

PARTY WINGS

Serves many.

By Dennis W. Viau; an original recipe.

Party Wings are chicken wings separated into drumettes and wingettes, then marinated, cooked and sauced. Use hot sauce and spices to make Buffalo Wings. I prefer less heat. I cooked these wings on my barbecue grill.

Ingredients:

For the Marinade/BBQ Sauce:

- ½ cup (113g) butter
- ⅓ cup (78ml) soy sauce
- ⅓ cup (78ml) Worcestershire sauce
- ⅓ cup (78ml) Balsamic (or other) vinegar
- ¾ cup (177ml) water
- 1 cup (200g) brown sugar
- ½ teaspoon dry mustard (ground)

For the Chicken:

- 3 pounds (1.4kg) chicken wings

Directions:

Combine all the marinade ingredients in a medium saucepan. Heat to melt the butter and dissolve all the sugar. Remove from the heat and set aside to cool. Then remove about ½ cup (120ml) of the marinade and set aside for basting the chicken on the grill.

If the chicken wings are whole, cut through the joints to separate the three pieces — drumette, wingette, and tip. The tips can be discarded or saved with other chicken trim for making stock later. (Some people like to include the tips when grilling.)

Place the wing pieces in a ziplock bag and add the marinade. Close the bag and marinate the chicken at least 30 minutes, turning the bag over halfway through the marinating time to flavor the chicken evenly.

The wings can be arranged on a baking sheet and baked in the oven or grilled on a barbecue.

If grilling: Prepare your grill as you normally would, with the fuel in the center. When ready to cook, arrange the wings around the perimeter of the grilling grate to cook with indirect heat. Close the grill and cook for 30 minutes. Then turn the wing pieces over, brush with some of the reserved marinade, and grill an additional 30 minutes (or until cooked to the bone), brushing with marinade every 10 minutes. Discard any remaining marinade.

If baking: Heat the oven to 375°F (190°C). Arrange the chicken pieces, skin side up, on a well greased or lined (with parchment paper) baking sheet and bake. Using a basting brush, baste the wings with some of the reserved marinade every 10 minutes. Continue baking until cooked thoroughly, 40 to 50 minutes. Discard any remaining marinade.

Serve with your favorite side dishes or pile onto a platter to be enjoyed by your guests.

