

ASIAN GLAZED WINGS



INGREDIENTS

- 2 T** Extra virgin garlic olive oi
- 12** Chicken wings
- Pepper (to taste) (original recipe also had salt - see note below)
- Garlic powder (to taste)
- 3/4 C** Plum sauce
- 1/2 C** Orange juice
- 2 inches** Ginger root (peeled)
- 3 T** Tamari low sodium sauce **OR** Hoison sauce
- 1 t** Red chili flakes (this is for extra spicy- use only 1/2 for medium heat)
- 1/4 C** Cilantro leaves (chopped) (optional)
- 1/4 C** Basil leaves (chopped) **OR** ground basil (optional)

DIRECTIONS

- 1 Pre-heat oven to 400 F
- 2 Season the wings with the pepper & garlic
- 3 Add the oil to a saute pan & heat up the pan to the highest heat setting you have
- 4 Place wings in the pan & brown for 3 minutes per side
- 5 In a small pot, add the plum sauce, orange uice, ginger, tamari & pepper flakes
- 6 Bring to a simmer & lower the heat
- 7 When the wings are done browning, remove the ginger from the gkaze
- 8 Pour the hot plum glaze mix over the browned wings
- 9 Place the pan in the oven & roast for 20 minutes filling the wings 1/2 way thru the cooking time
- 10 Remove the wings from the oven & if the glaze isn't a thick syrup, place the pan on your stove top & turn the heat on high which should reduce the glaze after a minute
- 11 Toss the wings around in the glaze & serve with your choice of fresh cilanatro &/or basil

NOTES

- 1 Chicken is heavily salted in the kashering process & tamari or soy sauce have a lot of salt even if they are low sodium products so usually no added salt is necessary.
- 2 On our Spicy Sauce page, there is a recipe for plum sauce

