

HomeChef



Take flight with wings

Ten chicken wings and two delicious ways to enjoy them

CHICKEN wings will never go out of fashion. Whether they come as part of the party buffet or part of a set lunch menu, or just as a snack ... it's hard not to enjoy chicken wings.

I remember helping my family produce chicken drumlets whenever the festival period came around. The top end of the wing will be separated from the mid-wing and wing tips. The flesh is then scraped up and the skin drawn over so the meat forms a little ball around the joint tip.

This dish seems to have gone out of favour in recent years. I guess I am indulging in a little nostalgia here.

The other way to eat chicken wing is a lot more current, what with the increasing popularity of Thai food here.

The mid-wing bones are twisted out and the resulting pockets

are stuffed with minced chicken, water chestnuts and mushrooms. It's a really easy way to eat wings and can be very addictive.

I'm sharing both recipes with you today.

It's not a dish you want to prepare in a hurry, but it's a dish that will earn you appreciative comments from your family. That's a promise.

And it's not that hard to debone a chicken wing. Just imagine you are twisting the arm off most unpopular person on your list.

Jokes aside, that little bit of hard work is made easier if you pick wings that are larger. The bigger bones will give you a better grip and will be easier to remove.

The recipes are for 10 wings. But you can easily double them. In fact, if you have a family of four or more, I'll say double the quantities if you don't want a food fight on your hands.

Enjoy your wings and e-mail me any questions you have.



by Pauline D Loh

pauline@newstoday.com.sg

Morning chocolate

HOT chocolate is pure comfort food. It is what mothers dish out after a bout of sniffles or if you got drenched by an afternoon shower after school or work.

Making hot chocolate used to be a rather tedious process. The raw cocoa powder had to be "cooked" with boiling water and then stirred vigorously to dissolve any bitter clumps.

It's so much easier these days. All you have to do is to buy instant cocoa mixes, some of which come with mini packets of marshmallows. Instant sugar fix.

For the kids, however, you may want to try a healthier option like Carrefour's Instant Chocolate Drink (\$3.95 for 800g). It's fortified with wheat, malt, soya lecithin, vitamins and flavoured with vanilla.

It's not too rich and goes down well with milk. Try mixing it with hot water to dissolve it and top up with cold milk. Or you can add a few generous spoonfuls directly to cold milk.



Teriyaki chicken drumlets and Thai-style stuffed wings

Ingredients:

- 10 large chicken wings
- 1 cup teriyaki marinade
- 1 packet Thai aromatic grill marinade
- 2 fresh shiitake mushrooms, diced
- 2 water chestnuts, peeled and diced
- 1 egg white
- 1 tblsp cornflour, salt and pepper

Method:

1. Cut chicken wings into half, separating drumlets from mid-wing and wing tip.
2. Trim off any extra breast meat that may be attached to the drumlets. Set aside. Marinate drumlets in the teriyaki mari-

- nade for at least 30 minutes. Marinate mid-wing sections in the Thai aromatic grill marinade.
3. Dice water chestnuts, mushrooms and add to minced breast meat taken from the wings. Season with salt, pepper, corn-flour and a little teriyaki marinade. Add egg white. Mix well.
4. Detach tendons from drumlets by cutting round the thin end. Push the meat up towards the top joint. Reverse the skin so the flesh balls up around the joint.
5. Remove the two thin bones in the mid-wing by pushing down and twisting them off. Enlarge the "pocket" created and stuff

- a spoonful of minced filling in it.
 6. Heat up some oil in a frying pan and fry the teriyaki drumlets. Remove and fry the stuffed wings next. Drain well and serve hot!
- (Preparation: 30 minutes. Serves four.)*

Grocery Checklist

- 10 large chicken wings (\$5.00)
 - Teriyaki marinade (about \$4.00/bottle)
 - Thai aromatic grill marinade (\$1.40)
 - Shiitake mushrooms (\$1.00/pkt)
 - Water chestnuts (\$0.50)
- (All items available at Carrefour. Produce prices are seasonal and meant as guides only)*