

JERK CHICKEN WINGS

Serves 6 to 8.

By Dennis W. Viau; modified from a recipe in the booklet that came with my OMorc air fryer.

I like air fryers. They're convenient counter top convection ovens and, because of their size, they're useful for roasting small portions, suitable for one or two persons. This recipe uses chicken wings, which are small enough for 3 pounds to fit in the air fryer's basket.



Ingredients:

For the Marinade:

- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 6 cloves garlic, minced or crushed through a garlic press
- 1 tablespoon allspice
- 1 teaspoon cinnamon
- Optional: 1 teaspoon cayenne pepper
- Optional: 1 habanero pepper, seeds and ribs removed, finely chopped
- 1 teaspoon white pepper
- 1 teaspoon salt
- 2 tablespoons brown sugar
- 1 teaspoon fresh thyme, finely chopped
- 1 tablespoon fresh ginger, grated
- 4 scallions or green onions, finely chopped
- 5 tablespoons lime juice
- ½ cup (120ml) red wine vinegar

For the Chicken:

- 3 pounds (1.4kg) chicken wings (drumettes and wingettes, not tips)

Directions:

Combine all the marinade ingredients in a bowl. Blend well to dissolve sugar. Pour into a ziplock bag, add the chicken wing pieces and seal the bag. Let marinate at least 30 minutes, turning the bag over after 15 minutes to flavor the pieces evenly.

Drain the wings, discarding the marinade. Pat the pieces dry with paper towels and arrange in the basket of the air fryer (or on a baking sheet to use in an oven).

If desired, you can preheat the air fryer at 400°F (200°C) for 3 to 5 minutes (but most of this heat will be lost as you load the fryer's basket). If using a conventional oven, preheat to 400°F (200°C).

Roast at 400°F (200°C) for 10 minutes. You could roast these pieces in a conventional oven. Turn the pieces over or redistribute the pieces in the fryer basket and roast an additional 10 minutes at the same temperature. Check for doneness with a digital thermometer. The internal temperature of the thickest pieces should be at least 170°C (77°C) for safe serving. Roast longer if necessary. Meat should be cooked to the bone.

Serve with your favorite dipping sauce, or enjoy plain.