

Episode 1517 – Leah Cohen

My Favorite Mistake

Serves 1

2 ounces apricot tequila
¾ ounce lemon juice
¾ ounce Becherovka
½ ounce ginger syrup
Orange twist for garnish

1. Add ingredients into shaker filled with ice, shake until your hand on the shaker is cold to the touch and strain into a coupe glass. Garnish with an orange twist in and out.

Korean Honey Butter Chicken Wings

Serves 4

Eat Well With Ming: Did you know cilantro has both antioxidant and antibacterial benefits?

Allergy Free Note: peanut free, tree nut free

Sauce

5 tablespoons minced garlic
14 tablespoons unsalted butter
6 tablespoons brown sugar
4 tablespoons premium soy sauce (lee kum kee)
1 teaspoons fish sauce
6 tablespoons gochujang
3 tablespoons honey
1 teaspoons chili flakes
6 tablespoons water
3 teaspoons fresh lime juice

1. Heat up the butter and then sauté the garlic until nicely golden brown.
2. Add all the remaining ingredients, except the lime juice, and cook until it becomes a nice glaze.
3. Finish with lime juice and place sauce aside.

Wings

1 dozen chicken wings
½ cup potato starch (can use cornstarch as acceptable substitute)
½ cup all-purpose flour
1 teaspoon baking powder
2 eggs (mixed)
Salt and pepper to taste
Fresh scallions and cilantro for garnish

1. Mix the potato starch, all-purpose flour and baking powder in a bowl.
2. Season the wings with salt and pepper and then pour the egg over the wings. Make sure each wing is nicely coated.
3. Dredge the wings in flour mix and make sure they are nicely coated.
4. Fry at 325 degrees for five minutes and then drain on paper towel. This can be done in advance.
5. Then fry again at 350 for seven minutes.
6. Toss the wings in the honey butter sauce
7. Garnish with scallions and cilantro.

Laos Chicken Wings

Serves 4

Eat Well With Ming: Curcumin is the compound that gives turmeric its anti-inflammatory and antioxidant powers.

Allergy Free Note: peanut free, tree nut free, dairy free

Brine

1 dozen chicken wings
1 cup dark soy sauce
1 cup water
1 cup rice vinegar
1 tablespoon ground turmeric

Laotian Sauce

4-5 cloves garlic, minced
1-inch knob fresh ginger, minced
4 ounces palm sugar
4 ounces water
1 fresno chili pepper
1 jalapeno
1 tablespoon fish sauce
Juice from 1 lime wedge

Chicken Wing Seasoning Mix

½ tablespoon salt
1 tablespoon white pepper
½ tablespoon cup powdered Thai bird chiles
½ tablespoon cup cilantro, minced

1. In a large bowl, combine the chicken wings, dark soy sauce, water, vinegar and turmeric. Mix well and place in the refrigerator to let chicken wings marinate for at least one hour, up to four hours.
2. After wings have marinated, drain the liquid.
3. In a sauté pan, add the palm sugar and water to allow the palm sugar to dissolve.
4. In a large bowl, add rice flour. Place drained chicken wings in the bowl and toss gently to coat the wings well.
5. Heat fryer to 325F. Add the chicken wings and cook for 5 minutes. Place on paper towel lined plate and let rest for 4-5 minutes while you finish the sauce.
6. Once the palm sugar has dissolved, add the garlic, ginger, fresno and jalapeno. Allow to come to a simmer.
7. Increase heat of the fryer to 375F.
8. Add the chicken wings back to the fryer and cook for about 6 minutes.
9. Remove wings from fryer and drain again on paper towel lined plate. Once drained, add to a large bowl. Coat with 4-5 tablespoons of the sauce and mix gently to coat.
10. Season wings with 2 parts white pepper, 1 part cilantro, 1 part salt and 1 part powdered Thai bird chilies. Add about 2 big pinches of the mix to the wings and mix gently to coat. Plate to serve and garnish with 1 more pinch of the seasoning mix.