

OMDIYAKI WINGS

So I was reading through Brad Leone's new book and came across a mention of 3 Cup Chicken. This sounded a lot like what I thought was chicken teriyaki we often made for dinner at my fraternity all those, all those years ago. Quite good and quite simple. So anyways, that stuck in my mind for a while and I thought, "Hey! This would work REALLY well for wings". Cue the research. Now I am not quite sure where the line between "3 cups" ends and "teriyaki" begins.

Now, this is good by itself, by its byproduct is the sauce which can be used in some many things. For instance, it will be a main component in a SPAM Teriyaki dish I am working on. I think I'll be working on this one for a while, so let's consider this a work in progress for now

20220115 (Saturday):

I think I am on to something here...

I am renaming this from "3 Cup Wings" to "OMDiyaki Wings"

INGREDIENTS

DAY BEFORE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	Packages	Uncut Chicken Wings
100	g	Fresh Ginger Knobs
2	-----	Decent Sized Heads of Garlic
16	-----	Scallions
8	-----	Dried Aboral Chili Peppers
300	ml	Sesame Oil
300	ml	Mirin
300	ml	Low Sodium Soy Sauce
40	g	Fresh Basil
2	8 oz Cans	Pineapple Slices
3	TBSP	REAL Maple Syrup

DAY OF

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	Packs	Dehydrated 6 oz Packs of Portabellas
2	TSP	Corn Starch
2	Large	Eggs
AR	-----	Potato Starch
AR	-----	Sesame Seeds
AR	-----	Peanut oil

I generally get Purdue, or the like, wings. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. You can also get what I believe are called “Party Wings” which have already been separated into drumettes and flats, but for some reason, I like separating my own and including the wing tips. Even though you may not eat them, in this instance the wing tips also provide extra collagen for the sauce

I never really got the hang of measuring ginger. Usually you’ll see it by length, but have you seen ginger root? It is not exactly linear. I think weight works, but don’t get too hung up on exact measures; just get somewhere in the ballpark

The number of scallions in a bunch will probably vary, so don’t get too hung up on exact numbers here either

Aboral chili’s... You should be able to find them in your grocery stores “international” aisle. If you don’t like the heat, cut back on the peppers

The sesame oil needs to be pure, non-toasted variety as you will be using it for frying

Mirin... you should also be able to find this in your grocery store’s international aisle. If not, rice wine should work with a little bit of sugar. I think they, you know, “THEM”, say that sherry will also work

Soy Sauce... I highly recommend the low sodium soy sauce for this as the regular stuff can be quite salty

Basil... BASIL!!! I have had a real problem with fresh basil. You can find it in the produce section. My problem, however, is that I often get distracted by shiny objects and the fresh stuff does not last so long, or at least until I get around to it. I like using those little plants that they sell (each one is about 21g of fresh leaves), BUT I finally got fed up and decided to get one of those aerogardens. THIS will be my next boondoggle

Dehydrated mushrooms.... See “Dehydrated Portabella Mushrooms 20200830.pdf”

Potato Starch... If you can’t find this, use corn starch. Can’t find that? Use AP flour

SPECIAL TOOLS

- Counter top deep fryer
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [i]

PREPARATION

DAY BEFORE

- 1) Make (Qty. 4) 4 line vacuum seal bags (fold down the top edges of the bags by an inch or so to help avoid getting chicken stuff on the outside of the bag)
- 2) Rinse, dry, and peel the ginger [ii]
- 3) Slice thinly and set aside
- 4) Separate the garlic heads into cloves
- 5) Remove the paper from the garlic, slice as thin as possible, and set aside [iii]
- 6) Rinse the scallions and remove any dry, slimy, or otherwise funky bits
- 7) Thin slice the scallions and split into whites and greens [iv]
- 8) Remove the stems from the aboral peppers, thin slice and set aside [v]
- 9) Rinse the basil leaves, pat dry, and set aside [vi]
- 10) Heat a stainless steel fry pan on mediumish, maybe medium-highish
- 11) Add enough of the sesame oil to coat the bottom of the pan
- 12) Heat until the oil shimmers. If it starts to smoke, reduce the heat. If it is not shimmering, increase the heat
- 13) Add the ginger to the pan and cook until it takes on some color and / or the edges just start to curl
- 14) Add the garlic to the pan and cook until it just starts to take on some color
- 15) Add the aborals and scallions and cook for another 2 or so minutes or until you notice it becoming more fragrant
- 16) Add the rest of the oil, the mirin, and the soy sauce
- 17) Reduce heat to low and cook until it reaches a simmer
- 18) Slice the pineapple slices into small wedges or sticks. Do not discard the juice
- 19) Add the pineapple slices and juice to the pan
- 20) Chiffonade (I don't know if I spelled that right) the basil and add to the pan
- 21) Add the maple syrup and stir until well incorporated
- 22) Remove from heat and let cool until handleable
- 23) Butcher the wings into drummettes, flats, and tips
- 24) Split the wings between the four vac seal bags and put in fridge until needed
- 25) Strain the sauce through metal strainers
- 26) Gently press the solids to get as much liquid out as possible
- 27) Weigh the solids and record the weight
- 28) Weigh the liquid and record the weight
- 29) Split the solids and liquids into 4 equal portions
- 30) Add the solids to each bag with wings
- 31) OK... this next part might get a bit tricky... The goal is to vacuum seal the wings and sauce with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer
 - a. Hang a bag of wings in the vacuum seal bag holder and carefully add $\frac{1}{4}$ of the liquid
 - b. Position the vacuum sealer near the edge of a counter
 - c. Squeeze out as much air as possible from a bag of wings and liquid
 - d. Position the bag o' wings in the vacuum sealer so that it hangs over the edge of the counter [vii]
 - e. Pull a vacuum as long as possible until liquid starts to be sucked up and trigger the seal function

