



UCOOK

Bourbon Wings & Veg Fries

with a charred baby gem lettuce head & mayo

It's the chicken wing recipe you've been waiting for, Chef! Bourbon-drenched, maple-syrup covered wings are the culinary stars of this show. The sticky and sweet flavours are balanced with crispy baby marrow fries and charred lettuce for smokiness.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Creation Wines | Creation Syrah Grenache 2020

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Ingredients & Prep

4	Free-range Chicken Wings
120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
30ml	Bourbon
20ml	Maple Syrup
10ml	Tomato Paste
5ml	Tabasco
20ml	Mayonnaise□
1 head	Baby Gem Lettuce
60ml	Self-raising Flour
60ml	Low Fat Fresh Milk
100g	Baby Marrow <i>rinsed, trimmed & sliced into 1cm thick strips</i>
4g	Fresh Chives <i>rinsed & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. OFF TO A SOARING START Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray with the carrot wedges. Coat in oil and seasoning. Pop in the hot oven and roast for 25-30 minutes until cooked through and starting to crisp, shifting halfway. In the final 5 minutes, turn the oven on to grill setting or the highest temperature to crisp the chicken skin.

2. ADD THE STICKY AND SWEET In a bowl, combine the bourbon, maple syrup, tomato paste, tabasco (to taste), 15ml of water, and seasoning. Set aside. Loosen the mayo with water in 5ml increments until drizzling consistency.

3. LET US MAKE LETTUCE Halve the lettuce head lengthways, keeping the stem intact. Gently rinse and pat dry. Place a pan over a medium-high heat with a drizzle of oil. When hot, char the lettuce halves, cut-side down, for 2-3 minutes. Remove from the pan and season.

4. DIP, FLOUR AND FRY Place the flour (seasoned generously) in a shallow dish. Place the milk in a second dish. Coat the marrow strips in the milk first and then the flour. Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the floured strips and fry for 2-3 minutes until browned. Use a slotted spoon to gently flip the strips as they brown. Drain on paper towel and season.

5. SMOTHER IN DELICIOUSNESS Place a pan over a medium heat. When hot, add a knob of butter and the bourbon sauce. Simmer for 3-4 minutes until reduced and sticky. Lower the heat and add the roasted wings. Simmer for 2-3 until sticky, continually tossing the wings in the sauce. Set aside. Just before serving, combine the baby marrow fries and the carrot wedges.

6. IT'S CHICKEN WING HEAVEN! Plate up the sticky chicken wings drizzled with any pan juices. Serve with the veggie fries and side with the charred gem lettuce drizzled with the loosened mayo. Finish off with a sprinkle of the sliced chives. Looking good, Chef!

Nutritional Information

Per 100g

Energy	545kJ
Energy	130kcal
Protein	7.8g
Carbs	10g
of which sugars	4.4g
Fibre	0.9g
Fat	5.7g
of which saturated	1.7g
Sodium	54mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 3
Days