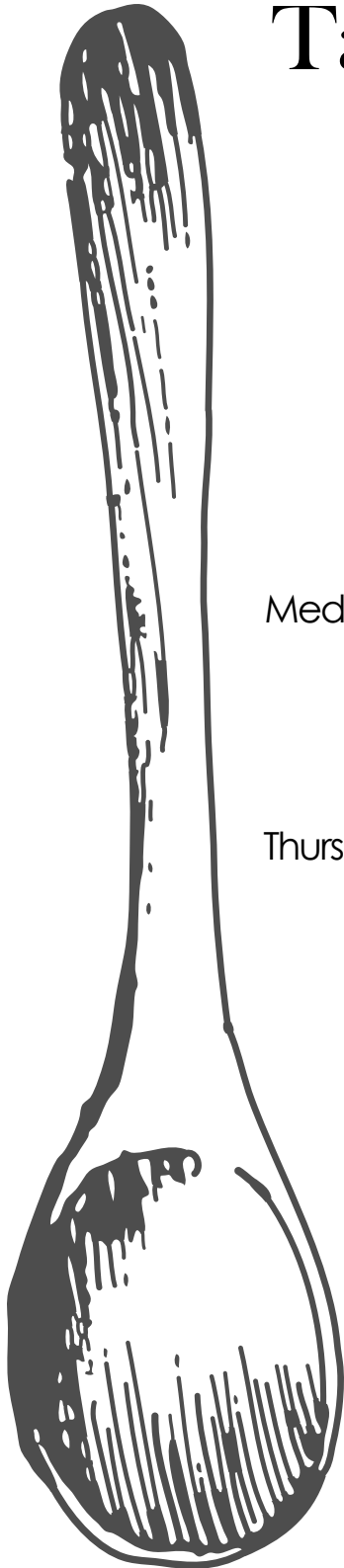
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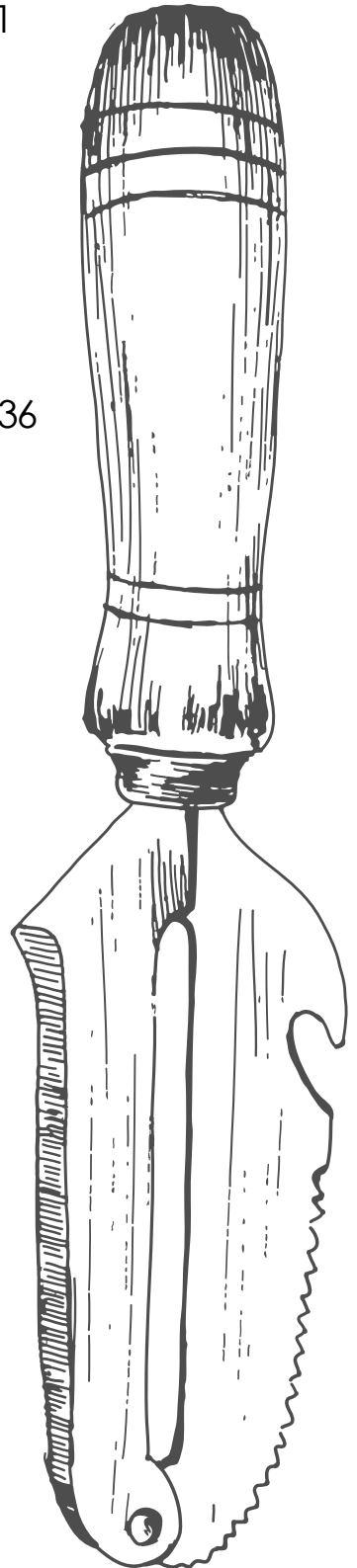
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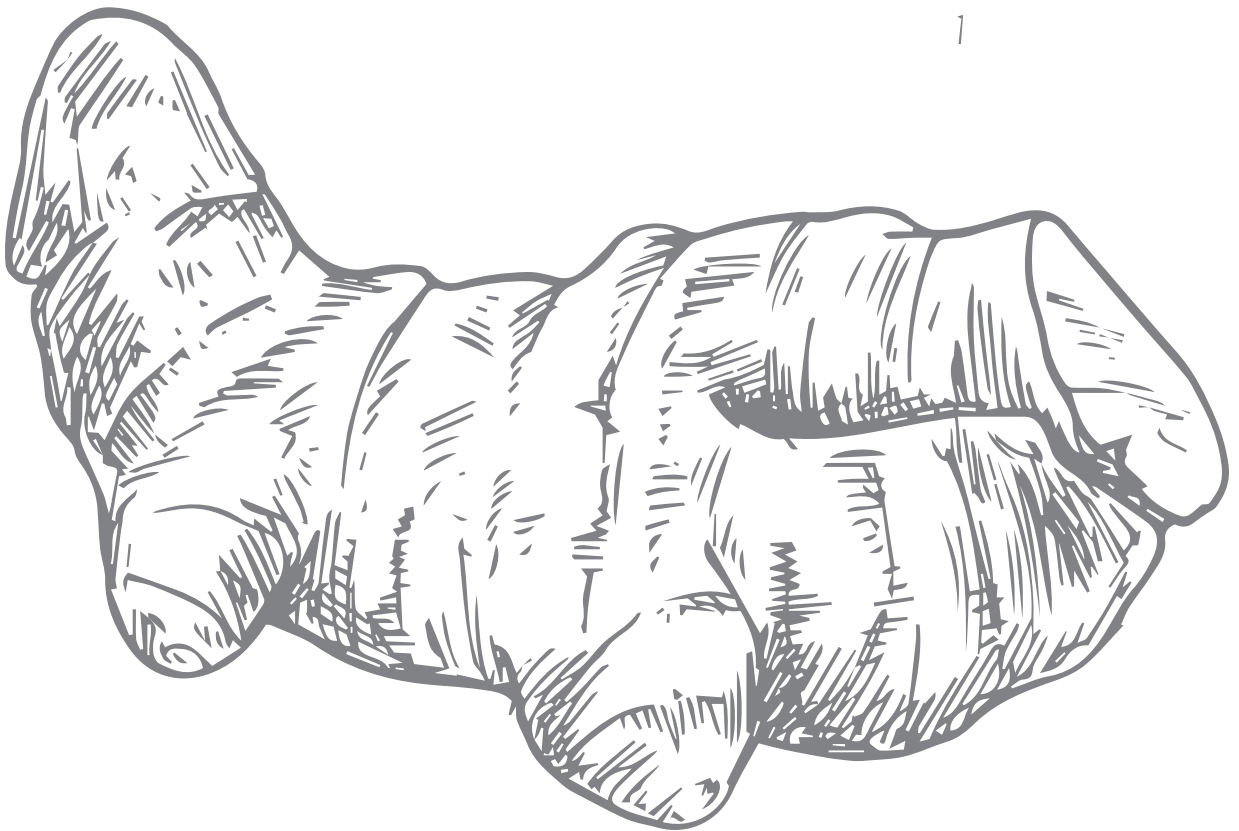
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How to Make Teriyaki Sauce



Prep Time: 6 mins



Total Time: 12 mins

Servings per Recipe: 15

Calories 25.5

Fat 0.0g

Cholesterol 0.0mg

Sodium 269.9mg

Carbohydrates 6.0g

Protein 0.5g

Ingredients

1/4 C. soy sauce
1/4 tsp garlic powder
1/2 tsp ground ginger
1 C. water
2 tbsps brown sugar

1 tbsp honey
1 - 2 drop stevia
1/4 C. cold water
2 tbsps cornstarch

Directions

1. Get a mixing bowl: Whisk in it the cornstarch with 1/4 C. of water.
2. Place a heavy saucepan over medium heat.
3. Stir in it the soy sauce with garlic powder, ginger, 1/4 C. of water, sugar, honey, and a pinch of salt.
4. Add the cornstarch mix and combine them well. Cook them until the sauce becomes thick.
5. Stir in it the stevia then serve it warm.
6. Enjoy.





