

# SIBA'S STICKY WINGS

This is one of my proudest easy-recipe creations as it's always a hit with young and old, so I usually make sufficient for seconds. My latest update to this recipe includes some toasted sesame oil with the marinade. It really adds magic and takes these Sibalicious wings to the next level. If you are serving them with roast potatoes as I do, prepare them first and place on a tray and bake while the wings are baking, to save time! These are yummy, enjoy!

Preparation time: 10 minutes  
Marinating time: 15 minutes (optional)  
Cooking time: 25 minutes  
Serves: 4+

## WHAT YOU NEED

12 free-range chicken wings  
3 cloves garlic, crushed  
10 ml (2 teaspoons) finely grated fresh ginger  
60 ml (4 tablespoons) soy sauce

### Marinade

160 ml (⅔ cup) smoky barbecue sauce  
160 ml (⅔ cup) sweet chilli sauce  
20 ml (4 teaspoons) toasted sesame oil

### Serve with

Potato wedges (see page 172)

## KITCHEN TOOLS



## HOW TO DO IT

1. Preheat the oven to 190°C and lightly grease a baking tray with oil.
2. Mix the wings with the garlic, ginger and soy sauce. Combine the marinade ingredients in a jug and pour over the chicken wings and mix until well coated.
3. Marinate for 15 minutes in a covered bowl if time permits. Tip the wings and marinade (now a cook-in-sauce) into the prepared baking tray and roast for 15 minutes, until golden and sticky.
4. Turn and roast for a further 5-7 minutes until the wings are golden and sticky all around, but watch that they do not burn.
5. Serve with potato wedges and your favourite dipping sauces, if you like, and garnish with parsley.

## SIBA'S SECRETS

If you prefer to keep the salt content lower, use a tablespoon less soy sauce or use the lighter sodium version. • My current favourite soy sauce brand is Kikkoman. • The more time you allow for marinating, the better the taste will be. • These wings are great served warm or at room temperature.

