

Garlic Miso Chicken Wings

Ingredients

20 Chicken Wings
6 clv Garlic (minced)
3 T Miso Paste
1 1/2 T Soy Sauce
2 T Mirin

Instructions

1. Prick the chicken wings with a knife all over and place in a ziploc bag. Add the garlic, miso, soy sauce, and mirin into the ziploc bag and rub it all over the chicken from the outside. Chill in the refrigerator for at least 4-6 hours, preferably overnight.
2. Line a baking pan with aluminum foil and put a wire rack on top, coat the rack with vegetable spray. Place the chicken wings on top of the rack, spacing them so they are not touching.
3. Set the broiler to high on the center rack and broil until nicely browned, about 10 minutes. Keep a close eye on wings as they burn easily.
4. Flip the chicken wings and broil for 6-7 more minutes. (The cooking time will vary depending on the oven.) Remove from the oven and serve

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immediately. You may also grill chicken wings. Grill wings on medium low for 10 minutes with the lid on, then flip the chicken and grill for another 10 minutes. Serve immediately.