



Chicken Wings with Ginger and Caramel Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds chicken wings
- 6 sprigs cilantro leaves fresh
- 1 piece ginger fresh julienned
- 2 garlic clove sliced
- 0.3 cup thai fish sauce (Thai fish sauce)
- 2 teaspoons peppercorns black plus more for garnish
- 4 shallots sliced

0.3 cup sugar

Equipment

frying pan

oven

Directions

Preheat the oven to 450°F.

Put the sugar in an oven-proof casserole and add just enough water to wet it, about 1 tablespoon. Shake the pan to distribute the sugar and water and caramelize over medium heat, shaking the pan occasionally. The sugar will gradually liquefy and darken; when it becomes golden brown, remove from the heat.

Carefully add the nam pla (it may spatter; hold the pan at arm's length), then return to the heat.

Add the garlic and shallots and cook, stirring, until softened.

Add the chicken wings and coat with the sauce. Gently stir in the ginger and pepper and continue stirring until the chicken browns slightly, about 4 minutes. Cover and cook for 7 minutes, then transfer to the oven and cook for 45 minutes.

Remove the chicken wings, which should now be a rich caramel color, garnish with cilantro and cracked black pepper, and serve.

Taste

Book, using the USDA Nutrition Database

From Asian Flavors of Jean-Georges by Jean-Georges Vongerichten Copyright (c) 2007 by Jean-Georges Vongerichten by Broadway Books. Jean-Georges Vongerichten became a culinary star when he first began cooking at Lafayette in New York City. He went on to establish the charming bistro JoJo in New York; introduced "fusion" cooking at Vong (three stars from the New York Times), which now has an outpost in Chicago; created the four-star Jean-Georges and hugely successful Spice Market and 66 in New York; opened Rama (Spice Market meets Vong) in London; and opened several acclaimed restaurants in cities from Shanghai to Las Vegas. He lives in New York City, when he is not traveling to oversee his existing restaurants or open a new one.

Nutrition Facts



■ PROTEIN 27.4% ■ FAT 50.88% ■ CARBS 21.72%

Properties

Glycemic Index:52.27, Glycemic Load:13.12, Inflammation Score:-6, Nutrition Score:13.777391288591%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 437.02kcal (21.85%), Fat: 24.64g (37.9%), Saturated Fat: 6.9g (43.12%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 22.15g (8.05%), Sugar: 19.22g (21.35%), Cholesterol: 117.88mg (39.29%), Sodium: 1255.63mg (54.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.69%), Vitamin B3: 9.54mg (47.71%), Selenium: 25.81µg (36.87%), Vitamin B6: 0.71mg (35.61%), Manganese: 0.46mg (22.94%), Phosphorus: 226.06mg (22.61%), Magnesium: 63.94mg (15.98%), Zinc: 2.23mg (14.89%), Vitamin K: 14.16µg (13.49%), Vitamin B5: 1.32mg (13.25%), Iron: 2.18mg (12.14%), Potassium: 424.29mg (12.12%), Vitamin B2: 0.16mg (9.57%), Vitamin B12: 0.56µg (9.32%), Vitamin A: 464.88IU (9.3%), Copper: 0.14mg (6.92%), Vitamin B1: 0.1mg (6.55%), Folate: 24.7µg (6.17%), Fiber: 1.52g (6.07%), Vitamin C: 4.6mg (5.58%), Calcium: 49mg (4.9%), Vitamin E: 0.58mg (3.87%), Vitamin D: 0.15µg (1.02%)