

Chicken Wings Korean-Style

Servings: 4

Source: Food52

Ingredients

- Veggie oil to spray racks
- 3 large egg whites
- 2 tsp baking soda
- 1¾ tsp sea salt
- 4 lbs. whole chicken wings, wing parts will also work
- ¼ c. tamari soy sauce
- 3 tbsps apple juice
- 1 tbsp honey
- 1 tbsp rice vinegar
- 1 tbsp toasted sesame oil
- 1 tsp Korean red chile flakes
- 1 tbsp toasted sesame seeds, chopped
- 1 garlic clove, grated
- ½ tsp grated fresh ginger
- 1 scallion, finely sliced

Method

1. Oil 2 wire racks and set them each over rimmed baking sheets. Put the egg whites, baking soda, and salt in a bowl and stir to dissolve the salt and baking soda. Add the chicken wings and stir to coat evenly.
2. Remove the wings from the bowl, draining off excess marinade, and lay them out on racks set over baking sheets. Refrigerate the wings uncovered OVERNIGHT for them to dry out.
3. Preheat the oven to 450 degrees.
4. Put the wings, still on the racks on the baking sheets, into the oven and cook for 15 minutes. Flip the wings over and bake for 10 minutes. Flip the wings over again and bake until a deep golden brown with a crackling skin, about 10 minutes more. Take the pans out of the oven and let cool for 5 minutes.
5. Meanwhile, in a small bowl, combine the soy sauce, apple juice, honey, rice vinegar, sesame oil, chile flakes, sesame seeds, garlic, ginger, and scallion.
6. Pile the wings on a serving platter and serve the sauce alongside.

Notes

This serves from 4 to 6 people.

This was delicious served with mango, cucumber spring rolls and peanut sauce. Recipe is in MacGourmet.

Crushed red pepper flakes just fine if you don't have Korean and who would??