



## GROUSE YAKITORI

GLAZED WITH THREE SYRUPS: MAPLE, BIRCH & FIR

*The Upland Cook: Wings and Terroir*



Easy



3-4 hours



Lunch/Dinner



3-4 servings

Inspired by yakitori, a staple of Japanese street food where meat is grilled on skewers and coated in a sweet-savory glaze, this boreal version highlights grouse 🐔 and the flavors of our northern forests.

### INGREDIENTS

- 2-3 grouse breasts

#### Marinade

- 1 tablespoon spruce vinegar
- 1 tablespoon boreal gin
- 1 tablespoon soy sauce
- 1 tablespoon neutral oil
- 1 teaspoon birch syrup

#### Three-Syrup Glaze

- 2 tablespoons maple syrup
- 1 tablespoon fir syrup
- 1 tablespoon birch syrup

### STEPS

- Slice the grouse into strips, cutting against the grain for a more tender texture.
- Set aside and reserve.
- Prepare the marinade by mixing all the ingredients in a bowl.
- Add the grouse strips, ensuring they are well coated.
- Let marinate in the refrigerator for 4 to 6 hours to maximize flavor.

#### Preparing the Glaze

- Combine the three syrups in a saucepan, bring to a gentle boil for one minute, then let cool.

**Grill over charcoal** until perfectly cooked. Once done, generously **brush with the glaze**, then sprinkle with **crushed nuts or toasted sesame seeds**.

