

# BC INSPIRED BAKED KOREAN BBQ CHICKEN WINGS



## INGREDIENTS

|            |                                      |              |
|------------|--------------------------------------|--------------|
| 2 - 4 tbsp | Korean Chili Sauce                   | 30ml - 60 ml |
| ½ cup      | Soy Sauce                            | 125 ml       |
| ½ cup      | Water                                | 125 ml       |
| 4 tbsp     | Brown Sugar                          | 60 ml        |
| 4 tbsp     | BC Honey                             | 60 ml        |
| 1 tbsp     | Sesame Oil                           | 15 ml        |
| 1 tbsp     | BC Garlic, minced                    | 15 ml        |
| 1 tbsp     | BC Ginger, grated                    | 15 ml        |
| 2 lbs      | BC Chicken Wings                     | 1 kg         |
| ¾ cup      | Corn Starch                          | 180 ml       |
| Splash     | BC Canola Oil                        | Splash       |
| ¼ cup      | BC Green Onions,<br>sliced on a bias | 60 ml        |
| 1 tbsp     | Sesame Seeds, toasted                | 15 ml        |



## DIRECTIONS

1. Preheat oven to 425 F.
2. In a bowl, combine the first eight ingredients to make the marinade.
3. Add the BC Chicken Wings and combine until coated.
4. Cover and store in the refrigerator from 4 hours to overnight.
5. In a plastic resealable bag, add the cornstarch.
6. Remove the chicken from the marinade and add to the bag.
7. Seal the bag and shake to coat.
8. Remove the coated wings and place in a fine strainer. Shake to get excess starch off.

9. Place the chicken wings on a parchment lined baking tray.
10. Brush liberally with BC Canola Oil until there is no more white starch showing and bake in the oven for 40 - 45 minutes.
11. Meanwhile, place marinade in a small pot and bring to a boil over low heat. Simmer for 5 minutes and remove from heat.
12. When the chicken is thoroughly cooked through and very crispy, place the wings in the hot sauce and gently toss to coat.
13. Serve immediately and top with sliced BC Green Onions and sesame seeds.