

# THE GOOD PLATE

## Wings

Fresh Gourmet Foods on a Budget - Deconstructing Packaged Foods

By  
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SMASHWORDS EDITION

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### Chinese Five Spice Tandoori Chicken

Chinese Five Spice Tandoori Chicken

Herbed Rice



Last night I was watching an ancient Iron Chef, from the original series where everything was dubbed, May 7, 1999. It was a famous chef in Japan, Takeshi Ōkubo, who specialized in Chinese cuisine, up against the Chinese Iron Chef, Chen Kenichi. The Iron Chef did not win, but it did give me some ideas for dinner tonight.

It's been hot and muggy in Los Angeles, and I really don't want to get my house hotter than it is – the evaporative cooler (aka swamp cooler) is going full blast. Nescio to the rescue.

I had some chicken thighs in the freezer, and yogurt, and I was getting a whole bunch of spices when I saw the curry jar and decided to use it. That's when the Chinese aspect hit me; I also have a long forgotten jar of Chinese Five Spice powder.

You would not believe how good this thing smells.

**Chinese Five Spice Tandoori Chicken**

## Ingredients

6 chicken thighs or legs  
1 1/2 cup Plain Yogurt – not a sour one  
2 tablespoons curry powder  
1 tablespoon five spice powder  
1/2 teaspoon hot sauce  
1 teaspoon dried cilantro leaves  
1 teaspoon dried red onion

## Instructions

Preheat the Nesco to 450.

Pat the chicken pieces dry. If you are using chicken legs, you will want to score them.

Mix the spices together with the yogurt and let that stand about 5 minutes so the flavors can meld.

Dip each piece of chicken in the sauce and make sure it is well coated.

Dip chicken in sauce, coat well

Let the pieces marinate in the refrigerator while the Nesco is heating up, about 20 to 30 minutes.

Put the pieces of chicken in the Nesco's cooking well on the rack, and then put the cooking well into the Nesco oven itself.

Cook until the chicken is done and slightly browned, about 40 minutes.

## Quick notes:

This is really delicious served on a bed or herbed rice, garnished with cherry tomatoes. Absolutely provide good chutney as a condiment.

## Variations:

This would be lovely on the Weber, just put the chicken on the grill after it has marinated at least a half an hour.

Preparation time: 30 minute(s)

Cooking time: 40 minute(s)

Number of servings (yield): 6

Culinary tradition: Chinese

## Herbed Rice

Summary: This would go great with almost any dish

## Ingredients

1 cup Converted Rice  
1 teaspoon dried cilantro leaves  
1 teaspoon dried red onion  
2 cups water  
1 teaspoon Beef Base  
1 teaspoon unsalted butter (important)

## Instructions

Put the rice and dry spices in a bowl and set aside. Put the water into a 1 quart pan, add the beef base, and butter, and bring almost to a boil.

Stir and add the rice, then reduce the heat and simmer, covered about 20 minutes or until the water is all absorbed.

## Variations:

You could use chicken base just as easily.

Preparation time: 1 minute(s)

Cooking time: 20 minute(s)

Number of servings (yield): 4

Culinary tradition: USA (Traditional)

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## New Years Eve Asian Chicken Wings

January 1st, 2011



When I was little girl, my mother took me to some function where there were Asian chicken wings on the buffet table. I have always loved chicken wings, and these were wonderful.

For years, I have been trying to duplicate them, never with success. Either they were burned, or they tasted flat, or they were too salty, or they were too sweet, or they were not brown at all. Yuk! Well, I was determined to finally start the New Year with a great recipe.

Without further ado, the recipe!

### Asian Chicken Wings

Summary: These will feed about 8 people as an appetizer, 6 people as a meal, or 4 people who a crazy about chicken wings.

#### Ingredients

4 lbs Chicken wings  
1/4 cup Rice vinegar  
2 tablespoons Sherry  
2 Garlic cloves minced  
1/2 Ginger roots finger grated  
1/3 cup Soy sauce  
1 teaspoon Sesame Oil  
1/2 cup Honey  
Sesame seeds  
Instructions

Preheat the oven to 250.

Mix the rice vinegar, sherry, garlic, ginger, soy sauce, and sesame oil together. Taste and adjust for seasoning. Note that the mixture will not be sweet at this point, but it is important to get the underlying flavors correct at this point. Add the honey and mix well so that it is all incorporated.

Put wings in a baking dish where they are not too crowded. They should be in one layer. Pour the mixture over the wings, and then add some sesame seeds over all.

Bake about 20 minutes, then turn over all the pieces and bake for another 10 minutes or so.

Turn and increase oven temperature to 350 and roast for another 20 minutes, turning pieces once during this time.

The pieces should be nicely browned at this point, and the sauce should still be very liquidy.

Increase oven temperature to 400 degrees. Check the chicken every five minutes and roast until the sauce has thickened slightly and the chicken is very brown.

Turn the heat off and let sit in the oven for another 5 minutes.

Remove from the oven, and plate chicken in a nice serving bowl. Sprinkle with more sesame seeds before serving.

Variations:

You can use a mixture of black and white sesame seeds, and chop a little spring onion on top for presentation.

If you don't want to use your oven, you could easily make these in a small Nesco roaster or even on the Weber using the indirect method.

