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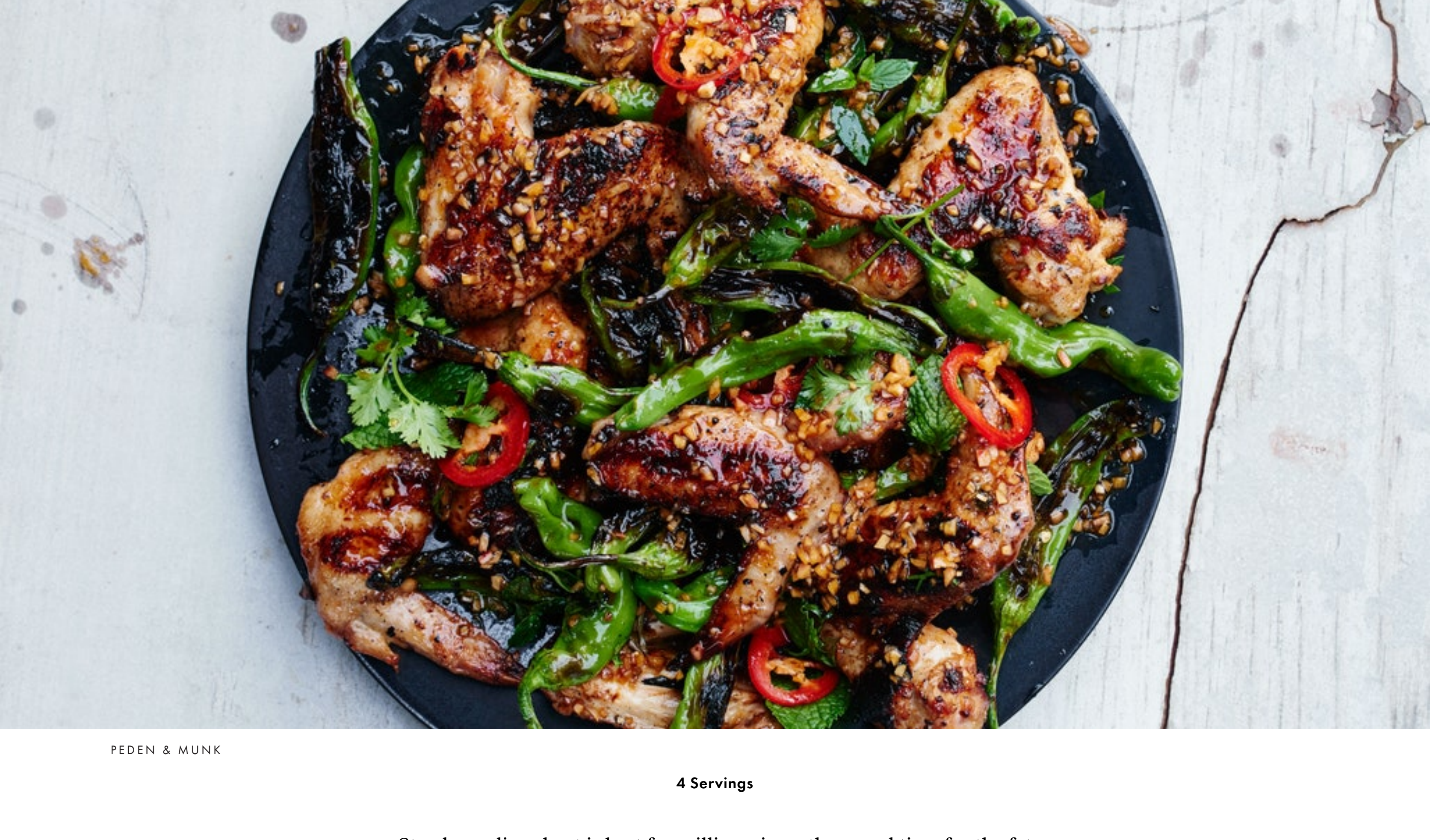
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HEALTHYISH

Grilled Chicken Wings with Shishito Peppers and Herbs

10 RATINGS ★★★★★



FEDEN & MUNK

4 Servings

Steady medium heat is best for grilling wings; they need time for the fat to render and the skin to crisp.

JUNE 2016

PRINT

INGREDIENTS

Vinaigrette

- 1 large shallot, finely chopped
- 1 cup fresh lime juice
- Kosher salt, freshly ground pepper
- ½ cup toasted sesame oil
- ½ cup vegetable oil
- ¼ cup soy sauce
- 2 tablespoons honey or maple syrup

Chicken and Assembly

- 3 pounds chicken wings, flats and drumettes separated if desired
- Kosher salt, freshly ground pepper
- 1 ½ cups shishito peppers
- 2 tablespoons vegetable oil
- 1 red jalapeño or Fresno chile, thinly sliced
- 1 ½ cups mixed tender herbs (such as mint, cilantro, and/or basil)

RECIPE PREPARATION

Vinaigrette

Combine shallot and lime juice in a large jar or medium bowl; season with salt and pepper and let sit 10 minutes.

Add sesame oil, vegetable oil, soy sauce, and honey to shallot mixture; cover and shake (or whisk) to combine. Season sesame-lime vinaigrette with salt and pepper.

Do Ahead: Vinaigrette can be made 1 week ahead. Cover and chill. Shake to reincorporate just before serving.

Chicken and Assembly

Season chicken wings with salt and black pepper, place in a large resealable plastic bag, and add 1 cup vinaigrette. Seal bag and turn to coat; chill at least 2 hours and up to 1 day.

Prepare a grill for medium heat. Grill chicken, turning occasionally, until wings are evenly charred and cooked through, 8–10 minutes if separated, 12–15 minutes if left whole. Transfer to a platter.

Meanwhile, toss shishito peppers and oil in a medium bowl; season with salt and black pepper. Grill, turning occasionally, until charred in spots and blistered, about 3 minutes. Transfer to platter with wings.

Scatter jalapeño and herbs over wings and shishito peppers. Drizzle with ¼ cup vinaigrette (an unbeatable basic dressing; use leftovers on a rice bowl or in a crunchy carrot salad).

Recipe by Andrew Knowlton, Photos by Peden + Munk

Nutritional Content

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Carla Makes Grilled Chicken Wings with Shishito Peppers

REVIEWS

Write a review...

★★★★☆

These are great. But like others, I found the marinade to be too oily. I knocked it down this time, and they were amazing!!

ANONYMOUS • WASHINGTON, DC • 05/06/20

★★★★★

Maybe some of the best wings I have ever had. The vinaigrette is amazing, and the peppers were so Good!

ANONYMOUS • MN • 06/17/19

★★★★★

Knucklehead too oily... if its 2 to 1 acid to fat, my guess is you didn't add enough acid... this is right on!

ANONYMOUS • NYC • 08/07/18

★★★★★

This was the hit of the party! I followed the recipe but cooked the wings on an open wood fire which added a light smokey flavor and really crisped up the skin. Will be making this dish again!!!

ANONYMOUS • AUSTIN, TX • 07/08/18

★★★★★

I did it a little different, starting with not paying attention. I put all the vinaigrette in the chicken, because I didn't pay close enough attention to your recipe. So after marinating the chicken I put the vinaigrette in a sauce pan to cook down. I also added a little more honey and also added some Sambal. Just for a little spice. I reduced it some, not to a thick syrup though. I loved it.

ANONYMOUS • TULSA, OK. • 07/05/18

★☆☆☆☆

Marinade wasn't flavorful at all and far too oily. Just bland and lacking all around.

ANONYMOUS • 06/06/18

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