



sweet and spicy CHICKEN WINGS

I love chicken wings! I made these sweet and spicy chicken wings when my sisters were home over the weekend and they were a huge hit!

Ingredients

12 chicken wings
6 cloves of garlic
1 tablespoon of dried rosemary
4 tablespoons of apple cider vinegar
½ a cup of ketchup
4 tablespoons of sugar

½ a tablespoon of cayenne pepper
1 tablespoon of royco all spice mix
1 tablespoon of black pepper
Shalimar Indian spice blend

Method

Clean your chicken wings and place them in a container. Add the marinade ingredients: rosemary, garlic and the apple cider vinegar. Mix this all up then cover and allow this to marinate for 6-12 hours.

Once the marination is done, pour all the content of this marinade in a sufuria and boil the wings until they are cooked through. While that is going, put the seasoning spices (royco, black pepper and Shalimar) in a container and mix them until it forms a paste.

Once your wings are done, dip them in the spice paste and flash fry them until they have a golden brown char. Set aside.

For the sauce, put the ketchup, cayenne and sugar together with ½ a cup of hot water. Let this cook down on low heat until it thickens. Once it has, remove from heat and slather it all over your chicken wings and garnish with your finely chopped coriander.

Dig in!



SERVE WITH: potato wedges/bhajia/viazi karai along with your favorite salad