- f. After one minute, re-trigger the seal function
 - g. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
 - h. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - i. After one minute, re-trigger the seal function
 - j. Place the bag o' wings in the fridge
 - k. Repeat Steps 31a through 31j for the remaining bags
- 32) Place wings in fridge overnight

DAY OF

- 1) Check Sous Vide water. Fill and / or replace as needed
- 2) Heat the Sous Vide machine to 165 deg. F
- 3) Once the Sous Vide machine has reached temperature, add the bags of wings
- 4) Add additional water as required to cover the bags o' wings [viii]
- 5) When the Sous Vide machine temperature recovers, set a timer for 3 hours for non-frozen wings [ix, x]
- 6) About an hour out, fill the deep fryer with oil, but do not heat
- 7) Set up (4) strainers over (4) 1 Qt. measuring cups with 4 saucers for covers
- 8) When the Sous Vide timer goes off, pull the Sous Vide wings and drain through fine mesh strainers on top of the quart measuring cups; one bag per strainer / cup
- 9) Shake each strainer over the measuring cup to get any remaining liquid and fat bits through the strainer
- 10) Cover the strainers with the saucers
- 11) Allow the wings and juice to cool until comfortably handleable; about 10 minutes
- 12) Scrape any extra gunk or solids off the wings
- 13) Split the solids into two portions and set aside
- 14) Place potato starch in a flat bottomed Tupperware container; about ¼ inch or so
- 15) Place sesame seeds in a flat bottomed Tupperware container; enough to cover the bottom with a few layers
- 16) Rinse two eggs
- 17) Whisk eggs with 2 TSP of the juice until well incorporated
- 18) For each wing part
 - a. Dredge in potato starch
 - b. Dredge COMPLETELY in egg wash. Make sure ALL potato starch covered surfaces are coated with egg wash
 - c. Place on ¼ inch sheet cooling rack in ¼ inch sheet pan
 - d. Add additional potato starch and / or egg as needed
- 19) Generously sprinkle sesame seeds on all sides of wings [xii]
- 20) Place wings in fridge for at least 20 minutes to allow coatings to set
- 21) Place liquid in fry or sauté pan and heat on low until a low simmer
- 22) Grind the dehydrated portabellas in a spice grinder to a fine powder
- 23) Let the spice grinder sit until the dust settles
- 24) Mix 2 TSP of cornstarch with 2 TSP water
- 25) Mix the cornstarch slurry into the sauce and whisk until well incorporated
- 26) Mix the portabella powder into the sauce and whisk until well incorporated

- 27) Remove the sauce from heat and put into a 1 quart measuring cup
- 28) Blend with an immersion blender
- 29) Split the sauce into two portions
- 30) Add one of the portions of the solids to a mason jar and cover with one of the portions of the liquids. Label and put in fridge for future use
- 31) Add the second portion of the liquids and solids to a blender
- 32) Pulse a few times until it starts to blend, then blend on highest setting until everything is well incorporated and a nice, smooth consistency is reached
- 33) Pour the sauce through a metal strainer into a 1 quart measuring cup
- 34) Continually stir the sauce and gunk around the strainer
- 35) Press the remaining gunk with a silicon spatula until as much liquid is squeezed out of the gunk as possible
- 36) Return the fry pan to low / very low
- 37) Add the liquid to the fry pan
- 38) Heat on low, stirring continually, until reduces / thickens to your desired consistency [xi]
- 39) Remove from heat, cover, and set aside until needed
- 40) Heat the deep fryer to 374 deg. F
- 41) Deep fry wings in small batches (the parts from two wings is a good start) for 1 minute, 30 seconds or until you get your desired level of brownness
- 42) Let drain in the basket for 30 seconds
- 43) Put wings on a ½ sheet cooling rack in a ½ sheet pan. Keep covered with a second half sheet pan. Place in oven set on warm with the door open
- 44) Repeat steps 41 - 43 for the rest of the wings
- 45) When ready to eat, toss the wings in a stainless steel or glass bowl with sauce to your liking
- 46) Put some of the sauce in a small ramekin for dipping
- 47) Plate
- 48) ENJOY!!!

- 49) Store leftover sauce in a mason jar for future recipes

CLOSING THOUGHTS

20220115 (Saturday):

I was not sure I would be able to get a nice, thick sauce for the wings, but WOW!!! I am very surprised (and happy) with today's work. This one may have to go to the top of the list. I think I may have to rename it with the "OLD MAN" or "OMD" moniker

NOTES

- i. These are VERY handy, especially if you are pouring in liquid
- ii. They, you know "THEM", say that you should peel ginger with a spoon. You know what? IT works!
- iii. Insert "Goodfellas" reference here
- iv. The whites will be used for cooking, the greens will be used for garnish
- v. Don't discard the seeds
- vi. Salad spinner will work too! I need to break mine out again
- vii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!

- viii. Don't go over the "Max Fill" line!
- ix. Add an additional half hour if they are frozen
- x. You have a bit of leeway here. Can't get to it right away when the timer goes off? No problem. Sous vide is pretty forgiving as far as running a bit long goes, just don't let it sit forever
- xi. You should be able to draw a line across the pan through the sauce without it closing back in until you get about 4/5 of the way to the other side. It should be a syrupy consistency
- xii. After each sprinkling of sesame seeds, harvest loose seeds from the bottom of the pan for the next sprinkling

PICTURES
