



Let's Wing It

MOLASSES GLAZED CHICKEN WINGS

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| 1/2 cup (125 mL) Dijon mustard | 1 tbsp (15 mL) soy sauce |
| 1/2 cup (125 mL) maple-flavoured pancake syrup | 1 tsp (5 mL) hot pepper sauce |
| 1/4 cup (50 mL) molasses | 3 lb (1.5 kg) chicken wing drumettes |
| 3 tbsp (40 mL) apple cider vinegar | |

To prepare marinade, whisk together all ingredients except chicken. Pour marinade into a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade. Seal bag and place on a large plate; refrigerate for 8 hours or overnight. Line a shallow baking pan with foil. Remove chicken from marinade and place on a rack in prepared pan; discard marinade. Bake at 425°F (220°C) for 55 - 60 minutes or until wings are glazed and golden brown. Serve hot. May be frozen for up to 1 month. Makes about 40 wings.

STICKY WINGS

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| 1/2 cup (125 mL) orange marmalade | 1/2 tsp (2 mL) garlic powder |
| 1/2 cup (125 mL) sugar | 1/2 tsp (2 mL) salt |
| 1/2 cup (125 mL) fresh lemon juice | 1/2 tsp (2 mL) freshly ground pepper |
| 1/2 cup (125 mL) water | 1/4 tsp (1 mL) cayenne pepper |
| 1/4 cup (50 mL) butter | 3 lb (1.5 kg) chicken wing drumettes |

To prepare sauce, combine all ingredients except chicken in a saucepan. Bring to a boil over medium heat, stirring frequently. Remove from heat; let stand 10 minutes. Arrange chicken in a single layer in two 9x13 inch (23x33 cm) baking pans; do not overcrowd pans. Pour sauce evenly over chicken. Bake at 400°F (200°C), turning and basting every 15 minutes, until wings are glazed and golden brown, about 45 minutes. Serve hot. May be frozen for up to 1 month. Makes about 40 wings.

ORANGE MUSTARD CHICKEN WINGS

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| 1 tbsp (15 mL) oil | 1 1/2 tsp (7 mL) dry mustard |
| 2 cloves garlic, crushed | 1 1/2 tsp (7 mL) packed brown sugar |
| 1/2 cup (125 mL) orange marmalade | 1 tbsp (15 mL) white wine vinegar |
| 1/4 cup (50 mL) Dijon mustard | 1/4 tsp (1 mL) salt |
| 1 tbsp (15 mL) Worcestershire sauce | 1 1/4 lb (0.625 kg) chicken wing drumettes |

To prepare marinade, combine all ingredients except chicken in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade. Seal bag and place on a plate. Refrigerate for 2 hours or up to 24 hours. Line a shallow pan with foil. Remove chicken from marinade and place on rack in prepared pan; discard marinade. Bake at 350°F (180°C) for 45 minutes or until golden brown. Serve hot. Baked wings may be frozen for up to 1 month. Makes about 18 wings.

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SPIKED DRUMS

4 tsp (20 mL) cumin	1/2 tsp (2 mL) cayenne pepper
1 tsp (5 mL) paprika	1/4 tsp (1 mL) salt
1 tsp (5 mL) lemon pepper	3 lb (1.5 kg) chicken wing drumettes
1/2 tsp (2 mL) garlic powder	

Combine all ingredients except chicken drumettes in a heavy plastic bag. Add drumettes and shake until evenly coated with seasoning mixture. Line a shallow pan with foil. Place drumettes on a rack in prepared pan. Bake at 400°F (200°C), turning once, for 50 - 55 minutes or until golden brown. Serve hot. Baked wings may be frozen for up to 1 month. Makes about 40 wings.

SANTA FE WINGS

1/2 cup (125 mL) Italian salad dressing	1/4 tsp (1 mL) salt
1/4 cup (50 mL) hot pepper sauce	1/4 tsp (1 mL) cayenne pepper
2 tbsp (25 mL) oil	3 lb (1.5 kg) chicken wing drumettes

To prepare marinade, combine all ingredients except chicken in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 4 hours or up to 24 hours. Remove chicken from marinade; discard marinade. Grill chicken on a grill topper or directly on grid over low heat on natural gas barbecue, turning occasionally, until browned and completely cooked, about 30 - 35 minutes. Makes about 40 wings.

JERK CHICKEN WINGS

2 tbsp (25 mL) apple cider vinegar or white wine vinegar	1 tbsp (15 mL) hot pepper sauce
1 tbsp (15 mL) thyme, crumbled	1 tsp (5 mL) salt
1 tbsp (15 mL) packed brown sugar	3 cloves garlic, crushed
2 tsp (10 mL) allspice	2 lb (1 kg) chicken wing drumettes
	Creamy Onion Dip, recipe follows

To prepare marinade, combine first 7 ingredients (vinegar through garlic) in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade. Seal bag and place on a plate; refrigerate for at least 4 hours or up to 8 hours. Line a shallow pan with foil. Remove chicken from marinade and place on a rack in prepared pan. Discard marinade. Bake at 425°F (220°C) for 45 - 50 minutes or until golden brown. Serve hot with Creamy Onion Dip. Baked wings may be frozen for up to 1 month. Makes about 24 wings.

Creamy Onion Dip: Combine 1/2 cup (125 mL) **each** light sour cream and light mayonnaise with 2 tbsp (25 mL) chopped green onion and a dash of hot pepper sauce. Cover and refrigerate for up to 24 hours.

MOROCCAN CHICKEN WINGS

1 tbsp (15 mL) cinnamon	2 tbsp (25 mL) olive oil
2 tsp (10 mL) freshly ground pepper	1 tbsp (15 mL) paprika
3/4 tsp (3 mL) coriander	1/2 tsp (2 mL) red pepper flakes
1/4 tsp (1 mL) cumin	1/2 tsp (2 mL) salt
1/4 tsp (1 mL) cloves	4 cloves garlic, crushed
2 tbsp (25 mL) packed brown sugar	3 lb (1.5 kg) chicken wing drumettes
2 tbsp (25 mL) fresh lemon juice	

Combine cinnamon, pepper, coriander, cumin and cloves in a small frypan. Cook over medium heat, stirring occasionally until fragrant and lightly toasted, about 2 minutes; cool. To prepare marinade, combine toasted spices and next 7 ingredients (brown sugar through garlic) in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 2 hours or up to 24 hours. Remove chicken from marinade; discard marinade. Cook chicken on a grill topper or directly on grid over low heat on natural gas barbecue, turning occasionally until browned and completely cooked, about 30 - 35 minutes. Makes about 40 wings.