

Courtesy of Confab Kitchen & Bar

STARTERS & SIDES Confab Kitchen & Bar

Confab Kitchen & Bar's sticky duck wings

By Sarra Sedghi · Rough Draft Atlanta, 1/20/2026

Ingredients

WINGS

- [ ] 50 duck wing drumettes
- [ ] 1 cup kosher salt
- [ ] 1/2 cup granulated sugar
- [ ] 2 Tbsp garlic powder
- [ ] 2 Tbsp onion powder
- [ ] 2 Tbsp dried thyme
- [ ] 1 Tbsp black pepper
- [ ] 1 Tbsp ground coriander
- [ ] 3 quarts hot water
- [ ] 1 quart ice water
- [ ] 2 quarts duck fat

GLAZE

- [ ] 2 cups gochujang
- [ ] 1 cup mirin
- [ ] 2 ounces hoisin

Directions

1. **Make the brine:** Dissolve salt, sugar, and dry spices in hot water. Whisk. Pour ice water into brine solution. Brine wings for 8 to 10 hours.
2. Remove wings from brine. Thoroughly rinse with cold water and pat dry.
3. Transfer wings to a stock pot in a Dutch oven. Fully submerge in duck fat and cook at 325 degrees Fahrenheit for 2 to 3 hours, until meat is soft and pulls away from the bone.
4. Preheat oven or air fryer to 350 degrees Fahrenheit.
5. Fry wings for 3 minutes, until golden brown.
6. Let cool. Toss in glaze and serve.

- [ ] 1 Tbsp minced ginger
- [ ] 1 Tbsp sesame oil
- [ ] 1 Tbsp soy sauce
- [ ] 1 Tbsp rice wine vinegar
- [ ] 1 Tbsp fish sauce
- [ ] 1 Tbsp vegetable oil
- [ ] 1 Tbsp minced garlic
- [ ] 1 Tbsp honey

The story

This week, we're sharing a recipe for the sticky duck wings from Confab Kitchen & Bar in Brookhaven. If you're hosting a Super Bowl party or a backyard barbecue this summer, Confab founder Doug Gross said the brine and glaze in this recipe will work for up to 74 duck wings.You can find duck wings at butcher shops or stores like Super H Mart and Your DeKalb Farmers Market. Gross recommends using drumettes rather than flats. Unlike with chicken wings, duck wing flats don't have much meat. If you do use duck flats, consider upping your wing count per person. Can't find duck wings? No problem. Chicken wings will do just fine.As for the duck fat called for in the recipe, check out Whole Foods, specialty markets, or ask you local butcher. Check out the recipe below.

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