

Sweet And Sour Chicken Wings

This recipe is pretty much the standard sweet and sour one that you would usually receive in a Chinese food restaurant anywhere in the country. Please note that it is very sweet, which could be in your favour if you have children because they just love it! The recipe takes a day to marinade, so plan ahead! Do not start side dishes or rice before you begin cooking the sweet and sour, or you'll be eating a day late! Once you have made the marinade, though, cooking the wings takes no effort. Just stick them in the oven to bake. That pretty much covers the basis for this recipe, it's nothing hard to cook but it does take some time.

Acidic fruits (like Kiwi or Pineapple just a few to name) tend to go very well with the sweet and sour chicken. Mild soups served before the main dish will be nice as well, because they will contrast the sharp flavour of the sweet and sour. As with almost any Asian dishes, having a bowl of rice at the table, either fried or steamed (whatever you prefer it doesn't matter in this case), would be a welcome addition.

Any white dessert wine goes with Sweet and Sour Chicken really wonderfully, but tart red wines will only ruin the flavour, so take that in mind. Stick with wine flavours that enhance the meal, not ones which detract from it! Juice and water work just as well, if not better, than wine. Remember that this is a kid-friendly recipe, so it is tailored specifically for kid drinks. Beer or other bitter beverages are right out! They would taste terrible!

Ingredients:

24 chicken wings
1 Cup sugar
1 Cup water
1 Cup Soy Sauce
1/4 cup oil
1/4 cup unsweetened pineapple juice
1 tsp garlic powder
1 tsp ginger

Cooking Instructions:

1. Cut off the wing tips and cut each wing in half.
2. Place the wings in a raised edge pan.
3. In a large bowl, mix the water, soy sauce, oil, and pineapple juice. Stir well.
4. Mix the ginger, the garlic powder, and the sugar into the water/oil mix.
5. Beat the liquid mixture until it has been well integrated (2-4 minutes)
6. Immediately pour all of the sauce mix over the wings.
7. Cover the pan and refrigerate the meal overnight.
8. Remove the pan from the refrigerator, and uncover the wings.
9. Bake everything in your oven at 350°F for 50-60 minutes.

Source: <http://www.articlecircle.com>

About the Author

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