

Teriyaki Chicken Wings

Ingredients

- 1 cup pineapple juice
- 1 cup soy sauce
- 1/2 cup brown sugar
- 1/4 cup sesame oil
- 1 Tbsp minced ginger
- 1 Tbsp minced garlic
- 3 lbs chicken wings
- 1 Tbsp cornstarch

Directions

In a large bowl, whisk together the pineapple juice, soy sauce, sugar, sesame oil, ginger, garlic and 1/4 cup of water. Add the chicken wings and mix until they are fully coated. Marinate in the refrigerator for at least 1 hour or overnight.

Preheat oven to 350°F.

Transfer the wings to the rack of a roasting pan, reserving the marinade. Roast for 45 minutes. Increase heat to 400°F and roast for an additional 10- 15 minutes. Remove.

While the chicken wings are roasting, transfer the marinade to a small saucepan. Bring to a boil over medium-high heat, lower heat to medium and cook, stirring occasionally, until the sauce has thickened. Turn heat down to low, add the cornstarch and stir until the sauce acquires a syrupy consistency.

Transfer chicken wings to a large bowl and pour the sauce on them. Toss until fully covered. If desired, transfer back to the pan or the broiler and broil for 5 minutes.