



# Stuffed chicken wings

## Ingredients :

• Mid-joint chicken wings with winglets 5 pcs • Oil for deep-frying

## Stuffing :

• Vermicelli (soaked in cold water until soft and cut into short lengths about 3 inches long) 1/2 small packet • Carrot (julienned) 1/2 pcs • Celery (julienned) 1 stick • Wood ear fungus (soaked in water till soft; blanched in hot water; then julienned) 3 pcs • Chicken broth 2 tbsp • Concentrated chicken stock 1 tsp

## Marinade :

• Rose wine 1 tsp • Sea salt 1/2 tsp • Concentrated chicken stock 1 tsp • Grounded white pepper - little • Sugar - little

## Steps :

1. Wash the chicken wings and wipe dry. Use scissors to cut off the joint of the chicken wings till you see the 2 small bones.
2. Slowly press the meat down to expose the bones. Cut off the 2 exposed bones and discard.
3. Mix all marinade ingredients. Brush the marinade on the wings and leave in fridge for at least 1 hour.
4. Heat the wok by setting the induction hob to medium high level (level 5). Warm the chicken broth for 1 minute.
5. Mix the stuffing and soak them in warm chicken broth for 15 minutes. Drain and then mix with concentrated chicken stock.
6. Put the stuffing into the chicken wings. Seal the open seam with sturdy toothpicks.
7. Set the induction hob to high level (level 9) to boil the oil. Deep-fry the chicken wings for about 2 minutes until golden brown. Place wings on paper towel, pull out the toothpicks and serve.

**Appliance:** Induction hob

**Cooking Duration:** 20 mins (excluding preparation duration)

Recipe provided by: Ms. May Fung

# 釀雞翼

## 材料：

• 雞翼（中翼連翼尖）5隻 • 油（炸用）適量

## 餡料：

• 粉絲（浸冷水至軟身，剪成三吋長）半小包 • 紅蘿蔔（切絲）半個 • 西芹（切絲）1條 • 木耳（浸軟、灼完再切絲）3片 • 雞湯 2湯匙 • 調味雞汁 1茶匙

## 醃料：

• 玫瑰露 1茶匙 • 海鹽 半茶匙  
• 調味雞汁 1茶匙 • 白胡椒 少許  
• 糖 少許

## 步驟：

1. 洗淨及瀝乾雞翼，用剪刀剪掉雞翼的關節部份，直至看到兩條小幼骨。
2. 慢慢往翼尖方向把雞肉反下來，於翼尖位把兩支幼骨切去。
3. 混合醃料。把醃料搽上雞翼，放置雪櫃最少1小時。
4. 將電磁爐調校至5級火力把鑊加熱，放入雞湯煮暖約1分鐘。
5. 加入餡料，放置15分鐘。瀝起、加入調味雞汁。
6. 把餡料釀入雞翼，用牙籤封口。
7. 將電磁爐調校至最大火力（9級）把油煮滾，然後把雞翼炸約2分鐘至金黃色，放在吸油紙上，拔掉牙籤，趁熱食。

**電器：** 電磁爐

**烹調時間：** 20分鐘（不包括預備時間）