
Spicy Chili Pepper Wings

Total time: 45 min Yield: 3 servings

Ingredients

4 cup all-purpose flour
2 Tbsp smoked paprika
1 Tbsp garlic powder
1 Tbsp onion powder
1/2 Tbsp salt
1/2 Tbsp pepper
2 lb whole chicken wings (cleaned, dried)
4 cup cooking oil (zero trans fat)
1/2 cup guava jam
1/4 cup pineapple juice
1 Tbsp local honey
1/4 cup soy sauce
1 Tbsp light sesame oil
1 Tbsp sesame seeds (toasted)
2 Tbsp green onions (sliced thin)
1 Tbsp dried chili pepper flakes

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

Preheat oven to 350°F. Line a sheet pan with parchment paper and set aside.

In a large mixing bowl, combine the flour, paprika, garlic powder, onion powder, salt and pepper.

Dredge the wings individually into the flour mix, pat off excess and place onto the sheet pan. Bake for 10 to 12 minutes, or until halfway cooked. Cool for 10 to 15 minutes.

In a medium mixing bowl, combine the guava jam, pineapple juice, honey, soy sauce, sesame oil, sesame seeds, green onion and chili pepper.

Add the oil to a large frying pan or Dutch oven and heat to 350°F. Cook the wings until golden brown and cooked through, about 4 to 5 minutes.

Drain any excess oil from the wings then quickly toss them into the sauce; do not over-marinate. Garnish with sesame seeds and green onion, if desired.

Enjoy these sticky, spicy wings with family and friends and ice-cold local beer.

Recipe brought to you by:

Chef Adam Tabura