



## **SALT & PEPPER CHICKEN WINGS WITH LIME PEPPER DIPPING SAUCE**

### **MISE EN PLACE**

- For extra crispy oven-baked wings: pat chicken wings dry with a paper towel and place the chicken wings on a plate uncovered in the fridge the evening before the class. This extra step will allow the skin to tighten and dry resulting in crispier skin when you bake them.
  - Preheat oven to 250 degrees Fahrenheit right before class.
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### **SALT & PEPPER CHICKEN WINGS** *(makes 24-30)*

Recipe by CHEATA NAO

*2 lbs or 24-30 pieces of wings & drumsticks*

*2 teaspoons salt*

*1 teaspoon MSG*

*1 ½ teaspoon Sugar*

*1 teaspoon ground Black Pepper*

*1 teaspoon Knorr Chicken Stock Powder*

*1 tablespoon Baking Powder (aluminum free)*

- Prepping the Wings: Using a paper towel, pat dry any excess moisture on the chicken wings. Place in a large bowl and add the baking powder. Mix with your hands to ensure the baking powder coats the wings.
- In a small bowl mix together the salt, sugar, MSG, Knorr stock powder and black pepper. Save 1 teaspoon to sprinkle on top of the cooked wings.
- Add the dry rub mixture to the chicken wings slowly, thoroughly mixing with your hands and making sure you coat each wing with the seasoning.
- Baking the Wings: Place the wings on a cookie rack in a sheet pan. This lets the air circulate around the chicken allowing them to get evenly crispy.

- Bake in the oven at 250 F on the second lowest oven rack for 30 minutes.
- After 30 minutes increase the oven temperature to 400 F and cook for another 20-30 minutes. Check on them at 20 minutes.
- Remove the wings from the oven and transfer to a serving bowl. Sprinkle the remaining teaspoon of dry rub over the cooked wings.
- Serve with Thuk Grochma Marith (Lime Pepper Dipping Sauce).

## **THUK GROCHMA MARITH-LIME PEPPER DIPPING SAUCE**

Recipe by CHEATA NAO

*3 limes*

*3 teaspoons ground black pepper*

*1 clove garlic*

*Pinch salt*

*Pinch sugar*

*Pinch MSG*

*1 tablespoon water (optional)*

- Finely chop the garlic.
- Juice limes into a small bowl and mix in black pepper, salt, MSG, garlic and sugar. Add water if you want it less intense.

## **EQUIPMENT**

Cup measures and spoons

Cutting boards and knives

Large mixing bowl

Small bowls

Baking Sheet with cooling racks