

# MARINATED CHICKEN WINGS

Serves 4 to 6.

By Dennis W. Viau; modified from an Internet recipe.

This easy preparation of chicken wings results in a delicious dinner that has excellent eye appeal as well. Serve them with macaroni or potato salad, maybe an ear of corn as well.



## **Ingredients:**

### **For the Marinade:**

½ cup (113g) butter

1 cup (237ml) soy sauce

1 cup packed (200g) brown sugar

¾ cup (177ml) water

¼ teaspoon dry (ground) mustard

### **For the Chicken:**

3 pounds (1.4kg) chicken wings (about a dozen wings)

## **Directions:**

Combine all the marinade ingredients in a medium saucepan and heat to dissolve the sugar and melt the butter. Remove from the heat and allow to cool.

Divide the wings into pieces by cutting through the joints, saving the wingette and drumette. The wing tips can either be discarded or frozen with other chicken trim to make stock later. (Some people like cooking the tips with the other pieces.)

Place the wings in two one-gallon ziplock bags. Reserve about half a cup (120ml) of the marinade to be used for basting later and pour the remaining marinade into the bags holding the chicken.

Arrange the bags on a tray (to capture any possible leaks) and place in the refrigerator for 30 minutes. After 15 minutes turn the bags over to redistribute the marinade, flavoring the pieces evenly.\*

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.

Remove from the oven and let rest 10 minutes before serving.

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\*According to America's Test Kitchen, marinating longer than 30 minutes does not produce any significant results because the marinade can only penetrate the surface of the chicken.

The step-by-step photos were removed. See the video for the preparation.