ASIAN Fusion Chicken Wings



Prep Time: 5 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 4

Calories 701.7

Fat 47.7g

Cholesterol 205.2mg

Sodium 4406.6mg

Carbohydrates 16.8g

Protein 48.1g

Ingredients

1/4 C. butter, melted

2 lbs. pre-cut chicken wings, cut in two

garlic salt

1 1/2 C. teriyaki sauce

blue cheese dressing

pepper

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Sprinkle some garlic salt and pepper all over the chicken wings.
3. Pour the melted butter and Arrange over it the chicken wings.
4. Drizzle over them the teriyaki sauce and stir them to coat.
5. Place them in the oven and let them cook for 22 min.
6. Serve your chicken wings hot with some blue cheese dressing and rice.
7. Enjoy.

Teriyaki Spaghetti Squash



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 339.6

Fat 4.6g

Cholesterol 239.1mg

Sodium 2551.7mg

Carbohydrates 46.1g

Protein 32.5g

Ingredients

16 ounces cooked shrimp, peeled and deveined

1 (14 ounces) bags classic coleslaw mix

6 - 8 uncooked scallions, chopped

8 tbsps teriyaki sauce

4 - 5 lbs. spaghetti squash

Directions

1. Slice the squash in half and discard its seeds. Place it in a deep roasting dish and pour around it 1/4 C. of water.
2. Layover it a cling foil to cover it and microwave it for 7 min on high.
3. Discard the foil and microwave it for another 7 min on high.
4. Cover the squash halves again and let them rest for 6 min.
5. Place a pan over medium heat. Stir in it the slaw with teriyaki sauce, scallions, and a pinch of salt and pepper.
6. Cook them for 6 min. Stir in the shrimp and cook them for 5 min.
7. Shred the squash with a fork and add it to the pan. Divide it among 4 serving plates.
8. Spoon the stir-fried shrimp mixture over the spaghetti squash then serve them warm.
9. Enjoy.

WEST INDIAN Teriyaki Fish



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 2

Calories 365.6

Fat 15.5g

Cholesterol 51.6mg

Sodium 1866.5mg

Carbohydrates 31.4g

Protein 27.1g

Ingredients

- 2 tbsps prepared teriyaki sauce
- 2 tbsps dark soy sauce
- 2 1/2 tbsps brown sugar
- 1 1/2 tbsps olive oil
- 2 tbsps grated ginger
- 1 tbsp red wine vinegar
- 2 tbsps sliced scallions
- 1 1/2 small limes
- 1/2 tsp lime zest
- 1 pinch red pepper flakes
- 1/2 tsp chopped garlic
- 1 pinch salt
- 1 pinch black pepper
- 8 ounces salmon fillets

Directions

1. Get a mixing bowl. Whisk in it the Teriyaki sauce, soy sauce, brown sugar, grated ginger, red wine vinegar.
2. Stir in the scallions, lime zest, and juice of one lime, chopped garlic, oil, a pinch of salt and red pepper flakes.
3. Place a large skillet over medium heat. Pour in it the sauce and heat it for 2 min.
4. Sprinkle some salt and pepper over the salmon fillets.
5. Add them to the pan and let them cook for 3 to 4 min on each side and until the sauce becomes thick.
6. Serve your glazed salmon fillets hot with some rice.
7. Enjoy.

Teriyaki Burritos



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 81.7

Fat 7.1g

Cholesterol 0.0mg

Sodium 2.9mg

Carbohydrates 4.6g

Protein 0.8g

Ingredients

2 tbsps canola oil
1 (14 ounce) packages mixed peppers,
strips
1 1/2 lbs. chicken breast fillets, sliced

1/4 C. Teriyaki Sauce
8 small (6 - inch) flour tortillas, warmed

Directions

1. Place a large pan over medium heat. Heat in it 1 tbsp of oil. Cook in it the peppers for 5 min.
2. Stir in the rest of the oil with chicken, a pinch of salt and pepper. Cook them for 3 min.
3. Stir in the teriyaki sauce and let them cook for 3 to 4 min until the chicken is done.
4. Spoon your fajita into tortillas then serve them warm.
5. Enjoy.

TERIYAKI Beef



Prep Time: 20 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 307.3

Fat 12.5g

Cholesterol 85.0mg

Sodium 1459.4mg

Carbohydrates 13.1g

Protein 33.4g

Ingredients

1 1/4 lbs. boneless beef top sirloin steaks

1/2 C. teriyaki marinade, & sauce

2 tbsps sugar

2 tsps cornstarch

2 tbsps vegetable oil

hot cooked white rice

steamed vegetables

Directions

1. Slice the steaks into 1/4 inch strips.
2. Get a mixing bowl: Whisk in it the teriyaki sauce and sugar. Reserve 3 tbsps of the mixture aside.
3. Add the beef strips to the bowl and cover it. Let them sit for 20 min.
4. Get a mixing bowl: Whisk in it 2/3 C. of water with 3 tbsps of the reserved marinade, and cornstarch.
5. Place a large pan over medium heat. Heat in it the oil. Cook in it the beef strips for 3 min.
6. Stir in the cornstarch mixture with a pinch of salt and pepper. Let them cook for 2 min until the sauce becomes thick.
7. Spoon your teriyaki beef over the rice then serve it warm.
8. Enjoy.

Mediterranean Meets Japanese Skillet



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 719.0

Fat 56.0g

Cholesterol 148.0mg

Sodium 1360.1mg

Carbohydrates 15.0g

Protein 38.6g

Ingredients

olive oil
2 lb. lamb fillets, sliced into strips
2 tsps sesame oil
2 garlic cloves, crushed
1 brown onion, sliced
2 red chilies, seeded and chopped
1/2 C. teriyaki sauce
4 tbsp sweet chili sauce
17.5 oz. baby bok choy
7 oz. broccoli florets

Directions

1. Place a large skillet over medium heat. Heat in it the olive oil. Cook in the lamb strips in batches for 3 min.
2. Drain them and place them side. Heat the sesame oil in the same pan.
3. Cook in it the garlic with onion and chili for 3 min.
4. Stir in the lamb strips with teriyaki sauce, chili sauce, a pinch of salt and pepper.
5. Cook them for 2 min. Stir in the bok choy with broccoli and cook them for 3 to 4 min.
6. Serve your stir-fry warm with some rice.
7. Enjoy.

