

STICKY SESAME CHICKEN WINGS - with Cucumber Mango Salad

By Chef Anthony Salemme - for RINewsToday.com

Serves 4

Wings

3 pounds frozen chicken wings
salt and pepper

Sticky Sauce

2 cloves garlic, minced
½ cup soy sauce
¼ cup hoisin sauce
1 Tablespoon fish sauce
1 Tablespoon fresh ginger, grated fine
3 Tablespoons honey
1 Tablespoon sesame oil
1 Tablespoon vegetable oil
2 teaspoons chile garlic sauce
2 Tablespoons toasted sesame seeds

Pre-heat oven to 425F

Arrange wings in a single layer on a foil lined baking sheet; sprinkle with salt and a good amount of black pepper. Bake for 40 minutes. Then remove from pan into a bowl and toss in the sticky sauce. Return the wings to the baking pan bake for an additional 30 minutes until browned. Sprinkle the toasted sesame seeds over the wings and serve.

Sticky Sauce

Place all ingredients into a saucepan and bring to a boil for 5 minutes until thickened.

Cucumber Mango salad

2 cucumbers, peeled, seeded, and diced
2 mangoes, peeled and diced
1 red onion, peeled and diced
2 Tablespoons apple cider vinegar
1 Tablespoon honey
1 lime, zested and juiced
1 Tablespoon fresh mint or basil chopped fine

In a bowl combine the vinegar, honey lime zest and juice, then toss in the remaining ingredients. Serve chilled.