

make
your
own...

This dish created by:



Nicky Stanbury
Hospitality Head Chef



**Marinated Chicken wings
Jalapeno & Lime, Hickory & Maple and
Yakitori marinade**

Ingredients

12 chicken wings (marinate 4 chicken wings in each marinade)

Jalapeno & Lime

1 jalapeno
½ tsp cumin
1 lime (freshly squeezed)
¼ tsp red pepper flakes
1 tbsp olive oil
Salt & pepper to taste

Hickory & Maple

2 tbsp ketchup
1 tsp smoked paprika
2 tbsp cider vinegar
2 tbsp Worcestershire sauce
1 tbsp dark brown sugar
2 tbsp honey
2 tbsp maple syrup
Salt & pepper to taste

Yakitori

2 tbsp soy sauce
4 tbsp water
2 tbsp sugar
1 tbsp mirin rice wine
1 tbsp rice vinegar
½ tsp ginger
1 clove garlic
2 tbsp corn-starch
Salt & Pepper to taste

Method

Jalapeno & Lime

Blitz the jalapeno, cumin, olive oil, red pepper flakes and lime and season with salt & pepper. Marinate 4 chicken wings until ready to cook or ideally overnight.

Hickory and maple

Blitz all ingredients together and then marinate 4 chicken wings until ready to cook or ideally overnight.

Yakitori

Heat up all the ingredients until thick and glossy then marinate the 4 chicken wings in the yakitori sauce until ready to cook or ideally overnight.

When you are ready to cook, place the marinated chicken wings in a single layer in a wide shallow baking tray then cook the wings for 20 minutes until dark and the juices run clear.
180oc/350oF/gas 4

Garnish with sesame seeds and sliced spring onions

Enjoy!