



Miele

Chicken stock and wings

By Shannon Bennett

25 minutes

1 hour

4

Serves

INGREDIENTS

Chicken Stock

900g chicken wings
3 litres water

Chicken Wings

500g chicken wings (reserved from
chicken stock recipe)
100ml buttermilk

Seasoning

10g ground oregano
15g chilli powder
15g dried ginger
8g dried turmeric
15g black pepper, ground
30g salt
30g smoked paprika
30g onion powder
2 tablespoons plain flour

METHOD

Chicken Stock

1. Place all ingredients into a deep solid steam tray.
2. Place in the Pressure Steam Oven and pressure steam at 120°C for 45 minutes.
3. Remove chicken from the Pressure Steam Oven and rest the wings in the refrigerator.
4. Pass the liquid through a sieve and reserve.

Chicken Wings

1. Pre-heat the oil in a large pot on medium-high heat, Induction setting 7 (180°C).
2. In a small bowl, combine all seasoning ingredients.
3. Place the buttermilk in a shallow tray and submerge the wings so they are evenly covered, carefully drain the wings and coat in the spice seasoning.
4. Once the oil is at temperature, gently place chicken wings into the hot oil and cook for 1 minute, or until golden brown.

Remove chicken from the pot and drain oil off with a paper towel