MUSHROOM Teriyaki



Prep Time: 5 mins

Total Time: 10 mins

Servings per Recipe: 4

Calories 74.3

Fat 3.7g

Cholesterol 0.0mg

Sodium 350.0mg

Carbohydrates 7.5g

Protein 3.8g

Ingredients

1 tbsp vegetable oil

1/2 lb. snow peas

8 ounces mushrooms, sliced

2 tbsps teriyaki sauce

Directions

1. Place a large pan over medium heat. Heat in it the oil.
2. Cook in it the mushroom with snow peas and a pinch of salt for 5 min.
3. Stir in the teriyaki sauce then serve them warm with some grilled or roasted meat.
4. Enjoy.

Korean Dinner (Chicken with Vegetables)



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 705.2

Fat 9.8g

Cholesterol 36.3mg

Sodium 656.6mg

Carbohydrates 125.7g

Protein 24.7g

Ingredients

- 1 tbsp vegetable oil
- 12 asparagus spears, quartered
- 1 tbsp minced garlic
- 1/2 C. bell pepper, sliced
- 1/2 C. onion, diced
- 1 1/2 sliced mushrooms
- 1/2 lb. chicken breast, diced
- 3 C. prepared rice
- 1/4 C. dried cranberries
- 2 tsps cornstarch
- 3 tsps teriyaki sauce
- 1/2 C. chicken broth

Directions

1. Place a large pan over medium heat. Heat in it the oil.
2. Cook in it the asparagus, peppers, onions, garlic and mushrooms for 4 to 6 min.
3. Stir in the chicken with cranberries, rice, a pinch of salt and pepper. Cook them for 6 min.
4. Get a mixing bowl: Whisk in it the cornstarch, teriyaki, and chicken broth.
5. Add the mixture to the pan and let it cook until the sauce becomes thick.
6. Serve your chicken pan warm.
7. Enjoy.





THURSDAY'S

Japanese Meatloaf Teriyaki



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 357.6

Fat 17.1g

Cholesterol 168.7mg

Sodium 686.8mg

Carbohydrates 14.8g

Protein 34.2g

Ingredients

Meat



- 2 lbs. lean ground beef
- 2 eggs, lightly beaten
- 2 slices bread, soaked in water & squeezed dry
- 1/2 C. chopped green pepper
- 1 medium onion, finely chopped
- 1 tbsp parsley
- 1 tsp ginger
- 1 tbsp brown sugar

- 1 tbsp soy sauce
 - 1 garlic clove, minced
- #### Glaze
- 2 tbsps soy sauce
 - 2 tbsps brown sugar
 - 2 tbsps lemon juice

Directions

1. Get a large mixing bowl: Combine in it all the meatloaf ingredients.
2. Transfer the mixture to a greased bread pan and pat it down.
3. Bake it for 60 min.
4. Once the time is up, allow the meatloaf to rest for 6 min.
5. Place a heavy saucepan over medium heat: Whisk in it the lemon juice with brown sugar and soy sauce.
6. Cook them until the sugar dissolves and the sauce becomes slightly thick.
7. Pour the sauce all over the meatloaf then serve it warm.
8. Enjoy.

Braised Green Been Skillet

 Prep Time: 2 mins
 Total Time: 7 mins

Servings per Recipe: 4

Calories 77.4

Fat 0.2g

Cholesterol 0.0mg

Sodium 699.0mg

Carbohydrates 17.2g

Protein 3.9g

Ingredients

4 C. green beans, diced
1 large onion, diced
4 tbsps minced garlic
1/4 C. teriyaki sauce

olive oil flavored cooking spray

Directions

1. Place a large skillet over medium heat. Grease it with a cooking spray.
2. Cook in it the green beans for 1 min. Stir in the onion and cook them for 3 min.
3. Stir in the garlic and cook them for 1 min.
4. Spoon the warm salad to a serving plate. Drizzle over it the teriyaki sauce then serve it.
5. Enjoy.

YUKI'S

Fish Cakes Teriyaki



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 87.6

Fat 4.4g

Cholesterol 70.5mg

Sodium 205.6mg

Carbohydrates 8.2g

Protein 3.6g

Ingredients



1 (14 3/4 ounce) cans red sockeye, skin,
and bones removed
1/2 C. dry breadcrumbs
3 green onions, thinly sliced
2 cloves garlic, finely chopped
1 tbsp orange juice

1 tbsp teriyaki sauce
2 large eggs, beaten
1 tbsp vegetable oil

Directions

1. Before you do anything, preheat the oven to 375 F.
2. Get a large mixing bowl: Mix in it the salmon, bread crumbs, garlic, orange juice, teriyaki sauce, a pinch of salt and pepper.
3. Add the eggs and combine them well. Form the mixture into 6 burgers.
4. Place a large skillet over medium heat. Heat in it the oil.
5. Cook in it the salmon cakes for 2 min on each side. Transfer them to a lined up baking tray.
6. Cook them for 11 min in the oven.
7. Serve your salmon cakes warm with the teriyaki sauce on the side.
8. Enjoy.

Tofu Teriyaki

 Prep Time: 1 hr
 Total Time: 2 hrs

Servings per Recipe: 4
Calories 147.9
Fat 4.9g
Cholesterol 0.0mg
Sodium 1021.1mg
Carbohydrates 17.1g
Protein 11.5g

Ingredients

1 lb. firm tofu, cut into bite-size pieces	1 tsp chopped gingerroot
1/4 C. soy sauce	2 cloves garlic, chopped
3 tbsps rice vinegar	1/4 tsp dry mustard
3 tbsps maple syrup	chopped coriander
1/2 C. orange juice	
2 tsps grated orange rind	

Directions

1. Get a mixing bowl: Whisk in it the soy, vinegar, maple syrup, orange juice, orange rind, ginger, garlic, and mustard to make the marinade.
2. Place the tofu and in a large bowl and cover it with the marinade
3. Place it in the fridge and let sit for 60 min or overnight.
4. Before you do anything, preheat the oven to 375 F.
5. Drain the tofu pieces and place them in a roasting dish. Drizzle over the 1/2 C. of the remaining marinade.
6. Bake it for 60 min while stirring it every 22 min.
7. Serve your baked tofu warm.
8. Enjoy.

HIBACHI Filets



Prep Time: 10 mins

Total Time: 25 mins

Servings per Recipe: 4

Calories 105.7

Fat 1.3g

Cholesterol 61.6mg

Sodium 240.4mg

Carbohydrates 5.0g

Protein 17.5g

Ingredients

4 white fish fillets
1/2 C. orange juice
2 green onions, chopped
1 tbsp teriyaki sauce
1 tsp ginger, grated
1 tsp cornflour
1 tbsp water

Directions

1. Get a mixing bowl: Whisk in it the orange juice, green onions, teriyaki sauce, ginger, a pinch of salt and pepper.
2. Add the fish fillets and let them sit for 60 min.
3. Place a heavy saucepan over medium heat.
4. Place in it the fish fillets with its marinade. Cook it until it starts boiling.
5. Put on the lid and let them cook until the fish is done. Drain it and place it aside.
6. Get a mixing bowl: Whisk in it the cornflour with water.
7. Add it to the sauce in the pan and simmer it until it becomes thick to your liking.
8. Adjust the seasoning of your teriyaki sauce then drizzle it over the fish fillets.
9. Serve them warm with some rice.
10. Enjoy.

