



The Perfect Baked/Grilled Chicken Wings

2 lbs chicken wings, cut into 2 pieces with tips removed

Preheat oven to 450 degrees

Bring a large pot of half water half chicken broth to boiling. Boil the wings 8-10 minutes and remove to drain on a wire rack. (helps reduce some of the fat allowing for quicker crisping in the oven)

Season the wings with your favorite DRY seasoning, salt, pepper, garlic powder, onion powder, etc.

Bake wings on a sheet pan for 30 minutes, then turn wings over and cook the other side for another 10 minutes.

Remove to a large bowl and toss in your favorite sauce. (see recipes to follow)

Serve while hot

For all Sauces: Combine all ingredients in a blender and mix until smooth. Pour into a saucepan and bring to a boil, stirring occasionally till slightly thickened. Remove from heat and allow to cool, toss wings until well coated.

Classic Hot Sauce

Makes about a cup

2/3 cup hot pepper sauce

1/2 cup melted butter

1 1/2 tablespoons white vinegar

1/4 teaspoon Worcestershire sauce

1/4 teaspoon cayenne pepper
1/8 teaspoon garlic powder
salt to taste

Sweet N Spicy Sauce

1 cups red hot sauce, such as Frank's
1/2 cups melted butter
1/2 cup mango habanero sauce
8 tbsps brown sugar
4 tsps chili powder
4 tsps garlic powder
4 tsps onion powder
4 tsps black pepper
4 tsps cayenne pepper
4 tsps seasoning salt

Garlic Ranch Sauce

2 cups melted butter
1 cup Sweet N Spicy Wing Sauce, recipe follows, or hot sauce, such as Frank's
4 heaping tbsps fresh minced garlic
4 tbsps brown sugar
2 tsps black pepper
4 packets powdered ranch dressing

Chili Lime Sauce

2 tbsps of jalapeno pepper chopped finely
1 tbsp chili sauce
1/2 cup lime juice
1/3 cup chicken stock
2 tbsps fresh cilantro (coriander leaves)
2 cloves garlic
1 tsp sugar
1/4 tsp salt

Asian Sweet n Sour Carmel Sauce

1/2 c Water, divided into 2- 1/4 c measurements
1 c Sugar
1/4 c Fish Sauce
1/4 c Mirin
1/4 c Lemon, Lime, orange or other sour citris (each ones will give offer a different variation)

Honey Ginger Sauce

4 garlic cloves, finely minced
3 tbsp finely grated fresh ginger
1/4 tsp cayenne pepper, optional
1/2 cup rice vinegar
1/2 cup packed brown sugar
1/4 honey
1 tsp soy sauce

Garlic Parmesan Sauce

1 cup butter, melted
2 teaspoon garlic powder

1/2 teaspoon onion salt
1/4 teaspoon black pepper, freshly ground
1 cup parmesan cheese, grated

Honey Sriracha Sauce

6 tbsps butter
1/3 cup sriracha
2 tbsps honey
1 lime, juiced
1/2 orange, juiced
3 tbsps cilantro

Tandori Indian Sauce

3/4 c Yogurt
1/2 tbsp Ginger paste
1/2 tsp Garlic paste
1/2 tsp Turmeric powder
1/2 tsp Cumin powder
1 1/2 tsp Coriander powder
1/2 tsp Chilli powder
1 tbsp Lemon juice
1/4 tsp Ground black pepper
1tbsp Oil- 1 tbsp
Salt- to taste

Vietnamese Pok Pok Sauce

1/4 cup fish sauce
1/4 cup superfine sugar
8 cloves garlic, 5 crushed and 3 minced
2 tbsps vegetable oil, plus more for frying
1/3 cup cornstarch
1 tbsp chopped cilantro
1 tbsp chopped mint

Sticky Bourbon Sauce

8 oz. red pepper hot sauce
1c Bourbon
1 tbsp onion powder
1 tbsp garlic powder
1/2 cup honey
1/2 cup brown sugar
1 1/2 tsp black pepper
1 tsp smoked paprika
2 tbsp concentrated tomato paste

Coca Cola sauce

1/4 cup soy sauce
2 tbsps canola oil
2 tbsps dry sherry or Chinese rice wine
3/4 cup Coca-Cola (not diet or anything flavored!)
2 scallions, chopped
Black pepper n salt to taste

Thai sticky Sauce

1/2 tsp salt
1/2 tsp pepper
1/2 cup sweet chili sauce
1/4 cup rice vinegar
1/4 cup lite canned coconut milk
3 tbsps brown sugar
3 garlic cloves, pressed or finely minced
1 tbsp creamy peanut butter
1 tsp-sized knob of ginger, grated
Garnish with:
1 lime, juiced
1/2 tbsp soy sauce
1/4 cup chopped peanuts
1/2 cup fresh cilantro
4 green onions, sliced

Chinese Plum Sauce

1 (15-16-ounce) can whole unpitted purple plums
2 tablespoons bottled hoisin sauce
1 tablespoon frozen orange juice concentrate, thawed
1 tablespoon soy sauce
2 teaspoon fresh ginger, grated
1/4 teaspoon black pepper
2 tsp brown sugar
Garnish with: 2 tbsp. sesame seeds

PB&J Sauce

1/2 cup natural peanut butter
1 1/2 cup grape jelly
1 cup grape juice
1/2 cup vinegar
1/2 c chicken stock
(you can use other flavors of jelly, just be sure to use the same flavored juice)

Wasabi Wings

1 c Soy Sauce
1 Tablespoon fresh horseradish (not the creamy type)
2 jalapeno peppers
1 Tablespoon white vinegar
1 teaspoon sugar
1 teaspoon salt
1 teaspoon mustard powder
2 teaspoons wasabi powder, mixed with enough water to form a thick paste
1 c chicken stock

Jerk Sauce

6 green onions (chopped)
1 onion (chopped)
1 jalapeño pepper (seeded and minced)
3/4 cup soy sauce
1/2 cup distilled white vinegar
1/4 cup vegetable oil

2 tablespoons brown sugar
1 tablespoon fresh thyme (chopped)
½ teaspoon ground cloves
½ teaspoon ground nutmeg
½ teaspoon ground allspice