



## Pineapple Chili Glazed Wings Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>23</b>
<b>Serving Size</b>	<b>4</b>

### Ingredients:

- 1 can DEL MONTE Crushed Pineapple (227g)
- 1/2 cup DEL MONTE Red Cane Vinegar
- 1/2 cup sugar, white
- 1 tsp salt
- 1/2 tsp siling labuyo, chopped
- 2 tsp garlic, minced
- 1/4 cup corn syrup
  
- 500 g chicken, wings
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 1/4 cup cornstarch, for dredging
- 1 1/2 cup cornstarch, dissolved in 1 1/2 cup cold water
- 2 cup oil, for deep-frying

### Preparation:

1. Combine everything in a pot. Allow to boil.
2. After boiling, simmer mixture until desired consistency.
3. Season chicken with salt and pepper. Dredge in cornstarch then dip in cornstarch mixture. Deep-fry in hot oil for 5 minutes. Drain and set aside to cool.

### Chef's Tip

Use corn syrup or glucose syrup to add a nice gloss to the sauce and help it coat the chicken better.

### Lusog Notes

This recipe is a source of iron which is needed for normal metabolism and vitamin B1 that supports normal growth and helps the body in converting food to energy.

### Cooking Skills Needed

- Mincing
- Slicing
- Mixing

### Cooking Tools

- Scissors
  - Chopping Board
  - Pot
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