

Marinated Chicken Wings with Jai's Drop 23 Chilli Bourbon Sauce

Ingredients:

- 1 kg of chicken wings
- 1 cup of Jai's Drop 23 Chilli Bourbon Sauce
- 2 tablespoons of olive oil
- 1 tablespoon of soy sauce
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1/2 teaspoon of smoked paprika
- Salt and pepper to taste
- Fresh cilantro and lime wedges for garnish (optional)



Instructions:

1. Prepare the Marinade

In a large bowl, combine Jai's Drop 23 Chilli Bourbon Sauce, olive oil, soy sauce, garlic powder, onion powder, smoked paprika, salt, and pepper. Mix well until all the ingredients are thoroughly incorporated.

2. Marinate the Chicken Wings

Add the chicken wings to the bowl, ensuring they are fully coated with the marinade. Cover the bowl with plastic wrap and refrigerate for at least 2 hours, preferably overnight. The longer you marinate, the more intense the flavors will be.

3. Preheat the Oven

When you're ready to cook the wings, preheat your oven to 200°C (400°F). Line a baking sheet with aluminum foil and place a wire rack on top. This will allow the wings to cook evenly and become crispy.

4. Arrange the Wings

Remove the wings from the marinade, allowing any excess to drip off. Arrange the wings in a single layer on the wire rack. Reserve the remaining marinade for basting.

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5. Bake the Wings

Place the baking sheet in the preheated oven and bake for 25-30 minutes. Halfway through the cooking time, baste the wings with the reserved marinade to enhance the flavor and ensure they stay moist.

6. Finish Under the Grill

For extra crispy wings, switch your oven to broil mode for the last 5 minutes of cooking. Keep a close eye on the wings to prevent burning.

7. Garnish and Serve

Once the wings are cooked through and crispy, remove them from the oven and let them rest for a few minutes. Garnish with freshly chopped cilantro and serve with lime wedges for an extra burst of freshness.

Tips for the Perfect Wings

- 1. Pat the wings dry:** Before marinating, pat the wings dry with paper towels to ensure the marinade adheres better.
- 2. Use a wire rack:** Cooking the wings on a wire rack helps the heat circulate, resulting in evenly cooked, crispy wings.
- 3. Don't overcrowd the baking sheet:** Give the wings plenty of space to ensure they cook evenly and become crispy.
- 4. Adjust the spice level:** If you prefer milder wings, you can reduce the amount of Jai's Drop 23 Chilli Bourbon Sauce or mix it with a bit of honey for a sweeter, less spicy marinade.

Nutrition:

Serving: 4 | Calories: 696kcal | Carbohydrates: 26g | Protein: 43g | Total Fat: 54g | Saturated Fat: 14g | Sodium: 1260mg | Potassium: 57mg | Fiber: 1g | Sugar: 10g | Vitamin A: 100IU | Vitamin C: 4mg | Calcium: 15mg | Iron: 2mg