

PLANT-BASED PAIRING: 2018 BOKISCH OLD VINE CARIGNANE

Grape Varietals: 100% Carignane

Ruby with blue-violet hues. Aromas of cherry juice, intense dark fruits, cranberry sauce, and earthy baking spices. A medium bodied wine, it features quenching flavors of wild strawberries, blackberry, crisp starfruit, and a hint of orange tea. Pairs well with spicy dishes.

AIR FRIED SOY CURL BUFFALO WINGS

RECIPE BY POWERED BY PLANTS CONSULTING



You can also fry these the old-fashioned way in a pot with 4-5 inches of vegetable oil.

This is the healthier version although we will be using a decent amount of butter.

They have a kick so adjust the spice to your level of comfort.

Enjoy them as an appetizer or serve them in a wrap, on pizza, etc.

Ingredients: (Gluten-free)

For the wings:

- 2 cups Butler Soy Curls (I get them by the case on Amazon. They are all-natural, GF, and non GMO!)
- 3 cups vegetable broth
- 6 cloves of garlic, minced
- 1 tsp. salt

For frying:

- 1 cup cornstarch, placed into a large, shallow bowl (feel free to replace with arrowroot or all-purpose flour)
- 1 1/2 tbsp. of egg replacer or 2 tbsp. of flax meal, either one you use will be whisked with 6 tbsp. of cold water, in a large, shallow bowl (I use 2 9x13 pyrex glass baking dishes, one for each mixture)

Wing sauce:

- 1/2 cup vegan butter of choice (1 stick), cut into 6 pieces for easy melting
- 1/2 cup sriracha sauce
- 1/4 cup white vinegar
- optional fire: chopped fresh habanero, habanero powder, or sambal

Cooling Dip: (optional)

- 1/2 cup Vegan Mayo
- 1/3 cup chopped parsley
- 1 tsp. garlic powder

Instructions:

- Place the soy curls, broth, garlic and salt into a large saucpan or pasta pot. Bring to a low boil over medium heat, then turn the heat off before it gets to a roaring boil. Take it off the heat. Allow the soy curls to sit in the hot liquid for 10 minutes.
- Drain the soy curls using a fine mesh strainer. Allow to cool for a few minutes while they drain. Once able to touch, press down on the soy curls and drain as much liquid as possible. They should be moist but not soggy.
- Place the soy curls into the water/"egg" mixture allowing them to get a coating of the mixture. Then, place them in the shallow bowl with cornstarch, coating well (mixing with hands) and tapping off any excess cornstarch.
- Turn your air fryer to 350F. While it is heating to temp, prepare your dip sauce by combining the mayo, parsley, and garlic powder together in a small bowl. Set aside.
- Once air fryer is ready, put the soy curls in. You don't want to overcrowd so do in 2 batches. It depends on the air fryer, but I fry them for about 10 minutes per batch. After 5 minutes, I like to pull the tray out and shake the soy curls around. Use tongs if they are sticking and put it back in for the remaining 5 minutes. Now do the same for 2nd batch.
- While the soy curls are in the air fryer, melt the butter in a skillet over medium-low heat. Add the sriracha and white vinegar, stir. Add habanero if using. Once heated through, turn to low heat.
- When **all** soy curls are done frying, add them to the skillet and stir until well coated. Add a bit more vegan butter and hot sauce as needed to cover all of the pieces (only if needed). Taste and add more sriracha if you like more heat.
- Once the pieces are warmed through and thoroughly coated in the hot sauce, serve immediately with a side of the dip sauce, if using.