Teriyaki Cauliflower Bowls



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 40.5

Fat 0.1g

Cholesterol 0.0mg

Sodium 383.1mg

Carbohydrates 9.1g

Protein 1.6g

Ingredients

Teriyaki

2 tsps gingerroot, minced or grated

1 garlic clove, minced

3 tbsps water

1/3 C. low sodium soy sauce

1 tbsp honey

1/2 tsp onion powder

2 tbsps cornstarch

1/2 C. water

Veggies

2 C. cauliflower

2 celery ribs, sliced

2 medium carrots, peeled & julienned

1 medium zucchini, sliced

Directions

1. Place a heavy saucepan over high heat. Stir in 3 tbsps of water with garlic and ginger.
2. Put on the lid and let them cook for 2 min.
3. Stir in the soy sauce with honey and onion. Cook them for 2 min.
4. Get a mixing bowl: Whisk in it the cornstarch with water.
5. Add it to the saucepan and stir it until it becomes thick. Place it aside.
6. Place a large pan over high heat. Heat in it 1/2 C. of water.
7. Stir in the cauliflower with carrots and cook them for 3 min.
8. Stir in the celery with zucchini. Put on the lid and let them cook for 3 min.
9. Once the time is up, strain the veggies and transfer them to a serving plate.
10. Drizzle over the sauce and serve them warm.
11. Enjoy.

TERIYAKI Sirloin



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 54.1

Fat 2.3g

Cholesterol 0.0mg

Sodium 710.3mg

Carbohydrates 7.0g

Protein 1.1g

Ingredients

1/2 C. reduced sodium soy sauce
1/4 C. cider vinegar
2 tbsps brown sugar
2 tbsps chopped onions
1 tbsp canola oil
1 garlic clove, minced

1/2 tsp ground ginger
1/8 tsp pepper
2 lbs. beef top sirloin steaks

Directions

1. Get a zip lock bag: Combine in it the soy sauce with vinegar, sugar, onion, canola oil, garlic, ginger, salt, and pepper.
2. Cut the steaks into strips and add it to the bag. Seal it and shake them to coat.
3. Place it in the fridge for 3 h.
4. Before you do anything, preheat the grill and grease it.
5. Drain the beef strips and thread them onto skewers. Grill them for 4 to 5 min on each side.
6. Serve your grilled steak strips warm.
7. Enjoy.

Waldorf Teriyaki



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 16

Calories 233.0

Fat 21.6g

Cholesterol 0.0mg

Sodium 253.0mg

Carbohydrates 8.2g

Protein 5.3g

Ingredients

- 4 C. walnut halves
- 3 tbsps sesame seeds
- 1/4 C. frozen orange juice concentrate, thawed
- 1/4 C. soy sauce
- 2 tbsps sesame oil
- 2 tbsps light brown sugar
- 2 tsps grated ginger
- 2 cloves garlic, minced
- 1/2 tsp crushed dried red chili

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Cover a baking tray with a piece of foil. Arrange over the walnuts and toast them for 11 min.
3. Place them aside to cool down. Lower the oven heat for 300 F.
4. Place a skillet over medium heat. Cook in it the sesame seeds for 4 min until they become golden.
5. Transfer them to a bowl and place them aside.
6. Stir the orange juice concentrate, soy sauce, sesame oil, sugar, ginger, garlic and chilies in the same skillet.
7. Cook them until they start boiling. Stir in the walnuts and cook them until the sauce becomes thick.
8. Stir in the sesame seeds and mix them well. Spoon the mixture to the lined up tray and cook them for 9 min in the oven.
9. Allow your walnut candy to cool down completely then break it into pieces.
10. Store it in an airtight container and place it in a C.board until ready to serve.
11. Enjoy.





SAKURA'S

6-Ingredient Cutlets



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 578.7

Fat 30.1g

Cholesterol 75.5mg

Sodium 2818.8mg

Carbohydrates 50.3g

Protein 30.4g

Ingredients

1/4 C. olive oil

1/3 C. honey

1/3 C. soy sauce

1/4 tsp ground pepper

2 garlic cloves

2 boneless skinless chicken breasts

Directions

1. Get a large mixing bowl: Mix in it the oil with honey, soy sauce, garlic, a pinch of salt and pepper.
2. Add to it the meat of your choice and let it sit for at least 2 h. Fry the breasts it in a skillet until fully done.
3. Enjoy.

Louisiana x Japanese Teriyaki



Prep Time: 5 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 4

Calories 423.8

Fat 15.2g

Cholesterol 40.3mg

Sodium 1708.7mg

Carbohydrates 59.8g

Protein 12.5g

Ingredients

4 -6 sausages, your favorite kind
3/4 C. flour
1 tsp salt
1 1/2 tsps pepper
3/4 C. brown sugar
3 tbsps soy sauce

1/4 tsp lemon juice
1/2 tsp paprika
1/2 tsp cayenne
1/2 tsp garlic powder

Directions

1. Before you do anything, preheat the oven to 375 F.
2. Get a mixing bowl: Mix in it the flour with salt and pepper.
3. Dust the sausages with the flour mix and arrange them in a roasting pan.
4. Roast them in the oven for 22 min. Flip them and let them cook for an extra 20 min.
5. Get a mixing bowl: Mix in the brown sugar with soy sauce to get a thick paste.
6. Add the lemon juice with spices and combine them well. Brush the sausages with the sugar mixture.
7. Bake them for 11 min. Brush them one more time with the remaining sugar mixture and cook them for 11 min on the other side.
8. Serve your sausages warm.
9. Enjoy.

WHITE FISH

Teriyaki



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 154.5

Fat 1.2g

Cholesterol 61.6mg

Sodium 2138.8mg

Carbohydrates 15.4g

Protein 20.0g

Ingredients

3/4 C. teriyaki marinade & sauce

2 tbsps brown sugar

1 tsp grated gingerroot

4 white fish fillets

Directions

1. Get a mixing bowl: Whisk in it the teriyaki marinade with brown sugar and gingerroot.
2. Get a zip lock bag: Place in it the fish fillet and pour over them 3/4 of the marinade.
3. Reserve the remaining 1/4 for later use. Seal the bag and let it sit for 35 min.
4. Before you do anything else, preheat the grill and grease it.
5. Drain the fish fillets and grill them for 4 to 5 min on each side.
6. Enjoy.

