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QUINTANA  
**WING IT!**  
FLAVORFUL CHICKEN WINGS,  
SAUCES AND SIDES



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CHICKEN WINGS,  
SAUCES AND  
SIDES

ROBERT QUINTANA

\$19.99 U.S.

# Wing It!

*Chicken wings have moved beyond the traditional buffalo wings with spicy coating and blue cheese dressing to a more sophisticated, unique palate that is sure to please your inner "foodie."*

*Chef Robert Quintana draws upon world cuisines to offer serious wing lovers new ways to prepare and enjoy these tempting tidbits. Take a trip around the world without having to leave your kitchen as you prepare scrumptious chicken wings using exotic spices from Asia, Latin America, and Europe. There are even new spins on American classic wings that are sure to become quick favorites with family and friends.*

*Along with tasty side dishes, including salads, barbecued beans, vegetables, chutneys and dipping sauces, Quintana opens a realm of healthy flavor combinations.*

*From the tailgate to the party buffet table, delectable wings are on the menu. Fire up the grill or turn on the oven. Either way, these recipes will turn up the heat!*



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Thailand, Heat 5

## Lemongrass Mango Wings

Green curry is one of my favorite Thai flavors. It consists of fresh green Thai chiles, shallots, garlic, galangal, lemongrass, kaffir lime leaves, fresh coriander roots, and dried shrimp, all ground into a paste in a mortar. Sprinkle the wings after they come off the grill with the Kaffir Lime Leaf Salt to enhance the jungle theme. The Lemongrass Mango Sauce is the perfect tropical complement to the richness of the curry. This recipe would also be great with grilled chicken breasts cut into strips. **Serves 6**

### THAI GREEN CURRY BRINE

4 cups water

1 tablespoon salt

1 tablespoon dried coriander seeds, toasted

3 tablespoons palm sugar

3 kaffir lime leaves, julienned

6 large cloves garlic, crushed

2 stalks fresh ground lemongrass

3 large sprigs (about 12 leaves) Thai basil,  
bruised

6 Thai chiles cut in rings or 3 serranos

5 tablespoons Green Thai Curry Paste  
(page 4) or Mae Ploy brand

1/4 cup Viet Houg Fish Sauce (Three Crabs  
brand)

1/4 cup pineapple juice concentrate

Zest of 2 limes

2 1/2 pounds chicken wings, cut at the joint  
and rinsed in cold water

Place all the ingredients except chicken in a large bowl and mix well. Add the chicken wings to the marinade and refrigerate covered for 24 hours.

In a large pot, add the wings and marinade and gently bring to a simmer; cook slowly for 8 minutes. Remove wings to a wire rack. Continue to let the marinade simmer and reduce by half. Strain and use to baste the wings while on the grill. Preheat the grill to medium and char the wings, basting with the green curry marinade. Serve with Lemongrass Mango Sauce, fresh cut mango chunks, and fresh Thai basil.

# Yucatán Pibil Wings

Yucatán, Mexico, Heat 7

Banana leaves are nature's perfect wrappers, which is why they are used in various cuisines around the world. They give off a sweet aroma and keep food beautifully moist as it cooks. Cochinita pibil, pork cooked in banana leaves, is the inspiration for these wings, so feel free to substitute pork butt or chicken legs in this recipe. Banana leaves are also used as plates here, so the clean-up is "a tropical breeze." **Serves 6**

## PACKAGES

1 recipe Pibil Paste

2<sup>1</sup>/<sub>2</sub> pounds chicken wings, cut at the joint  
and pierced with a fork

2 medium onions, sliced thin

<sup>1</sup>/<sub>4</sub> cup oil

6 banana leaves, toasted over an open flame,  
cut into 12 x 18-inch, pieces

5 banana peppers, cut in strips

2 tomatoes cut in rounds

Rub the paste on the chicken wings and marinate for 2 hours. In a large frying pan, fry the onions in oil.

Place 3 marinated chicken wings in the center of a banana leaf; add 2 tablespoons fried onion, 1 tablespoon banana peppers, and a slice of tomato. Fold the two sides together so they meet and then fold the ends together so they meet; tie with a strip of banana leaf. Repeat with remaining wings and garnishes.

Cook over charcoal embers if possible or on an indirect medium-low grill, for 40–50 minutes until chicken reaches 165–170 degrees internal temperature. Open the packages and finish the wings on the grill. Return to the envelopes and serve with pickled onions.

