
Oriental Chicken Wings

Jane Pupich - Marshall Field's Spring Hill

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

24 chicken wings

1/4 cup soy sauce

2 tablespoons dry mustard

juice from one lemon

Remove the tips from the wings. Soak the wings in cold water for one hour.

In a small bowl, mix the soy sauce, dry mustard and lemon juice. Blend thoroughly.

Dry the wings. Place them in a single layer in a 9x13-inch glass casserole. Brush the wings with the sauce mixture. Pour the remaining sauce over the wings. Marinate for two to three hours or overnight.

When ready to cook, preheat the oven to 375 degrees. Brush the wings with the sauce mixture.

Bake for one hour or until done.

Serve over cooked rice.

Yield: 24 wings

Per Serving (excluding unknown items): 2690 Calories; 190g Fat (65.1% calories from fat); 222g Protein; 8g Carbohydrate; 1g Dietary Fiber; 906mg Cholesterol; 4974mg Sodium. Exchanges: 0 Grain(Starch); 31 Lean Meat; 1 1/2 Vegetable; 19 Fat.