

Baked Korean Fried Chicken

Ingredients

2 Egg Whites
1 t Salt
1 t Baking Soda
2 lb Chicken Wings
4 clv Garlic
6 Ginger Slices
1/4 c Gochujang
2 T Dark Soy Sauce
1 T Rice Vinegar
3 T Dark Brown Sugar
1 T Fish Sauce
1 T Sesame Oil

Instructions

1. Place a wire rack inside a rimmed baking sheet. Place the egg whites, baking soda and sea salt in a large bowl and beat until the salt and baking soda is dissolved into the egg whites (feel the egg white, you shouldn't be able to feel any grains of salt). Toss the chicken wing pieces in the egg white mixture, making sure to coat all sides of the wings. Pick the wings up from the bowl, letting any excess egg white drip back in to the bowl, and put on the wire rack, making sure the wings aren't touching. Put in the refrigerator, uncovered for 8 hours or overnight to dry out. If you can, flip the wings once to let both sides dry out evenly.

2. Once the wings have dried, preheat the oven to 450°F. Place the wings (on the rack) in the oven

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for 15 minutes, then flip the wings over and bake for an additional 10 minutes. Flip one more time and bake for 10 more minutes or until the wings are crispy golden brown. Remove from oven and let rest for 5 minutes.

3. While the chicken is baking, prepare the sauce by forcing the garlic through a garlic press. Peel and finely grate the ginger. Place the garlic and ginger in large sauté pan or wok and add the remaining ingredients (gochujang, soy sauce, rice vinegar, brown sugar, fish sauce and sesame oil).

4. Once the wings come out from the oven, turn the heat to medium and cook the sauce until it starts to thicken slightly, about two or three minutes.

Toss the still warm wings in the sauce and serve immediately.