

3 HEARTY WINTER WARMERS

Sweet & Sticky Dunked Wings

Serves 4

INGREDIENTS

For the sticky hot sauce:

2 tbsp olive oil
3 cloves garlic, crushed
 $\frac{3}{4}$ cup ILLOVO Golden Syrup
 $\frac{1}{4}$ cup soy sauce
1-2 tbsp hot sauce, or to taste

For the chicken:

16 chicken wings, cleaned and dried
1 egg, beaten
 $\frac{1}{4}$ cup corn flour
Salt and pepper, to season
Oil, for frying

Serving suggestion:

Spring onion, sliced

METHOD

1. In a small pot, fry the garlic in the olive oil until softened, or for about 30 seconds. Add the ILLOVO Golden Syrup, soy sauce and hot sauce, to taste. Stir until well combined and allow to simmer for 8-10 minutes on a low heat, watching it carefully. Remove from the heat when sticky and glaze-like.
2. Preheat about 10cm depth of oil in a medium-sized pot over a medium heat.
3. Whisk 1 tbsp of water into the beaten egg and pour over the chicken wings, stirring to coat.
4. Add the corn flour to a bowl and season with salt and pepper. Using a fork or tongs, toss the chicken in the flour until well-coated, allowing the excess egg to drip off.
5. Fry the chicken in the hot oil in batches until golden, crispy and cooked, about 8-12 minutes per batch. Transfer the chicken to drain on paper towel.
6. Dunk the crispy chicken into the sticky hot sauce, ensuring each wing is dripping with sauce.
7. Serve the spicy, sticky chicken with sliced spring onion immediately and ENJOY!



Upside-Down Caramelised Onion Sausage Tart

Serves 4

INGREDIENTS

3 tbsp oil
16 chipolata sausages
3 medium onions, sliced thinly
2 tbsp ILLOVO Maple Flavoured Syrup
1 tbsp balsamic vinegar
Salt and pepper, to season
1 roll (400g) store-bought puff pastry, defrosted

Serving suggestion:

Side salad

METHOD


1. Preheat the oven to 180°C and grease a round 20cm cake tin.
2. In a large non-stick pan, heat 1 tablespoon oil over a medium heat. Add the sausages and fry until golden brown all over. Lower the heat, add 3-4 tablespoons of warm water to the pan and allow the sausages to steam until cooked through, about 5-8 minutes.
3. When the liquid has reduced and the sausages are cooked, transfer them to a cutting board to cool.
4. Add the remaining oil to the same pan along with the sliced onions. Sauté over a medium-low heat until the onion starts to soften and turns golden, stirring frequently for about 8-10 minutes.
5. Lower the heat, add the ILLOVO Maple Flavoured Syrup, balsamic vinegar, salt and pepper to taste and about 4 tablespoons of water and continue cooking until the sauce has reduced and caramelised, stirring occasionally for another 5 minutes.
6. While the onions are cooking, arrange the sausages in the cake tin.
7. Spoon the softened caramelised onions into the cake tin, filling the gaps around the sausages.
8. Roll the pastry sheet out onto a floured surface. Cut the pastry into a round, about 1cm wider than the tart dish. Carefully lift the pastry and lay it over the sausages and onions in the dish, tucking the edges in on the sides.
9. With a knife, prick a few small holes in the pastry to allow steam to escape while baking.
10. Bake for 20-25 minutes or until the pastry is golden on top and cooked. Remove from the oven and unmould by placing a large serving dish over the top of the tart dish and flipping it over in one quick motion.
11. Slice the upside-down tart, serve with a side salad and ENJOY!



Cheesy Meatball Subs


Serves 6

For the meatballs:



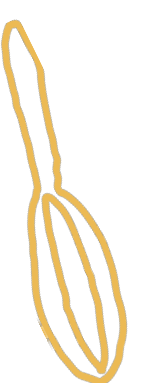
1 slice bread
¼ cup milk
800g beef mince
1 egg
½ medium onion, finely chopped
1 tsp ground coriander
Salt and pepper, to season

For the glaze:




½ cup tomato sauce
3 tbsp Worcestershire sauce
2 tbsp apple cider vinegar
½ cup ILLOVO Traditional Syrup

For assembling:



6 hot dog buns, sliced in half
Butter, for spreading
1 cup grated cheese
Fresh basil leaves, to garnish
Side salad

METHOD

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1. Soak the bread in the milk for 5 minutes. In a mixing bowl, combine the mince, onion, egg, coriander and salt and pepper. Remove the bread slice from the milk and squeeze out the liquid. Add to the mince and mix well. Shape the mixture into 24 equal meatballs.
 2. Heat a large greased frying pan over a high heat and fry the meatballs until golden, about 3 minutes a side. Fry in batches to avoid overcrowding the pan. Remove from the pan and set aside.
 3. Combine the tomato sauce, ILLOVO Traditional Syrup, Worcestershire sauce and apple cider vinegar in the frying pan. Bring to the boil, stirring frequently. Reduce the heat and allow to simmer for 5-7 minutes until a sticky glaze consistency.
 4. Add the meatballs to the sauce and stir carefully to coat. Allow to cook on low for 5 more minutes until glazed.
 5. Preheat the grill element of the oven. Butter the buns generously and lay them open side up on a baking tray. Top each bun with 4 saucy meatballs and drizzle over the excess glaze. Sprinkle over the cheese and place under the grill for about 5 minutes until the cheese has melted.
 6. Garnish the cheesy meatball subs with fresh basil leaves, serve with a side salad and ENJOY!
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