Teriyaki Brasileiro



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 731.5

Fat 31.1g

Cholesterol 92.9mg

Sodium 1323.1mg

Carbohydrates 51.9g

Protein 58.7g

Ingredients

- 1/4 C. bottled teriyaki sauce
- 4 garlic cloves, crushed
- 1/4 tsp ground pepper
- 1 (2 lb.) flank steaks, cut into strips
- 3 bell peppers, quartered, seeded
- 1/2 lb. vermicelli
- 3 tbsps peanut oil
- 2 tbsps soy sauce
- 1 tsp oriental sesame oil
- 1 tsp grated ginger
- 1/4 tsp red pepper flakes
- 3 scallions, cut diagonally into slices

Directions

1. Get a roasting pan: Mix in it the teriyaki sauce, 2 cloves garlic, and the ground pepper.
2. Add the steaks and spoon over them the marinade. Let them sit for 30 min. Before you do anything else, preheat the oven broiler.
3. Drain the steak strips and thread them onto skewers. Arrange them in a roasting pan.
4. Thread the peppers onto skewers and add them to the roasting pan.
5. Pour over them the marinade. Broil them for 5 to 6 min on each side.
6. Prepare the vermicelli by following the instructions on the package.
7. Get a mixing bowl: Whisk in it the peanut oil, soy sauce, sesame oil, ginger, red pepper flakes, scallions, and remaining 2 cloves garlic.
8. Add the vermicelli and stir it to coat. Season it with a pinch of salt and pepper.
9. Serve your vermicelli warm with broiled steak and pepper.
10. Enjoy.

TERIYAKI

London Broil



Prep Time: 20 mins



Total Time: 35 mins

Servings per Recipe: 8

Calories 376.4

Fat 16.0g

Cholesterol 74.1mg

Sodium 385.7mg

Carbohydrates 29.3g

Protein 28.1g

Ingredients

2 lbs. London broil beef, cut into bite-size pieces

4 pita pockets

1 head lettuce

1 tbsp mayonnaise

Marinade

2 tbsps low sodium soy sauce

1/4 C. sesame oil

2 tbsps honey

Sauce

1 tbsp garlic powder

1 tbsp ground ginger

1 tbsp ground pepper

1 tsp celery salt

2 tbsps brown sugar

4 tbsps low sodium chicken broth

1 tbsp cornstarch

Directions

1. Get a zip lock bag: Combine in it the beef pieces with soy sauce, sesame oil, honey, a pinch of salt and pepper.
2. Seal the bag and place them aside for 60 min.
3. Slice the pita pockets in half and coat their inside with mayo.
4. Arrange in them the shredded lettuce and place them aside.
5. Place a hot pan over medium heat. Drain the beef pieces and cook them for 5 to 6 min.
6. Get a mixing bowl: Whisk in it the cornstarch with 1/4 C. of the beef marinade, garlic powder, ginger, pepper, brown sugar, broth, and salt. Pour the mixture over the beef pieces and cook them until it becomes thick.
7. Serve your glazed beef warm with some rice.
8. Enjoy.

Teriyaki Lunch Box (Chicken Wraps)



Prep Time: 20 mins



Total Time: 34 mins

Servings per Recipe: 6

Calories 415.0

Fat 7.8g

Cholesterol 43.8mg

Sodium 990.4mg

Carbohydrates 59.5g

Protein 25.7g

Ingredients

- 1/2 C. chopped walnuts
- 1 medium onion, sliced
- 1 lb. boneless skinless chicken breast, cut into strips
- 1 C. broccoli floret, blanched and drained
- 2 medium carrots, peeled, cut into matchsticks, blanched and drained
- 1/2 C. prepared teriyaki sauce
- 1/2 C. snow peas, halved on the diagonal, blanched and drained
- 6 10 inch 8-inch fat-free flour tortillas, warmed
- 2 C. hot cooked long-grain white rice

Directions

1. Place a large pan over medium heat. Toast in the walnuts for 2 min. Place it aside.
2. Place a pan over medium heat. Grease it with a cooking spray.
3. Cook in it the onion for 4 min. Stir in the chicken and cook them for 7 min.
4. Add the broccoli with carrots, snow peas, walnuts, teriyaki sauce, a pinch of salt and pepper.
5. Cook them for 3 min. Spoon the mixture into tortillas.
6. Top them with rice and fold them burrito style. Serve your sandwiches immediately.
7. Enjoy.

TOPPED

Teriyaki Chicken Breasts



Prep Time: 45 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 348.5

Fat 4.9g

Cholesterol 65.8mg

Sodium 2201.8mg

Carbohydrates 48.5g

Protein 30.2g



Ingredients

- 1 lb. of boneless skinless chicken breast tenders
- 1 C. low sodium soy sauce
- 1 tbsp of grated gingerroot
- 3 garlic cloves, mashed and minced
- 2 limes, juice and zest, divided
- 1/2 C. honey
- 1 tbsp sesame oil
- 1 C. diced pineapple
- 1 jalapeno, seeded and halved
- 1/4 small onion
- 6 leaves basil
- salt

Directions

1. Get a mixing bowl: Whisk in it the soy sauce, ginger, garlic, half of the lime juice and zest, honey, and sesame oil.
2. Stir in the chicken tenders and cover them. Place it in the fridge for 35 min.
3. Get a food processor: Combine in it the pineapple with basil, onion, and jalapeno.
4. Pulse them several times until they become finely chopped.
5. Before you do anything else, preheat the grill and grease it.
6. Drain the chicken tenders then season them with some salt and pepper.
7. Grill them for 5 to 6 min on each side. Serve them warm with pineapple salsa.
8. Enjoy.

Teriyaki Meat Brine

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	581.8
Fat	36.3g
Cholesterol	0.0mg
Sodium	6046.1mg
Carbohydrates	56.2g
Protein	11.9g

Ingredients

1/4 C. soy sauce	1 1/2 tsps garlic powder
1/4 C. grapefruit juice	1/2 tsp ginger powder
2 tbsps olive oil	1/2 tsp Chinese five spice powder
2 tbsps brown sugar	1/4 tsp Tabasco sauce
1 tbsp oyster sauce	

Directions

1. Get a zip lock bag: Combine in it all the ingredients with the meat of your choice.
2. Seal the bag and let it sit for 4 h. Cook it the way you desire.
3. Enjoy.





SHENZHEN

Stir Fry



Prep Time: 10 mins



Total Time: 18 mins

Servings per Recipe: 4

Calories 493.6

Fat 8.0g

Cholesterol 176.1mg

Sodium 2494.3mg

Carbohydrates 66.1g

Protein 37.5g

Ingredients

9 oz. fish fillets, cut into bite-size pieces
1 tbsp peanut oil
1 small red Spanish onion, sliced
1 small red capsicum, sliced
1 C. broccoli floret

9 oz. raw prawns
10.5 oz. fresh Hokkien noodles
3/4 C. teriyaki marinade

Directions

1. Place a large skillet over medium heat. Heat in it the oil.
2. Cook in it the onion with broccoli and capsicum for 3 min.
3. Stir in the shrimp with fish, a pinch of salt and pepper. Cook them for 3 min.
4. Stir in the noodles with teriyaki marinade. Cook them for 3 to 4 min.
5. Serve your stir-fry warm.
6. Enjoy.

