

Chinese Chicken Wings

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*5 pounds chicken wings
3/4 cup soy sauce
1/2 cup salad oil
1/4 teaspoon ginger
1/2 teaspoon garlic powder
1/4 cup sugar
1/4 cup lemon juice*

Make the marinade: In a bowl, combine the soy sauce, salad oil, ginger, garlic powder, sugar and lemon juice. Mix well.

Break the chicken wings into sections discarding the third joint. Place the wings in a glass baking dish. Cover with the marinade. Place a cover on the dish. Place in the refrigerator overnight.

At cooking time, remove the wings from the marinade. Place on a greased baking sheet.

Bake in the oven at 350 degrees for one hour.

(May be kept hot in a chaffing dish or served finger-licking cool.)

Per Serving (excluding unknown items): 4014 Calories; 305g Fat (68.8% calories from fat); 236g Protein; 75g Carbohydrate; 2g Dietary Fiber; 944mg Cholesterol; 13241mg Sodium. Exchanges: 0 Grain(Starch); 32 Lean Meat; 4 1/2 Vegetable; 1/2 Fruit; 41 1/2 Fat; 3 1/2 Other Carbohydrates.