



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: Og (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%)