Preparation time: 10 minute(s)

Cooking time: 30 minute(s)

Number of servings (yield): 6

Culinary tradition: Chinese

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## Rosemary Garlic Chicken Wings

Rosemary Garlic Chicken Wings with Dipping Sauces



Usually on the Annual Cruise Night in Glendale, I usually cook up a bunch of Route 66 food, invite friends over, and then walk over to Cruise Night. This year was a little different, so only Spane and Amber's children went. I didn't have people over, but Spane and I both like chicken wings.

I decided to use my Nesco, because it's been really hot. This was so simple, and did not heat up my kitchen at all. That's a good thing!

I made a whole mess of wings, and we did not finish them all, so I put them in the refrigerator. We had a great time at Cruise Night, Paul Revere and the Raiders were the headline band, and a good time was had by all.

### **Rosemary, Garlic Chicken Wings**

Summary: These are great as an appetizer or snack

#### Ingredients

--Chicken--

2 pounds chicken drumettes  
2 garlic cloves, sliced  
1 branch rosemary, leaves only  
1/4 cup white wine  
olive oil

--Sauces--

1/2 cup mayonnaise  
2 teaspoons French mustard  
1/2 teaspoon Chipotle powder

#### Instructions

Preheat Nesco to 350.

Put rack in cook-well, and then put in chicken, rosemary, and garlic.

Pour over a little olive oil, and mix to coat.

Then add the wine and put the cook-well into the Nesco.

Cook the chicken wings for about 30 minute or until the chicken is done.

To make the sauces, divide the mayonnaise and put mustard in one, Chipotle in the other.

Mix each thoroughly and place in nice dipping bowls.

Arrange on the chicken wings on a nice serving platter with the dipping sauces.

Preparation time: 10 minute(s)

Cooking time: 30 minute(s)

Number of servings (yield): 4

Culinary tradition: USA (Traditional)

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## **Waffles and Buffalo Chicken Wings with Blue Cheese Dressing**

A word about chicken wings: I almost never buy the "Party" wings, aka "Drumettes", because the flat or wingette is tenderer, and has better flavor. The pre-cut wings also don't have wing tips. Don't throw away your wing tips; don't even save them for soup! They are just fine to suck the lovely juices they have been cooked in, or dipped in whatever sauce you may have prepared.

### **Waffles**

#### Ingredients

1 1/2 cups flour, sifted  
2 teaspoons baking powder  
1/2 teaspoon fine sea salt  
2 tablespoons sugar  
2 eggs, separated  
1 cup milk  
2 tablespoons melted butter  
1 teaspoon pure vanilla extract

#### Instructions

Get two mixing bowls, and three small bowls. Crack the egg, and holding over the one small bowl, let the white pour into it. Put the yolk in the other bowl. Take the third bowl, and do this again, adding the white to the white in bowl 1. Do not break the second egg over the bowl one, because if even a tiny bit of yolk gets into the white, the whites will never beat correctly.

Sift the dry ingredients together in the large bowl. Add the vanilla, egg yolk and milk. Stir completely, then add the melted butter and stir that in completely as well.

Beat the whites to stiff peaks. Take about a tablespoon of the batter and mix it into the whites, then fold the whites back into the batter. There should be bits of white visible.

Make sure to oil the iron before heating it. When the light goes out, pour some of the batter on to the plates, and close the iron. Cook until the ready. New waffle irons have a light that goes out then the waffles are done, you can also tell by trying to lift up the top. If the top comes off easily, the waffles are probably done. They should be golden brown.

#### Quick notes:

An old fashioned egg beater really does the job of whipping egg whites. In fact, it's faster than a hand mixer, and doesn't require lugging out the stand mixer. Plus, you get a little exercise!

#### Variations:

Serve with melted butter and syrup, or with powdered sugar and fresh fruits in season.

Preparation time: 5 minute(s)

Cooking time: 10 minute(s)

Diet type: Vegetarian

Number of servings (yield): 4

Culinary tradition: USA (Traditional)

## **Buffalo Chicken Wings**

### Ingredients

– Wings –

10 or so chicken wings, cut into their three parts

corn, peanut or grape seed oil for frying

– Buffalo Sauce –

1 jar Tabasco sauce

1 egg

1 stick unsalted butter (very important go use unsalted)

– Presentation –

Carrot sticks

Celery sticks

### Instructions

Wings

Bring the oil up to an acceptable temperature and fry the wings in batches, draining on paper towels. Set aside.

Sauce

Whisk the egg and hot sauce together. Pour the melted butter in a slow stream, whisking the whole time to make almost a mayonnaise. You need to do this slowly and whisk the entire time, otherwise, you will have scrambled eggs, and not sauce.

Put the wings in a large bowl, preferably with a cover, and then pour in the sauce. Cover the bowl, and shake well so that all the pieces are covered thoroughly.

Presentation

Put the dressing in the middle of a large platter, and then arrange the wings, celery and carrots around it.

Quick notes:

Serve with milk which will cut the burning – beer, soda and water just spread it around.

Preparation time: 20 minute(s)

Cooking time: 20 minute(s)

Number of servings (yield): 4 regular people or 2 wing lovers

Culinary tradition: USA (Nouveau)

## **Blue Cheese Dressing**

Ingredients

2 ounces good blue cheese, crumbled

2 tablespoons Mayonnaise

3 tablespoons Sour Cream

1 drop Angostura Bitters

Freshly cracked Black Pepper

Directions

Mix the cheese with the other ingredients with a sturdy fork. Do not over-mix, there should still be pea sized pieces of cheese visible. Put this into a nice serving dish.

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