



Chef ETL's Spicy Honey-Barbeque Wings

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 40 minutes

A lot of trial and error was spent in order to get a great, gooey wing that contains a bit of "heat".

COMBINE:

1/3 cup honey

1/4 cup molasses

2 tablespoons butter, melted

3 tablespoons rice vinegar

2 tablespoons Sriracha sauce

1 tablespoon yellow mustard

1 tablespoon water

1 teaspoon sesame oil

2 tablespoons brown sugar

2 cloves garlic (through a garlic press)

1 teaspoons ginger, minced

ARRANGE:

3 pounds chicken wings (cut into wingettes & drumettes)

salt and pepper, to taste

3 tablespoons Slap Yo Daddy Chicken BBQ rub (or similar BBQ chicken rub)

TIP: Watch carefully to make sure the wings don't "flame up". Adjust positions on grill if some wings need to be crisper.

VARIATION: Substituted catsup for the Sriracha Chili Sauce for a less spicy recipe. They were still excellent.

Per Serving (excluding unknown items): 890 Calories; 51g Fat (51.7% calories from fat); 60g Protein; 47g Carbohydrate; 1g Dietary Fiber; 393mg Cholesterol; 623mg Sodium; 44g Total Sugars; trace Vitamin D; 93mg Calcium; 3mg Iron; 1001mg Potassium; 440mg Phosphorus. Exchanges: .

Preheat grill to medium heat (high heat will cause the wings to burn).

Season wings of both sides with salt and pepper.

Sprinkle a light layer of Slap Yo Daddy Chicken BBQ rub.

SAUCE:

Combine all ingredients under the "Combine" section of ingredients in a mixing bowl.

WINGS:

Arrange wings on the hottest part of the grill skin-side up and grill for about 11 minutes. (watch carefully to make sure they don't "flame up". Adjust positions on grill after about 8 minutes if some wings need to be crisper.

Flip wings and baste tops with molasses mixture, and grill for 6 additional minutes.

Turn grill down to LOW.

Flip wings and baste uncoated side. Grill wings until they begin to caramelize, about 1-2 minutes.

Flip 1 last time. Grill wings until they begin to caramelize, about 1-2 minutes more until an instant thermometer, inserted into the thickest part of the meat registers 165°, Watch carefully so that wings do not burn.

SERVE:

Toss wings with some of the reserved and/or leftover sauce, Let sit for 5-10 minutes.

Use rest of reserved sauce for dipping.

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