Weeknight Burger Teriyaki



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 5

Calories 227.9

Fat 10.1g

Cholesterol 101.2mg

Sodium 878.8mg

Carbohydrates 12.1g

Protein 21.1g

Ingredients

1 lb. lean ground beef

1/4 C. soy sauce

1/4 C. sugar

1 tbsp grated ginger

1 tbsp minced garlic

1 egg

Directions

1. Get a large mixing bowl: Mix in it all the ingredients.
2. Shape it into 5 burgers.
3. Before you do anything, preheat the grill and grease it.
4. Grill the burgers for 8 to 9 min on each side. Serve them warm.
5. Enjoy.

TERIYAKI

Meatball Sampler



Prep Time: 20 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 649.7

Fat 16.3g

Cholesterol 99.3mg

Sodium 1190.5mg

Carbohydrates 77.3g

Protein 47.0g

Ingredients

- 1 1/2 C. long grain rice
- 1 1/4 lbs. ground chicken
- 2 scallions, chopped
- 2 tbsps grated ginger
- 2 tbsps canola oil
- 1/2 lb. snow peas, halved crosswise
- 1 C. frozen shelled edamame, thawed
- 1/2 C. low sodium soy sauce
- 2 tbsps brown sugar

Directions

1. Prepare the rice by following the instructions on the package.
2. Get a mixing bowl: Mix in it the chicken, scallions, ginger, a pinch of salt and pepper.
3. Form the mixture into 16 meatballs.
4. Place a large pan over medium heat. Heat in it 1 tbsp of oil. Cook in it the meatballs for 12 min.
5. Drain them and place them aside. Stir the remaining oil in the same pan.
6. Stir in the edamame with peas, and a pinch of salt. Cook them for 3 min.
7. Stir in the meatballs.
8. Get a mixing bowl: Whisk in it the sugar with soy sauce. Stir it into the pan and cook them for 3 to 4 min.
9. Spoon the mixture over some rice then serve it warm.
10. Enjoy.

Alaskan Teriyaki



Prep Time: 2 hrs



Total Time: 2 hrs 10 mins

Servings per Recipe: 4

Calories 226.7

Fat 7.1g

Cholesterol 88.6mg

Sodium 122.5mg

Carbohydrates 4.2g

Protein 35.3g

Ingredients

1 1/2 lbs. salmon fillets

1 cedar plank

1 1/2 C. Yoshida gourmet sauce

1 tbsp sesame seeds

2 C. green onions, chopped

Directions

1. Place the cedar plank in a bucket of water and let it sit for 120 min.
2. Place the salmon fillets in a roasting dish. Pour over it the gourmet sauce and let them sit for 120 min.
3. Before you do anything else, preheat the grill and grease it.
4. Drain the fish fillets and grill them for 5 to 6 min on each side.
5. Garnish them with sesame seeds and green onions. Serve them warm.
6. Enjoy.

COUNTRY

Vegetable Teriyaki



Prep Time: 30 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 138.6

Fat 3.0g

Cholesterol 7.3mg

Sodium 1991.8mg

Carbohydrates 21.0g

Protein 10.7g

Ingredients

6 zucchini, sliced

6 yellow squash, sliced

2 (5 ounce) bottles teriyaki marinade

1/2 C. parmesan cheese, grated

Directions

1. Get a roasting dish: Stir in it the zucchini with squash, and teriyaki marinade
2. Cover the pan and let it sit for 12 h in the fridge.
3. Before you do anything, preheat the grill and grease it.
4. Drain the veggie slices and season them with a pinch of salt. Grill them for 2 to 3 min on each side.
5. Brush them with the marinade while cooking then serve them warm.
6. Enjoy.

Mr. Chow's Teriyaki Burgers



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 447.9

Fat 19.3g

Cholesterol 77.1mg

Sodium 943.5mg

Carbohydrates 39.1g

Protein 28.1g

Ingredients

1 (8 ounces) can water chestnuts, drained and chopped	salt and pepper
2 tbsps chopped green onions	7 split hamburger buns
1/3 C. teriyaki sauce	14 slices tomatoes
1 1/2 lbs. ground beef	7 lettuce leaves

Directions

1. Get a mixing bowl: Mix in it the teriyaki sauce, water chestnuts, onions, salt, and pepper.
2. Add the beef and combine them well. Form the mixture into 6 cakes.
3. Before you do anything, preheat the grill and grease it.
4. Grill the beef burgers for 7 to 9 min on each side. Serve them warm.
5. Enjoy.

LINGUINE

Teriyaki



Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 8

Calories 377.1

Fat 1.8g

Cholesterol 110.5mg

Sodium 1171.6mg

Carbohydrates 67.0g

Protein 23.6g

Ingredients

1 lb. cooked shrimp, 36 - 40 count
24 ounces broccoli
1/2 C. soy sauce
1/2 C. molasses
1/2 C. water

1 tsp Chinese five spice powder
1 tsp garlic powder
2 tbsps cornstarch
16 ounces linguine

Directions

1. To prepare the teriyaki sauce:
2. Place a heavy saucepan over medium heat: Stir in it the soy sauce, water, molasses, cornstarch, garlic powder and Chinese five spice.
3. Cook them until they become bubbly and thick.
4. To prepare the Pasta:
5. Bring a large salted saucepan of water to a boil. Cook in it the broccoli for 3 to 4 min.
6. Drain it and place it aside.
7. Get a large bowl: Place in it the shrimp and cover it with hot water. Let it sit for 6 min.
8. Cook the spaghetti by following the instructions on the package.
9. Place a large skillet over medium heat. Stir in it the broccoli with drained shrimp, teriyaki sauce, a pinch of salt and pepper.
10. Let them cook for 2 to 3 min. Stir in the pasta and stir them to coat.
11. Turn off the heat and put on the lid. Let them sit for 5 min.
12. Serve your pasta warm.
13. Enjoy.

Sesame Salmon



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 2

Calories 905.9

Fat 22.9g

Cholesterol 146.2mg

Sodium 2265.8mg

Carbohydrates 93.3g

Protein 78.0g

Ingredients

2 salmon fillets
2 heads pak choi
1 red pepper, sliced
1/2 tsp toasted sesame oil
1 garlic clove
1 tsp ginger
2 tsps coconut oil
Himalayan salt and pepper
200 g brown rice
4 tbsps soy sauce
1 spring onion, chopped
1/2 chili, chopped
1 tsp ginger
1 garlic clove, minced
1 tbsp maple syrup
1 C. water
1 tsp cornflour

Directions

1. To prepare the teriyaki sauce:
2. Place a heavy saucepan over medium heat: Stir in it the soy sauce with spring onion, chili, ginger, garlic, maple syrup and 1/2 C. of water.
3. Cook them until they start boiling. Add the cornflour with water and mix them well.
4. Lower the heat and let the sauce cook until it becomes thick. Place it aside.
5. To prepare the salmon and veggies:
6. Place a large skillet over medium heat. Heat in it the coconut oil.
7. Sprinkle some salt and pepper all over the salmon fillets. Fry them for 3 to 4 min on each side. Drain them and place them over paper towels.
8. Place a heavy saucepan over medium heat. Heat it 1 tsp of coconut oil. Cook in it the ginger with garlic for 1 min. Stir in the peppers with pak choi, sesame oil, a pinch of salt and pepper. Let them cook for 4 min.
9. Prepare the rice by following the instructions on the package.
10. Spoon the rice to serving plates. Top them with veggies, salmon and teriyaki sauce.
11. Serve them right away. Enjoy.





