

Teriyaki Chicken Wings von Rigolo

Mengen für 10 Personen

An easy teriyaki marinade for baked chicken wings gets its sweet tropical tang from pineapple juice.

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2.0 dl Wasser	
2.0 dl Sojasauce	
165 g Zucker	
5 cl Wasser	ANANASSAFT
5 cl Olivenöl	
* 3 g Knoblauchzehen	
5.0 g Ingwer	
1.1 kg Poulet	POULET FLÜGELI

* angenäherte Umrechnung, z.B. kg -> Stück / TL -> g

1. Whisk together the water, soy sauce, sugar, pineapple juice, vegetable oil, garlic, and ginger in a large glass or ceramic bowl until the sugar has dissolved. Add the chicken wings, coat with the marinade, cover the bowl with plastic wrap, and marinate in the refrigerator for at least 1 hour.

2. Preheat an oven to 350 degrees F (175 degrees C). Grease baking dishes, and set aside.

3. Remove the chicken from the marinade, and shake off excess and place the chicken wings into the prepared baking dishes. Discard the remaining marinade. Bake the wings in the preheated oven until the chicken is cooked through and the glaze is evenly browned, about 1 hour.