

# Maple Garlic Chicken Wings



**SUNDERLAND**



**MAPLE SYRUP FESTIVAL**

**April 1-2, 2023**

**[www.MapleSyrupFestival.ca](http://www.MapleSyrupFestival.ca)**

# Maple Garlic Chicken Wings

**Move over, Honey Garlic Wings...  
Maple Garlic Wings are in town.**

## Ingredients

### WINGS

- 1.5 lbs Chicken Wings
- 1 TBSP (15 g) Olive Oil
- Fresh Ground Pepper to taste

### SAUCE

- 1/2 cup (170 g) Dark Maple Syrup
- 1/2 cup (170 g) Water
- 1/4 cup (60 g) Soy Sauce
- 1 TBSP (15 g) Hot Sauce
- 1 TBSP (13 g) Granulated Sugar
- 1 TBSP (15 g) Butter or Olive Oil
- 4 Garlic Cloves, chopped OR 1 tsp Garlic Powder
- 1 tsp Cornstarch



## Directions

### WINGS

- In a plastic bag, coat wings with olive oil.
- Bake wings in an air fryer for 24 min at 360°F/180°C.
- At 16 and 8 minutes remaining, pause, shake, add fresh ground pepper then resume baking.

### SAUCE

- Add sauce ingredients to a small saucepan.
- Bring to a boil.
- Turn down heat.
- Stirring continuously, simmer for 10 minutes.

### SERVE

- Place wings in a medium bowl, cover in the sauce and toss.