

STICKY ASIAN CHICKEN WINGS



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Serves: 4

These oven baked chicken wings are fantastic for the big game or your next pot luck. They are sticky, sweet, and sour and will leave you wanting more.

1/4 cup Soy Sauce
1/4 cup sesame oil
1/2 cup molasses
1/2 cup Brown Sugar
1/2 cup apple cider vinegar
3 tbsp Hot Sauce
5 cloves garlic, smashed
2 tbsp ketchup
2 lbs. chicken wings, around 20

Combine all the ingredients in a plastic bag. Mash it around and refrigerate for at least 2 hours. Drain out the marinade and reserve. Bake the chicken wings for 40 minutes at a 450 degree oven, or until browned. If any juices collect, drain them to keep the chicken wings dry.

Meanwhile, boil the marinade down into a thick syrup. When the chicken wings are done, toss to coat in the syrup. I serve

them as is but you could dress them up with nuts and herbs.