TERIYAKI

Seafood Bowls



Prep Time: 20 mins



Total Time: 25 mins

Servings per Recipe: 3

Calories 269.7

Fat 10.6g

Cholesterol 190.9mg

Sodium 2698.0mg

Carbohydrates 18.8g

Protein 23.4g

Ingredients

1/2 C. teriyaki marinade, and sauce
2 tbsps sugar
water
1 lb. medium shrimp, peeled and
deveined

2 tpsps cornstarch
2 tbsps vegetable oil
hot cooked rice, about 4 C.
steamed vegetables

Directions

1. Get a mixing bowl: Whisk in it the teriyaki sauce with sugar. Reserve 3 tbsp of the sauce.
2. Get a zip lock bag: Combine in it the teriyaki sauce with shrimp, a pinch of salt and pepper.
3. Seal the bag and let them sit for 20 min.
4. Get a mixing bowl: Whisk in it 2/3 C. of water, 3 tbsp of the reserved marinade, and cornstarch.
5. Place a large pan over medium heat. Cook in it the shrimp for 4 min.
6. Stir in the cornstarch mixture and let them cook until the sauce becomes thick.
7. Serve your teriyaki shrimp warm with some rice and steamed veggies.
8. Enjoy.

Teriyaki Noodles



Prep Time: 3 hrs



Total Time: 3 hrs 25 mins

Servings per Recipe: 4

Calories 544.4

Fat 9.3g

Cholesterol 65.8mg

Sodium 4854.0mg

Carbohydrates 72.7g

Protein 40.5g

Ingredients

- 1 lb. chicken tenderloins
- 1 1/3 C. teriyaki sauce, divided
- 2 tbsps peanut oil
- 2 carrots, sliced on the bias
- 1 C. small broccoli floret
- 2 celery ribs, sliced on the bias
- 1 (8 ounces) cans sliced water chestnuts, drained
- 1 medium onion, sliced
- 2 garlic cloves, minced
- 2 tbsps ginger, minced
- 2 green onions, sliced on the bias
- 8 ounces Japanese udon noodles

Directions

1. Get a mixing bowl: Stir in it 2/3 C. of teriyaki sauce with meat. Cover it and place it in the fridge for 4 h.
2. Before you do anything else, preheat the grill and grease it.
3. Drain the meat and grill it until it becomes cooked to your liking.
4. Place a large pan over medium heat. Heat in it the oil.
5. Cook in it the carrots with broccoli for 4 min. Stir in the celery with the onion and cook them for 3 min.
6. Stir in the water chestnuts, garlic, and ginger. Cook them for 2 min.
7. Prepare the noodles by following the instructions on the package.
8. Stir it into the pan and toss them to coat with 2/3 C. of teriyaki sauce and 1/2 C. of pasta water.
9. Lower the heat and let them cook until the sauce becomes thick.
10. Serve your teriyaki pasta beef warm.
11. Enjoy.

CHICKEN WING

Teriyaki



Prep Time: 1 hr

Total Time: 1 hr

Servings per Recipe: 8

Calories 1346.4

Fat 93.2g

Cholesterol 437.5mg

Sodium 1301.4mg

Carbohydrates 13.3g

Protein 106.9g

Ingredients

10 lbs. chicken wings

2 C. sweet and sour sauce

1/2 C. teriyaki sauce

1/4 C. sesame seeds

Directions

1. Before you do anything, preheat the oven to 450 F.
2. Place the chicken wings in a roasting dish. Coat them with a cooking spray.
3. Sprinkle over them some salt and pepper then toss them to coat. Place the pan in the oven and let them cook for 22 min.
4. Get a mixing bowl: Whisk in it the sweet and sour sauce with sesame seeds and teriyaki sauce.
5. Pour it all over the wings and stir them to coat. Place the pan back in the oven and cook them for 26 min.
6. Serve your chicken wings warm.
7. Enjoy.

Caribbean Teriyaki Sliders



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 2

Calories 936.4

Fat 45.8g

Cholesterol 167.4mg

Sodium 2777.4mg

Carbohydrates 70.1g

Protein 59.9g

Ingredients

Teriyaki

pineapple juice

1/4 C. soy sauce

1 tbsp hoisin sauce

1/4 tsp sesame oil

3 tsps rice vinegar

3 tsps honey

2 garlic cloves, diced

Burger

3/4 lb. ground beef

1/4 C. of chopped cilantro

1 tsp dried red pepper flakes

2 green onions, diced

1 garlic clove, diced

salt and pepper

Toppings

4 slices swiss cheese

4 slices canned pineapple

4 buns, for sliders

Directions

1. To prepare the teriyaki sauce:
2. Place a heavy saucepan over medium heat.
3. Stir in it the garlic, soy sauce, Hoisin sauce, sesame oil, rice vinegar, pineapple juice, honey, and a pinch of salt.
4. Cook them until they start boiling. Lower the heat and let it cook until it becomes thick.
5. Turn off the heat and place it aside.
6. To prepare the burger:
7. Before you do anything, preheat the grill.
8. Get a large mixing bowl: Combine in it the beef, cilantro, red pepper flakes, green onions, salt, and garlic. Form the mixture into 4 burgers. Cook them for 5 to 6 min on each over the grill. Grill the pineapple slices for 1 to 2 min on each side until they become charred.
9. Cut your buns in half. Place the bottom halves on a serving plate.
10. Top them with some of the teriyaki sauce, grilled pineapple, burgers, a drizzle of teriyaki sauce and top buns. Serve your burgers immediately. Enjoy.

TERIYAKI

Pasta Salad



Prep Time: 2 hrs

Total Time: 2 hrs 5 mins

Servings per Recipe: 4

Calories 502.0

Fat 8.0g

Cholesterol 52.1mg

Sodium 2609.1mg

Carbohydrates 66.4g

Protein 37.2g

Ingredients

Marinade

1/2 C. soy sauce

1/2 C. sake

2 garlic cloves, minced

1-inch ginger, sliced into rounds

3 tbsps brown sugar

Dressing

2 scallions, sliced

2 garlic cloves, minced

2 tbsps rice vinegar

1/2 C. orange juice

2 tsps dark sesame oil

2 tbsps marinade, (first 5 ingredients)

Other Ingredients

1 lb. salmon

8 ounces soba noodles

4 ounces fresh spinach

3 carrots, scraped and cut into matchsticks

Directions

1. To prepare the marinade:
2. Place a heavy saucepan over medium heat. Stir in it all the marinade ingredients.
3. Cook them until they start boiling. Lower the heat and let it cook for 6 min.
4. Strain the marinade and place it aside to cool down. Reserve 2 tbsp of it for later use.
5. To prepare the dressing:
6. Get a mixing bowl:
7. Whisk in it the reserved 2 tbsp of the marinade. Add the dressing ingredients and combine them well.
8. Place it in the fridge until ready to serve.
9. To prepare the salad:
10. Get a roasting pan: Place in it the salmon fillets and cover it with 1/3 C. of the marinade.
11. Prepare the soba noodles by following the instructions on the package. Add to it the carrots while cooking it.
12. Before you do anything, preheat the oven broiler.

