

Chicken Wings with Mango-Tamarind Sauce

Recipe Courtesy of Ingrid Hoffmann

Serves 4 to 8

Ingredients:

2 large mangoes, peeled, fruit cut off of the seed and roughly chopped
1/3 cup dark brown sugar
2 teaspoons Worcestershire sauce
4 teaspoons tamarind paste
1 teaspoon vegetable oil
1/2 teaspoon red pepper flakes
2 garlic cloves, coarsely chopped
2 pounds chicken wings, wing tips removed, or drumettes, rinsed and patted dry
Salt and freshly ground pepper
1 tablespoon canola or vegetable oil, for greasing baking sheet

1. Clean work area. Wash hands and surfaces often. Use two separate cutting boards during preparation, one for raw meats and the other for fruit, vegetables and condiments.
2. Place the mangoes, brown sugar, Worcestershire sauce, tamarind paste, oil, red pepper, and garlic in your blender and purée until smooth.
3. Place the chicken wings in a large bowl and season with salt and pepper. Add just enough sauce to coat the wings (about 1/2 cup, reserve the rest) and toss to coat. Cover the chicken with plastic wrap and refrigerate for at least 30 minutes or up to an hour.
4. Preheat your oven to 400°F. Line a rimmed baking sheet with aluminum foil and grease the foil with the oil. Lift the chicken out of the sauce letting the excess marinade drip back into the bowl. Place the wings on the prepared baking sheet and bake for 30 minutes, and then adjust a rack so it's 6 inches from the heating element, heat your broiler to high, and broil the wings for another 3 to 5 minutes, or until the sauce is sizzling and the internal temperature of the chicken comes to 165°, as measured with a food thermometer. Hold food hot after cooking (at 140 °F or above), by using a heat source such as an oven, chafing dish, or warming tray.
5. While the wings bake, place the remaining (reserved ½ cup) sauce in a small saucepan and bring to a boil. Reduce the heat to medium-low and simmer until syrupy, 5 to 10 minutes. Serve the chicken wings hot with the mango-tamarind sauce on the side for dipping.
6. Divide leftovers into smaller portions and refrigerate promptly within 2 hours. Use refrigerated leftovers within 3- 4 days.