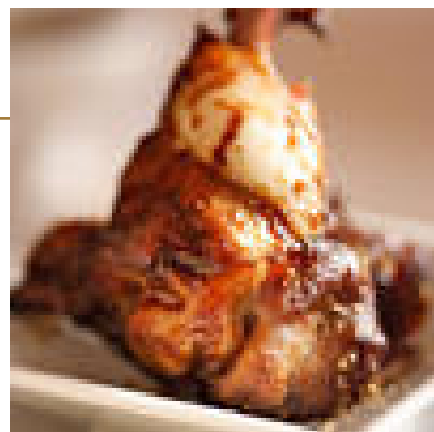


CHICKEN WINGS CARAMELIZED WITH CITRUS FRUITS

For 4 persons

Preparation time: 30 minutes -

marinade: 2 hours - cooking time: 15 minutes



Ingredients :

- 16 chicken wings
 - 1 tablespoon soy sauce
 - 2 tablespoons maple syrup
 - 1 tablespoon olive oil
 - Juice of 1 orange
 - Juice of 1 lemon
 - 1 clove garlic
 - 2 cloves
 - Pepper
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- Peel and thinly slice the garlic, mix it with the soy sauce, the maple syrup, the citrus juices, the olive oil and the cloves, season with pepper.
 - Cut the chicken wings at the joint, keep the part with the most meat, push the meat along the bone to make small 'legs' and put them in a shallow dish. Pour over the marinade and leave to sit for 2 hours.
 - Fry for 15 minutes turning them over several times to caramelize, serve with the reduced marinade.