

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING YANGNYEOM WINGS (KOREAN SWEET-SPICY GLAZED CHICKEN WINGS)

SALAD COURSE: CRISP ASIAN CUCUMBER SALAD

INGREDIENTS (SERVES 4)

2 large English cucumbers, thinly sliced on a bias
1 small red onion, thinly sliced
1 carrot, julienned
2 Tbsp rice vinegar
1 Tbsp soy sauce
1 tsp sesame oil
1 tsp sugar or honey
1 tsp toasted sesame seeds
1 small red chili, thinly sliced (optional)
Salt and pepper to taste

PREPARATION

In a bowl, whisk rice vinegar, soy sauce, sesame oil, and sugar until combined. Toss cucumber, onion, and carrot with dressing. Season lightly with salt and pepper.
Let rest 10–15 minutes in refrigerator to meld flavors.

PRESENTATION

Serve chilled in a shallow bowl, sprinkle toasted sesame seeds and sliced chili on top. Garnish with a small sprig of cilantro or microgreens.

ENTRÉE — YANGNYEOM WINGS (KOREAN SWEET-SPICY GLAZED CHICKEN WINGS)

INGREDIENTS (SERVES 4)

2 lb chicken wings (split into flats and drumettes)
1 tsp salt
1/2 tsp black pepper
1 Tbsp vegetable oil (for coating before baking or frying)
1 cup all-purpose flour or cornstarch (optional, for extra crispness)
Yangnyeom glaze

3 Tbsp gochujang (Korean chili paste)
3 Tbsp soy sauce
3 Tbsp honey (or corn syrup)
2 Tbsp brown sugar
2 Tbsp rice vinegar
2 cloves garlic, minced
1 tsp grated ginger
1 Tbsp sesame oil
1–2 tsp toasted sesame seeds (for garnish)
2 scallions, thinly sliced (for garnish)

PREPARATION

Preheat oven to 425°F (220°C) if baking. Pat wings dry and season with salt and pepper. Optionally toss wings in flour or cornstarch for extra crispness, shaking off excess. Lightly brush with oil.

Bake: Arrange wings on a wire rack over a sheet pan and bake 35–40 minutes until golden and cooked through, turning once. **Or fry:** Deep-fry at 350°F (175°C) until crisp and cooked (about 8–10 minutes), drain on paper towels.

While wings cook, make the glaze: In a small saucepan over medium heat combine gochujang, soy sauce, honey, brown sugar, rice vinegar, garlic, and ginger. Bring to a gentle simmer and cook 3–5 minutes until slightly thickened. Stir in sesame oil. Taste and adjust sweetness or heat.

Toss hot wings in the warm glaze until evenly coated (reserve a little glaze for drizzling). Return glazed wings to the oven/rack for 2–3 minutes to set the glaze if desired.

PRESENTATION

Arrange wings on a platter in a single layer. Drizzle remaining glaze, sprinkle toasted sesame seeds and sliced scallions. Serve with lime wedges and optionally a small bowl of pickled radish or extra dipping sauce.

SIDE DISH 1 — GARLIC-SCALLION FRIED RICE

INGREDIENTS (SERVES 4)

3 cups cooked day-old jasmine rice
2 Tbsp vegetable oil
3 cloves garlic, minced
2 scallions, chopped (white and green parts separated)
2 eggs, lightly beaten
1 Tbsp soy sauce
1 tsp sesame oil
Salt and pepper to taste

PREPARATION

Heat oil in a large skillet or wok over high heat. Add garlic and white parts of scallions; stir briefly until fragrant.

Push aromatics to side, pour in eggs and scramble quickly.

Add rice, breaking up clumps. Stir-fry 3–4 minutes until heated through. Add soy sauce and sesame oil; toss to combine. Season to taste. Stir in green parts of scallions just before serving.

PRESENTATION

Serve in a shallow bowl beside the wings, garnish with extra sliced scallions and a light drizzle of sesame oil.

SIDE DISH 2 — SESAME GLAZED ROASTED BROCCOLI

INGREDIENTS (SERVES 4)

1½ lb broccoli florets

2 Tbsp olive oil

Salt and pepper

1 Tbsp soy sauce

1 tsp honey

1 tsp sesame oil

1 Tbsp toasted sesame seeds

PREPARATION

Preheat oven to 425°F (220°C). Toss broccoli with olive oil, salt, and pepper.

Roast 12–15 minutes until edges char slightly.

Whisk soy sauce, honey, and sesame oil; toss with roasted broccoli. Sprinkle toasted sesame seeds.

PRESENTATION

Arrange broccoli on a serving plate, scatter additional sesame seeds and a few lemon zest strips for brightness.

DESSERT — HONEY-GINGER POACHED PEARS WITH MASCARPONE

INGREDIENTS (SERVES 4)

4 firm pears, peeled, halved, cores removed

2 cups water

1 cup honey (or ¾ cup sugar)

1 cinnamon stick

1-inch piece fresh ginger, sliced

1 vanilla pod (or 1 tsp vanilla extract)

1 cup mascarpone or whipped cream

Crushed pistachios or toasted almonds for garnish

PREPARATION

In a saucepan, combine water, honey, cinnamon stick, ginger, and vanilla. Bring to a simmer. Add pears and poach gently 12–15 minutes until tender but not mushy. Remove pears and simmer syrup until slightly reduced (3–5 minutes). Cool pears slightly. Serve each pear half with a dollop of mascarpone, drizzle reduced syrup, and sprinkle crushed pistachios.

PRESENTATION

Plate one or two pear halves per person with mascarpone on the side, a spoonful of syrup over the pear, and nuts for color and crunch.

WINE PAIRING SUGGESTION

RECOMMENDED WINE: RELAX REISLING

RELAX Reisling is typically off-dry with bright acidity and pronounced fruity notes (peach, apricot, citrus). The slight sweetness balances the sweet-spicy Yangnyeom glaze, while the acidity cuts through the richness and refreshes the palate between bites. It also pairs harmoniously with the sesame and Asian flavors in the sides and salad.