

Korean Spicy Wings with Ginger Scallion Yogurt Dip

Serves 2 to 4:

Ingredients

2 pounds chicken wings (about 24), preferably organic
2 tablespoons canola oil
kosher salt and freshly ground black pepper

Spicy Sauce:

3 tablespoons Gochujang (Korean chili paste)
1 tablespoon low sodium soy sauce
1 tablespoon rice vinegar
1 tablespoon toasted sesame oil
2 teaspoons honey
2 garlic cloves, peeled and pressed
1 teaspoon grated fresh ginger

Yogurt Dip:

1 cup nonfat Greek yogurt
2 teaspoons rice vinegar
1 tablespoon lime juice (about 1/2 lime)
1 teaspoon honey
1 teaspoon grated ginger
1 garlic clove, peeled and pressed
1/4 cup finely chopped scallions
2 tablespoons chopped cilantro leaves
kosher salt to taste

1 hothouse cucumber, peeled and cut into sticks
chopped scallion greens
toasted sesame seeds

Preparation

Make Spicy Sauce: in small bowl, mix Gochujang, soy sauce, rice vinegar, sesame oil, honey and garlic. Peel a 2 inch chunk of ginger and grate it on a microplane--that will be enough for both sauce and dip. Add a heaping teaspoon to the sauce and stir to combine all ingredients well.

Preheat the oven to 400 degrees.

Line a baking sheet with aluminum foil.

Rinse chicken wings in cool water; drain and dry well with paper towels.

Place them in a large bowl and add canola oil, kosher salt and freshly ground black pepper.

Toss well with your hands, then lay them skin side up on the baking sheet.

Place in the oven and roast for 20 minutes.

Remove the wings from the oven and use tongs to turn them over; roast for 10 minutes.

Baste the chicken wings with the spicy sauce, flip the wings over and baste on the other side.

Put the pan back in the oven to finish cooking, about 10 minutes more, until the wings are glazed.

Make Yogurt Dip: in a medium bowl, stir together the yogurt with rice vinegar, lime juice and honey.

Add grated ginger, pressed garlic clove, finely chopped scallions and chopped cilantro.

Season with kosher salt to taste.

Platter the wings and garnish with chopped scallion greens and toasted sesame seeds.

Serve the yogurt dip and cucumber sticks alongside.

passioneats | 1.29.2013

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