

How to fry chicken wings with an oil-free fryer

Making fried chicken wings with a frying pan without oil is extremely simple at home, both safe and clean, both delicious and nutritious. You can refer to how to make fried chicken wings in the article below.

The oil-free fryer when preparing food will minimize the amount of excess fat in food, which is why it is a very chosen product for women to make fried foods.

Fried chicken wings are a dish that extremely young children love. Instead of buying chicken wings in addition to goods that do not guarantee food safety, mothers can make fried chicken wings by themselves with delicious oil-free fryer. Only 2 simple steps below will help mom make extremely delicious and attractive fried chicken wings.

content

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Ingredients should be prepared to make fried chicken wings

1. Chicken wings: 1kg
2. Honey: 1 tablespoon
3. Sesame oil: 1 teaspoon
4. Garlic minced: ½ teaspoon
5. White wine: 1 tablespoon
6. Spices: fish sauce, seasoning powder, pepper powder, salt, sugar, crispy flour.
7. Oil-free fryer

The steps to make fried chicken wings with an oil-free fryer are as follows:

Step 1: Preliminary processing of materials

You should choose industrial chicken wings to fry meat to be softer.



After buying, the chicken wings should be rinsed with water, cut into bite-sized pieces.



Put chicken wings in stainless steel pot boil for about 10 minutes to make chicken wings cleaner. Then remove and rinse with water, leave the basket to drain.

Next you need to make chicken wings: Add chicken wings to a big bowl then add 1 tablespoon of seasoning seeds, 3 tablespoons of fish sauce, cafe teaspoon of minced garlic, 1 tablespoon of honey and some pepper, 1 tablespoons of wine and 1 tablespoon sesame oil into chicken wings and mix well, marinate for about 3 hours.



Step 2: Conduct processing

Dip each marinated chicken wing through crispy fried dough, rolling the crispy dough into the chicken wings evenly.

You need to clean the frying pan and fry the fryer without oil and drain it. Plug the fryer power cord into 220V power.

Then turn the knob to adjust the temperature to 200 degrees C and leave it for 5 minutes to heat the pot. At the end of 5 minutes, unplug the power, put some oil in the fryer. Next, marinated chicken thighs are spread evenly to the frying tray. Turn the thermostat knob to 180 degrees C and turn the knob to adjust the time from 20 to 25 minutes. During the frying process you should not open the fryer. At the end of 20 minutes, the pot will automatically turn off and have an alarm signal.



Depending on how much chicken wings you have, you can set a reasonable time.

So you have finished the fried chicken wings with an oil-free fryer. Too simple, isn't it? Fried chicken wings with oil-free fryer with beautiful colors, not soaked in grease.

At this time, you should put out the plate and dot with chutney or ketchup.

Wish you success with this fried chicken wing!

For more information: Tip 5 delicious, simple dishes with an oil-free fryer

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