

Honey Soy Chicken Wings

Shopping List

- Chicken wings
- Tomato Sauce (I like Rosella)
- Soy Sauce (I use Kikkoman)
- Honey (I use Capilano blended honey, avoid strongly flavoured honey)
- 1 tblspn hot water
- Optional sesame seeds or chives



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COOL TOOL EXCUSES

If you, like me, are a tool junkie, this recipe is an excuse to buy the following types of item:

- A really good baking/roasting pan. Mine is Baccarat stainless steel.
- A baster (basically a really big dropper, some are glass, which is better for hot liquids)
- Pretty bowls to use on the dining table for collecting chicken bones, and as finger bowls.

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KITCHEN TIPS

You can prepare the marinade in advance. Many people marinate the meat overnight before cooking. I have excellent results without doing this. Store them in a refrigerator.

I like to start with the tomato sauce and then gradually add the soy sauce and honey to get the ratio just right.



Method

1. Heat the oven. I use 200 deg C. The lower the temperature, the longer the cooking time, but slowly cooking the meat gives more tender results.

2. Wash the chicken wings

3. Combine the sauces and honey. Use equal parts tomato sauce, soy sauce and honey. Check the ingredients, tomato sauces can have a lot of sugar and/or salt. Soy sauces vary in the strength of the flavour and your choice of honey will also affect the result. Use a tablespoon of hot water to make the mixing easier. If necessary, add a little more to make the honey runny enough to mix well.

Taste or smell a little marinade and adjust the ratio of the ingredients.

4. Dip the wings in the marinade. The longer you leave them soak, the more the flavour will sink into the meat and skin, from a few minutes to overnight.

5. Grease a roasting pan and place the chicken wings in it.

6. Pour the remaining marinade over the wings (or use a baster if you're classy).

7. If desired, sprinkle the wings with sesame seeds, freshly chopped chives or spring onions.





VARYING THE RECIPE

Once you have the ratio of ingredients, you can experiment. I'm going to try substituting sweet chilli sauce for the tomato sauce one day, and use chopped basil stalks sprinkled over the chicken wings.



STORAGE GUIDELINES

Keep refrigerated before and after cooking.

NEVER, NEVER put cooked meat on a plate or bowl that has had uncooked meat there unless thoroughly cooked.



JARGON BUSTER

FINGER BOWLS: Yes, this a great test for couch. When serving food eaten with the fingers, it is proper (and considerate) to have small-ish bowls at intervals on the table. People can rinse their finger tips in the bowls, making them more comfortable and saving extra stain on your table napkins.

It is usual to add a slice of lemon to each. It looks pretty, is nice and fresh. Occasionally someone will mistake finger bowls for 'lemon soup'. That can be fun too.



Note: I work hard on my recipes and patterns, please give me the credit if you pass them on. A group of clients call my tips and techniques Ali-isms, I like it.

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8. Roast the wings. How long it takes depends on the temperature of the oven and the size of the chicken wings. Over-cooked dry wings are ruined, so start checking after about 15-20 minutes. The wings are cooked if piercing through the thickest section of meat with a skewer makes the juices run clear. Don't be too worried if the marinated skin burns a little.

Presentation/Serving Suggestions

I like to serve my wings on a bed of cooked rice, sometimes adding other fresh and crunchy ingredients like tiny tomatoes, chopped cucumbers, capsicum, spring onion, or celery, whatever you have to hand. Arrange your wings over the rice and pour some of the cooked marinade juices over the wings and rice.

Chicken wings should be sticky and juicy, so expect messy fingers. The best thing is to provide finger bowls. I recommend that you use cloth napkins. Paper napkins will shred and stick to fingers. Empty bowls to collect the bones are also a good idea.

We avoid wasting marinade; friend Craig Taylor likes to grab the serving platter and pour any remaining marinade over whatever is cooking on the barbecue.

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