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CHICKEN WINGS, SLOW ROASTED AND BROILED

One way to achieve great results when roasting is to first cook the meat at a low temperature then finish cooking it on high heat. This method ensures the meat is tender and juicy but also has a nice crisp crust.

Chicken wings cooked this way will not have the same crispness as fried chicken wings but they will be delicious nonetheless. The wings can be cooked at a low temperature in either a Combi steam oven or a Convection oven.

I find the best way to finish the wings is with high heat using the Broil Mode in your Convection oven. If using a sauce with sugar you will achieve good results by tossing the cooked wings in the sauce at the end of cooking rather than broiling them with the sauce as any sugar in the sauce will burn during the broil process.

A couple of simple to prepare salads make a great accompaniment for these wings.

Ingredients

- 16 - chicken wings, cut into 2 sections
- 1 - tbsp Five Spice powder
- 1 - tsp granulated garlic
- Vegetable oil for broiling



Preparation

If your oven has a Slow Cooking mode, select this mode or select the Convection steam mode 200 degrees. If using a Convection oven, select the Convection mode 200 degrees.

Pat the chicken wings dry with a paper towel and rub all over with the seasoning and kosher salt.

Spread onto a rimmed baking sheet and place in the center of the heated oven and cook for 20 minutes. Remove from the oven and drizzle the wings with just enough vegetable oil to coat the wings evenly. Place an oven rack in the top third of the Convection

CONVECTION STEAM OVEN

oven but not so close that the wings will burn and heat the oven in Broil Mode 450 degrees for 5 minutes.

Place the wings in the oven and cook for 5 minutes, then carefully turn them and cook for another 5 minutes so they brown evenly all over. When golden brown, remove the wings from the oven and toss with the sauce.

Finishing Sauce

- ¼ - cup soy sauce or tamari
- 1 - tbsp sweet chili sauce
- 2 - tbsp honey
- 1 - tbsp sesame oil

Combine the ingredients in a small saucepan and bring to a boil. Simmer for 5 - 8 minutes until the sauce reduces and thickens.

Pour over the wings when they

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come out of the oven and turn to coat them

Steamed Snap Pea and Asparagus Salad with Radish

2 - cups snap peas, strings removed

1 - bunch asparagus, trimmed and cut into thirds

4 - medium sized radishes, halved and cut into ½" thick slices

¼ - cup vegetable oil

2 - tbsp rice vinegar or apple cider vinegar

2 - tbsp chopped fresh mint

Heat the Combi steam oven in the Steam Mode 212 degrees.

Place the snap peas and asparagus in the perforated pan, slide into the oven and cook for 6 - 8 minutes until the vegetables are tender but not limp.

Combine the oil and vinegar, add some sea salt and freshly cracked pepper set aside and chop the mint.

Cool the vegetables slightly then toss with the radishes and the prepared dressing. Fold in the mint when cooled.

Serves 4 - 6