



Sichuan Chicken Wings

Ingredients

For the Wings:

- 800g chicken wings
- 1 tbsp baking powder
- Pinch of salt

For the Glaze:

- 1½ tsp Sichuan peppercorns
- 1½ tsp chilli flakes
- 3 tbsp Shaoxing wine
- 1½ tbsp garlic & ginger paste
- 3 tbsp dark soy sauce
- 3 tbsp light soy sauce
- 1½ tsp sesame oil
- 3 tbsp palm sugar (or brown sugar)

To Serve:

- Chopped peanuts
- Extra chilli flakes

Instructions

1. Bake the Wings for Crispiness

Preheat the oven to 160°C (140°C fan) / Gas 3. Toss chicken wings with a pinch of salt and baking powder — this helps achieve crispy skin.

Arrange the wings on a wire rack over a baking tray. Bake for 30 minutes, flipping halfway through. Then increase the temperature to 220°C (200°C fan) / Gas 7 and bake for another 20 minutes until golden and crispy.

2. Make the Sichuan Glaze

While the wings are baking, toast Sichuan peppercorns and chilli flakes in a dry pan for about 2 minutes, until fragrant. Grind using a mortar and pestle.

Add the ground spices to a saucepan along with Shaoxing wine, garlic & ginger paste, both soy sauces, sesame oil, and palm sugar. Whisk together and simmer over medium heat for 8–10 minutes, until the glaze thickens and bubbles.

3. Glaze and Finish

Remove the wings from the rack and place them directly onto the tray. Pour the glaze over the wings and toss to coat evenly. Return to the oven for 5 more minutes, until sticky and bubbling.

4. Serve

Plate the wings and sprinkle with chopped peanuts and extra chilli flakes. Serve hot.

Nutrition Facts (Per serving, based on 4 servings)

- Calories: 410
- Protein: 28g
- Total Fat: 26g
 - Saturated Fat: 7g
- Cholesterol: 115mg
- Carbohydrates: 15g
 - Sugars: 10g
- Sodium: 1350mg
- Fiber: 1g
- Iron: 12% DV
- Calcium: 4% DV
- Potassium: 400mg