



## Stewed Chicken Wing Tips and Prunes

Autumn

A dish featuring sweet-and-bitter stewed chicken wing tips and prunes



### Ingredients (4 servings):

8	chicken wing tips
8	prunes
5 tbsp	sugar
1/2 cup	soy sauce
1	red pepper

### Directions:

1. Place the prunes, sugar and soy sauce in a saucepan and bring to a boil; add in the chicken wing tips.
2. Simmer at a very low heat. Once the flavor has soaked in, add the finely chopped red peppers as the final touch.

### Tips:

- Simmer at a very low heat to prevent burning.
- Cut down on the red pepper if serving this dish to children.
- Grill the chicken wing tips if any hairs remain.