



Sticky Honey Garlic Wings

Serves 4

Prep time: 15 minutes

Cook time: 55 minutes

Marinade time: 1 hour to overnight

Ingredients

2 lbs/1 kg (apprx) chicken wings, broken into two pieces and tips removed
1/2 Onion, finely chopped
1/4 Cup/60 ml honey
1 Tablespoon brown sugar
1/4 Cup/60 ml soy sauce
2 Tablespoons butter
1 Teaspoon Dijon mustard
2 Garlic cloves, crushed

Method

In a small saucepan set over medium heat, add the onion, honey, soy sauce, brown sugar, mustard, butter and garlic. Stir well and bring to a simmer. Reduce heat to low and cook for 5 minutes.

Arrange the chicken wings in one layer in a large oven proof dish. Pour over the sauce and stir to coat completely. Cover and refrigerate for one hour and up to overnight.

Preheat oven to 350 degrees F.

Bake wings for 45 - 55 minutes or until cooked through, turning halfway through baking.

Remove from oven and serve with your favourite dipping sauces.

Julia's Cuisine

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Main Course/Chicken & Turkey

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<http://www.juliascuisine.com/>