

Chinese style chicken wings

- 500g chicken wings, halved
- 3 garlic cloves, grated
- 40g ginger, grated
- 1 red chilli, chopped; remove seeds if you don't like too much heat
- 1 tbsp tomato paste
- 1 tsp five spice paste (you can use the powder if you can't find the paste)
- 2 tbsp hoisin sauce
- 2 tbsp runny honey
- 1 tbsp brown sugar
- 2 tbsp light soy sauce
- 1 tbsp rice wine vinegar
- 2 star anise
- 4 tbsp apple juice
- 1 tsp red food colouring (optional)
- 1 tsp sea salt

Season the wings with the salt.

Place all of the marinade ingredients into a bowl and mix well. I crushed my star anise. You can leave these whole and remove later.

Taste the marinade. It should be sweet with a little heat. Make sure there's enough spice and sweetness. If not, add a little more soy or honey.

Once the marinade tastes great, pour it over the wings and mix well. Cover and marinate overnight in the fridge.

To cook, preheat the oven to 220°C.

Place the wings evenly into an oven dish. Pour over the apple juice. Make sure you get all of the marinade into the dish.

Cover with foil and cook for 15 mins. Then reduce the oven temperature to 180°C and cook for a further 20 minutes.

Remove the wings and place them onto another tray lined with parchment. Set the wings aside for a moment and reduce the remaining marinade.

Place the remaining marinade in a saucepan over a high heat. Bring to a boil and allow it to bubble, thicken and reduce. I added another tablespoon of honey to mine.

Brush the wings with a little of this reduced sticky marinade, return to the oven at 220°C for 5-8 minutes or until charred.

Once cooked, toss the chicken in the rest of the sticky marinade and serve.

