



General Tao Chicken Wings *(adapted from Ricardo Larrivee, Food Network Canada)*

1-1/2 pounds chicken drumettes
2 tablespoons oil
Salt

Sauce:

2 teaspoons cornstarch
3 tablespoons soy sauce
2 teaspoons sesame oil
3 tablespoons rice vinegar
3 tablespoons water
3 tablespoons finely chopped fresh ginger
3 cloves garlic, minced
1 teaspoon sambal oelek (or more per your taste)
1/2 teaspoon paprika
1/2 cup sugar
3 tablespoons water
Green onion for garnish (optional)

Preheat oven to 375. Line baking sheet with aluminum foil and place wire cooling racks on top. Spray all well with cooking spray. Place wings into a bowl and coat well with oil. Sprinkle with coarse sea salt and arrange on racks so they're not touching each other. Bake for 20 minutes. Turn wings and bake for another 20 to 30 minutes, or until meat is tender. Finish by broiling until skin is crisp and lightly browned.

Meanwhile, place sugar and water in a large saucepan and cook without stirring over medium heat until the mixture turns golden in color. Important - do not stir or move the pot during this process. In a bowl whisk together cornstarch, soy sauce, sesame oil, rice vinegar, water, ginger, garlic, sambal oelek and paprika. Stir carefully into hot caramel mixture and simmer until sauce is smooth and syrupy - about 30 seconds. When wings are cooked remove to a bowl and toss with warm sauce. Garnish with green onion.