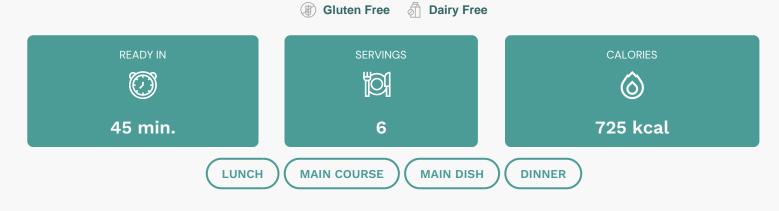


Fried Chinese Five-Spice Chicken Wings



Ingredients

Ttablespoon five spice powder chinese
2 teaspoons pepper black freshly ground to taste
3 pounds chicken wings (12 to 14)
2 tablespoons coarse salt
0.5 cup cornstarch
1 tablespoons sherry
0.5 inch ginger fresh peeled
1 onion

	2 tablespoons soya sauce (preferably Kikkoman)		
	1 tablespoon sugar		
	6 cups vegetable oil		
Eq	Equipment		
	bowl		
	frying pan		
	baking sheet		
	paper towels		
	oven		
	baking pan		
	roasting pan		
	kitchen thermometer		
	aluminum foil		
	ziploc bags		
	slotted spoon		
	colander		
Directions			
	Cut off wing tips, reserving for another use, and halve wings at joint. Coarsely chop onion and finely chop gingerroot. In a large sealable plastic bag combine onion, gingerroot, soy sauce, Sherry, five-spice powder, sugar, and 1 teaspoon salt.		
	Add wings and seal bag, pressing out excess air. Turn bag until wings are completely coated. Marinate chicken wings in bag in a large bowl, chilled, turning bag once, 2 hours.		
	Preheat oven to 350°F.		
	Transfer wings and marinade to a roasting pan or large shallow baking pan and bake, covered with foil, in middle of oven 1 hour. Cool wings until they can be handled and drain in a colander, discarding marinade. Wings may be prepared up to this point 1 day ahead and chilled, covered.		
	Reduce temperature to 250°F.		

In a small serving bowl combine remaining 2 tablespoons salt and pepper. Put cornstarch in a
small bowl and dredge each wing, knocking off excess cornstarch and transferring to a
shallow pan. In a 5- to 6-quart heavy kettle heat oil until a deep-fat thermometer registers
370°F. Working in batches of 6 or 7, fry wings in oil until golden brown, about 3 minutes, and
with a slotted spoon transfer to paper towels to drain. Keep wings warm on a baking sheet in
oven. Fry remaining wings in same manner, returning oil to 370°F. between batches.
Serve wings with salt and pepper mixture.

Nutrition Facts

protein 13.02% 📕 fat 78.73% 📒 carbs 8.25%

Properties

Glycemic Index:29.85, Glycemic Load:1.94, Inflammation Score:-5, Nutrition Score:13.461739242077%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Naringenin: 0.01mg, Naringenin:

Nutrients (% of daily need)

Calories: 724.7kcal (36.24%), Fat: 63.41g (97.55%), Saturated Fat: 12.16g (76.02%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 14.15g (5.14%), Sugar: 2.91g (3.24%), Cholesterol: 94.3mg (31.43%), Sodium: 2752.28mg (119.66%), Alcohol: 0.26g (100%), Alcohol %: 0.08% (100%), Protein: 23.6g (47.19%), Vitamin K: 81.36µg (77.48%), Vitamin B3: 7.57mg (37.83%), Selenium: 19.54µg (27.91%), Vitamin E: 3.95mg (26.31%), Vitamin B6: 0.47mg (23.72%), Phosphorus: 183mg (18.3%), Zinc: 1.77mg (11.82%), Iron: 1.93mg (10.73%), Manganese: 0.2mg (10.17%), Vitamin B5: 1mg (10.04%), Magnesium: 30.28mg (7.57%), Vitamin B2: 0.13mg (7.49%), Potassium: 261.25mg (7.46%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.08mg (5.05%), Copper: 0.09mg (4.68%), Vitamin A: 187.67IU (3.75%), Calcium: 32.59mg (3.26%), Fiber: 0.81g (3.23%), Vitamin C: 2.49mg (3.02%), Folate: 9.78µg (2.45%)