

Cooking with the Club

by Chef Robert Larios



Send Us Your Recipes!

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Winging Into Football Season

from January 2008

Italian Dressing-Style Chicken Wings

INGREDIENTS:

- 2 tablespoons garlic powder
- 2 tablespoons Worcestershire sauce
- 2 tablespoons soy sauce
- 32 fl ounces of Italian dressing
- 1 tablespoon brown sugar
- 1 1/2 pounds defrosted chicken wings



Honey Mustard Curry Wings

INGREDIENTS:

- 17 ounces yellow mustard
- 24 ounces Clover honey bottle
- 2 tablespoons curry powder
- 1 1/2 pounds defrosted chicken wings



Staff
Favorite!



Hot Sauce Style Wings

INGREDIENTS:

- 2 bottles Louisiana's Crystal Hot Sauce
- 1 1/2 pounds defrosted chicken wings



A trio of Super Chicken Wing Recipes



I like nothing more than having great food like chicken wings for the big Super Bowl football game. There are many ways to have chicken wings, and there are many ways to marinate them along with so many ways to cook them. I like to place them in the oven because I like the intense heat it creates, but the grill is wonderful, too. Nonetheless, for these recipes, the oven is what I'll use.

I'm sharing three flavor styles with you. The first one is an Italian dressing-style marinade and may be the most complicated of the three to make, with five different marinade ingredients. The hot sauce style uses just hot sauce, nothing more, nothing less. It's quite simple but full of flavor, and it's the crowd favorite. Honey Mustard Curry Wings is full of flavor and will not disappoint if you're looking to change up the traditional chicken wing flavor. My experience has been that this one will go fast, so maybe make more than the other wings.

As always, please be aware of very real danger of food-borne illnesses. These can be prevented by being aware of keeping your hands and workstation surfaces clean and sanitized. You must also consider the time you cook your chicken wings along with the temperature at which they cook. Make sure they're thoroughly cooked so that bacteria on the chicken are killed from the heat.



Plate your wings however you like them. I like mine with some ranch dressing and some veggies on a big party platter – ready for the game! Enjoy!

DIRECTIONS:

Italian Dressing-Style Chicken Wings, Honey Mustard Curry Wings or Hot Sauce Style Wings



1 Add and mix all the marinade ingredients in a large mixing bowl.



2 Add as many chicken wings as can be covered by the marinade. Cover with plastic or foil food wrap and leave in the refrigerator until you're ready to cook. Ideal marination should be overnight or at least three hours.



3 Take the marinated wings and place them on a cooking sheet.



4 Place in oven at 375 degrees and cook for about 30 to 40 minutes or until golden brown.



Food Factoid: "Anybody can make you enjoy the first bite of a dish, but only a real chef can make you enjoy the last." – Francois Minot