



## Recipe

Kylie Kwong's Braised Chicken Wings  
with Pineapple and Onion

# Kylie Kwong's Braised Chicken Wings with Pineapple and Onion

Serve as part of a shared meal for 4.

## Ingredients:

12 free-range chicken wings (about 1.5kg)  
1 medium pineapple (about 900 g), peel, cut in half, remove core  
1 tablespoon vegetable oil  
1 white onion, cut into wedges  
250ml (1 cup) water

## Marinade:

4 garlic cloves, crushed  
80ml (1/3 cup) shao hsing wine or dry sherry  
3 tablespoons \*tamari/light soy sauce  
1 tablespoon malt vinegar  
1 tablespoon brown sugar  
1 tablespoon corn flour  
1 teaspoon sesame oil

## Method:

1. Combine chicken wings with marinade ingredients in a bowl. Cover and leave to marinate in the refrigerator for 1 hour, or overnight if possible.

2. Slice pineapple into 5cm x 1cm pieces. Set aside.

3. Heat oil in a large wok until the surface seems to shimmer slightly. Add onion and stir-fry for 1 minute.

Add chicken wings and marinade and cook, turning occasionally, for 3 minutes or until lightly browned all over.

4. Add water, cover with a lid, bring to the boil, then immediately reduce heat to a gentle simmer. Braise chicken wings for 10 minutes. Add pineapple and simmer for a further 10 minutes or until wings are cooked through.

5. Arrange on platter, serve immediately.



\*Tamari contains little to no wheat and is therefore an excellent substitute for light soy, which contains wheat.