

Maine Arts Camp

Recipe Name: Soy Ginger Barbecue Sauce Wings
Chef: Charles Limoggio CEC

Preparation Time:

Servings:

Portion Size

Yield: 1 pint

Quantity	Unit	Ingredient Name	Prep Notes
3/4	Cup	Low-sodium soy sauce	
1/2	Cup	Brown sugar, packed	
1/2	Cup	Mirin	Sweet rice wine or Sake
1/2	Cup	Low sodium Chicken stock or broth	
1/4	Cup	Lemon juice	
2	Tablespoons	Chopped fresh ginger	Plus 1 1/2 teaspoons
1	Tablespoon	Minced garlic	
2	Fluid ounces	Water	
	As needed	Arrowroot powder + water to slurry	
2	Pounds	Disjointed chicken wings	

Procedure:

1. Season chicken wings with salt & pepper, roast until cooked
2. Combine all ingredients EXCEPT arrowroot powder.
3. Slowly bring to a VERY LOW simmer, cover and steep on very low heat without any reduction.
4. Slurry arrowroot and add to slightly simmering sauce to desired consistency.
5. Strain to remove ginger and garlic.
6. Pour over cooked ribs or wings and return to oven to glaze.

Notes: Arrowroot works like cornstarch, except that it can be reheated when cornstarch can't be reheated without getting clumpy. Excessive reduction can cause the sauce to become salty.