13. Drain the salmon fillets and place them on a baking tray.
14. Broil them for 4 to 5 min on each side while brushing them with the remaining marinade.
15. Arrange the spinach leaves on serving plates.
16. Stir the noodles with carrots into the dressing. Season them with a pinch of salt.
17. Spoon the mixture over the spinach layer and top them with the broiled salmon. Serve them warm.
18. Enjoy.



SPICY

Japanese Pizza



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 1

Calories 446.1

Fat 27.3g

Cholesterol 123.3mg

Sodium 1502.0mg

Carbohydrates 11.1g

Protein 36.5g

Ingredients

1/2 lb. ground beef

1/2 jalapeno

1/2 onion, minced

2 -3 bread



2 tbsps teriyaki sauce

pre-shredded mozzarella cheese

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Place a skillet over high heat. Brown in it the beef for 4 to 5 min.
3. Discard the excess grease. Stir in the onion and cook them for 3 min.
4. Lower the heat and stir in the teriyaki sauce. Let them cook for 3 to 4 min until the liquid evaporates.
5. Place the bread loaves on a baking tray. Spread over them the beef mixture.
6. Sprinkle the mozzarella cheese on top followed by jalapeno.
7. Bake your pizzas for 11 min then serve them warm.
8. Enjoy.

Ginger Teriyaki Nuts

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	1025.4
Fat	92.2g
Cholesterol	0.0mg
Sodium	2479.1mg
Carbohydrates	31.7g
Protein	32.9g

Ingredients

1/4 C. soy sauce
3 tbsps raw agave nectar
3 tbsps sesame oil
1 tbsp ginger

2 C. whole raw almonds

Directions

1. Get a food processor: Place in it the soy sauce with sesame oil and ginger. Blend them smooth.
2. Get a mixing bowl: Stir in it the sauce with almonds. Serve them with some bread.
3. Enjoy.





TERIYAKI Oysters



Prep Time: 35 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 2337.1

Fat 242.3g

Cholesterol 90.2mg

Sodium 968.5mg

Carbohydrates 32.4g

Protein 15.9g



Ingredients

- 1 dozen oyster, shucked
- 1/2 C. tempura flour
- 1 C. orange juice
- 1/4 C. sweet gherkins
- 4 garlic cloves, smashed
- 2 tbsps teriyaki sauce
- 1 C. mayonnaise
- 1 tsp olive oil
- 4 C. canola oil

Directions

1. Place a large saucepan over medium heat. Stir in it the garlic with olive oil.
2. Cook them for 1 min. Drain the garlic and place it aside.
3. Stir in the orange juice with pickle juice. Cook them until they reduce by 2/3.
4. Turn off the heat and let the sauce cool down for 30 min.
5. Get a mixing bowl: Mix in it the oysters liquid with mayonnaise. Place it aside.
6. Place a large skillet over medium heat. Heat in it the canola oil.
7. Toss the oysters in tempura flour then season them with a pinch of salt and pepper.
8. Cook them for 2 to 3 min until they become brown. Serve your oyster fries with mayonnaise and orange sauce.
9. Enjoy.

Hawaiian Teriyaki Ribs

 Prep Time: 15 mins
 Total Time: 35 mins

Servings per Recipe: 4

Calories	346.6
Fat	26.6g
Cholesterol	61.0mg
Sodium	877.4mg
Carbohydrates	29.7g
Protein	1.4g

Ingredients

4 rib eye steaks
1 tbsp oil
1 1/2 tsps salt
1/4 C. McCormick's Montreal Brand steak seasoning
2/3 C. Kikkoman Teriyaki Baste and Glaze

with Honey and Pineapple
1 pineapple
1 salt
1/2 C. unsalted butter, melted

Directions

1. Before you do anything, preheat the oven to 500 F.
2. Line up a baking sheet with foil. Grease it with oil.
3. Sprinkle some salt and steak seasoning all over the rib steaks. Let them sit for 12 min.
4. Coat the steaks with teriyaki baste and glaze. Arrange them on the lined sheet and bake them for 7 min.
5. Place a large pan over medium heat. Coat the pineapple rings with butter.
6. Cook them in the hot pan for 1 min on each side.
7. Serve your broiled steaks warm with pineapple rings.
8. Enjoy.

MUSHROOM Teriyaki



Prep Time: 15 mins



Total Time: 5 hrs 15 mins

Servings per Recipe: 4

Calories 88.4

Fat 3.8g

Cholesterol 0.0mg

Sodium 515.0mg

Carbohydrates 11.8g

Protein 3.4g

Ingredients

- 1 tbsp olive oil
- 1 lb. portabella mushroom, stemmed and quartered
- 2 tbsps brown sugar
- 2 tbsps soy sauce
- 1/2 tsp dry mustard
- 1/2 tsp ground ginger

Directions

1. Grease a slow cooker with olive oil. Stir in it all the ingredients.
2. Season them with a pinch of salt and pepper. Put on the lid and let them cook for 6 h on low or 3 h on high.
3. Serve your teriyaki mushroom stew warm with some rice.
4. Enjoy.

Beef Teriyaki



Prep Time: 24 hrs



Total Time: 24 hrs 25 mins

Servings per Recipe: 8

Calories 336.3

Fat 12.4g

Cholesterol 110.5mg

Sodium 2105.7mg

Carbohydrates 15.5g

Protein 39.2g

Ingredients

3 - 5 lbs. tri-tip roast

1 C. soy sauce

1/2 C. sugar

4 - 6 garlic cloves, chopped

2 tsps grated ginger

3 green onions, chopped

1 tsp black pepper

Directions

1. Get a zip lock bag; combine in it all the ingredients.
2. Let them marinate for 25 h.
3. Before you do anything, preheat the grill and grease it.
4. Grill the steaks for 6 to 8 min on each side. Serve them warm.
5. Enjoy.

20 MINUTE Weeknight Teriyaki Fish



Prep Time: 10 mins



Total Time: 18 mins

Servings per Recipe: 3

Calories 418.7

Fat 2.0g

Cholesterol 124.6mg

Sodium 4199.4mg

Carbohydrates 38.0g

Protein 59.4g

Ingredients

3/4 C. soy sauce

1/2 C. sugar

1 tsp grated gingerroot

1 garlic clove, peeled and crushed

1 tbsp sake

1 1/2 lbs. fish fillets

Directions

1. Get microwave pan: Mix in it the soy sauce with sugar, gingerroot, garlic, and sake.
2. Stir in the fish fillets with a pinch of salt and pepper. Put on the lid and let them sit for 35 min.
3. Once the time is up, remove the lid and microwave the fish fillets for 8 min on high.
4. Serve them warm with some rice.
5. Enjoy.

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