



# Crispy Sweet n' Sour Chicken Wings

NIBBLEDISH CONTRIBUTOR

## Ingredients

NEED CHICKEN!! I got chicken wings~!

For Breading:

- Flour
- Cornstarch
- 1 egg
- salt
- pepper
- oil

For Sauce:

- water
- minced garlic
- Ketchup
- Sugar
- Molasses
- soy sauce
- Vinegar
- toasted sesame seeds

## Instructions

So...I was craving Korean marinated crispy chicken one day and I thought it wouldn't hurt to make it myself. Then again there is the problem with frying..I don't like to fry food it just seems like too much work, and unhealthy.

---

---

So~ after some thought I thought 'hey i could just bake them..' lather some oil on the breaded chicken and let them sort of 'fry' in the toaster oven. Perfect. This is how I did it:

1. Get the chicken wings ready, thawed.
2. Let the chicken wings sit in a bath of milk...ppl say it's suppose to get rid of the natural chicken smell, and tenderize. (personally i skip this part cuz i'm lazy) Let's say 30 minutes.
3. Sprinkle the pepper and salt all over the chicken and let sit for 30 minutes.
4. While waiting, get the breading ready and mix flour and cornstarch. There should be more cornstarch than flour for crispiness.
5. Break the egg into a bowl and whisk until you see only yellow.
6. Preheat the toaster oven or convection oven to 400 degrees.
7. When the chicken is ready to be breaded and dipped into egg, do that with the ready-made cornstarch+flour mix and egg wash. You should dip it into egg first, then the dry ingredients later.
8. The oven should be preheated to 400 degrees. Sort of make a box shape with the top open with tin foil and thinly coat the bottom of tin foil with oil.
9. Then~ in goes the breaded chicken. inside the tin foil box, which should be inside the toaster oven or convection oven.
10. Brush the top of the chicken wings with oil and let it bake.
11. Turn over the wings after 10-15 minutes, and wait for another 10-15 minutes.
12. While waiting for chicken to bake, make the sauce. In a sauce pan, combine all those sauce ingredients from the Ingredients section. I say the ketchup..1 spoon per chicken wing you got, sugar, and molasses should be the same amount as the ketchup. Everything else should be a splash of this, a dash of that, compared to the Ketchup, sugar and molasses. After you boil the mixture, it should look like a dark-red syrup and taste tangy, sweet and sour. I suggest you put in the sauce ingredients one by one, and try tasting often. Set it aside when done.
13. When the chicken is all golden crispy and done, mix the still-hot sauce with hot chicken. No heat necessary, since it will probably make the chicken coat soggy.

Sorry for no exact measurements! It's just so subjective though...this was an experiment on my side, so you guys have fun experimenting too!

---