



THE 5 MOST DELICIOUS

**CHICKEN
WING
RECIPES
EVER**

Because you deserve the best

Simply Meat Smoking

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For The Love of Chicken Wings



Somewhere around 1.3 billion Chicken wings are consumed in the United States over the Superbowl weekend alone. That is enough wings to wrap around the world 3 times! Just let that sink in.. by anyone's standards that is a mind boggling amount of chicken.

With that being said, chicken wings are very clearly one of the United States most loved finger foods. But why? Is it their beautiful crunch? Their smell? Or the nearly endless combinations of sauces, dips and marinades you can coat them with?

Personally, I think that its a combination of all of these things.

There is nothing better than getting together around the table with those who you are closest with, rolling up your sleeves and going all in on some tender, crispy ,juicy, smoky wings dripping in delicious sauce. In my house cutlery is banned while wings are on the table. The only things that you need is a big stack of napkins, a nice cold beer and a bib!

In the following pages, I have compiled a list of my favourite chicken wing recipes. These recipes are recipes that have been my family's favourites for many years now. There are a few different cooking styles, sauces & marinades to get everybody's taste buds excited.

Do your friends, family and yourself a favour and get practising these wing recipes!
You will not be let down!

Happy eating friends.

Charlie

Twice Cooked Buffalo Chicken Wings



INGREDIENTS

THE CHICKEN WINGS

2 Tablespoons olive oil
2 Tablespoons your favourite BBQ rub
2 cups oil of your choice
3 pounds chicken wings

THE BUFFALO SAUCE

1 cup Buffalo sauce
1 cup bbq sauce
2 Tablespoons melted butter
2 Tablespoons honey

DIRECTIONS

THE CHICKEN WINGS

Step 1: Preheat your smoker to 225°F. For this recipe you want to use a strong wood such as hickory or oak.

Step 2: Combine your wings, BBQ rub, and olive oil in a large zip lock bag and mix until the wings are well coated.

Step 3: Once the wings are well coated, place in your preheated smoker. Close the lid and follow your smokers instructions to cook the wings at 145°F for around 1.5 hours.

Step 4: In a cast iron skillet preheat your oil over a medium heat, until the oil reaches 375°F.

Twice Cooked Buffalo Chicken Wings



Step 5: Once up to temperature, transfer the wings from the smoker into the skillet. Do this in batches so the chicken wings don't touch and get nice and crispy.

Step 6: Fry the wings for 2 - 3 minutes per side. The wings are ready when the skin is crispy and the internal temperature reads 165°F

Step 7: Remove the wings from the skillet and sprinkle with a little extra sweet rub. My personal favourite is to toss the wings in the sweet and sticky buffalo sauce and coat liberally.

DIRECTIONS

THE BUFFALO SAUCE

Step 1: In a medium sized bowl mix together 1 cup of your favourite buffalo sauce, 1 cup of your favourite BBQ sauce (the smokier the better) 2 tablespoons of melted butter & 2 tablespoons of honey.

Step 2: Mix well and toss the chicken wings in in batches, making sure they all get a thick covering.

Sticky, Crispy, Smoky Beer Barbecue Chicken Wings



INGREDIENTS

THE CHICKEN WINGS

3 pounds of chicken wings, ideally organic or free range if possible.

THE CHICKEN WINGS

1/2 cup toasted sesame oil
1/2 cup Worcestershire sauce
1/2 cup dark beer
Freshly ground black pepper
Sea salt
The juice & grated zest of 2 lemons

SMOKEY BEER BBQ SAUCE

1/4 cup lemon juice
1/4 cup worcestershire sauce
1/4 cup white wine vinegar
1/4 cup honey
1/2 cup water, more or less as needed
1 cup dark beer
2 cups ketchup
2 minced jalapeño chiles
2 Teaspoons lemon zest (grated finley)
2 Tablespoons soy sauce
2 Tablespoons Dijon mustard
2 Tablespoons minced fresh ginger
3 minced shallots
3 Tablespoons peanut oil
1/2 cup chopped fresh cilantro or parsley, for garnish

Sticky, Crispy, Smoky Beer Barbecue Chicken Wings



DIRECTIONS

THE CHICKEN WINGS

Step 1: Thoroughly wash wings and pat dry with paper towel. Cut into 3 sections along the joints. On the drumette section scrape the meat from one end to the other, creating a mini drumstick.

Cut one end off the flat section you have made. Carefully remove the smaller of the two bones and scrape the meat to make a second mini drumstick. The wing tip is not necessary for this recipe, so freeze for making a stock at another time.

Step 2: In a large mixing bowl mix all the ingredients for the marinade with a whisk until combined well. Add the chicken wings and marinade to a large resealable bag and mix together until the wings are coated thoroughly. Refrigerate for a minimum of 4 hours.

Step 3: At this stage you want to prepare the smokey beer BBQ sauce. In a saucepan heat 3 tablespoons of peanut oil. Add the ginger, shallots, and jalapenos and lightly brown over a medium heat, stirring constantly. This should take around 3 minutes

Once browned stir in beer, ketchup, lemon juice & zest, vinegar, mustard, soy sauce, worcestershire sauce, honey and water. Reduce the heat and simmer gently until the sauce is rich and thick. This should take around 10 - 15 minutes.

Be sure to stir every now and then to avoid anything sticking and burning. Season with salt and pepper to taste.

Sticky, Crispy, Smoky Beer Barbecue Chicken Wings



DIRECTIONS

THE CHICKEN WINGS

Step 4: For cooking these wings you need to set your grill up for indirect grilling. Once set up preheat to 350°F. While the grill is preheating brush each wing with oil to prevent any sticking.

Step 5: Once the grill is at temperature arrange the wings away from the heat and make sure they are not touching. To maintain the grill heat add wood chips or chunks and necessary. Smoke roast the wings for around 35 - 40 minutes, or until the wings are brown and crispy.

With a meat thermometer check the internal temperature and once almost at temperature lather the wings in your delicious smoky beer barbecue sauce and grill for a further 5 minutes (or until the wings are at an internal temperature of 165°F).

Step 6: Remove wings from the grill and lay on a platter, brush some of the remaining sauce over and sprinkle with cilantro. Serve immediately with any remaining sauce for dipping.

Sticky Orange BBQ Chicken Wings



INGREDIENTS

1/4 teaspoon garlic salt
1/4 cup pulp free orange juice
1/2 cup your favourite BBQ sauce
2 lbs mixed chicken wings and legs
2 Tablespoons melted butter
3 Tablespoons honey

DIRECTIONS

Step 1: Pat chicken wings dry with a paper towel and season with salt & pepper to taste. To make the glaze mix together melted butter, orange juice, bbq sauce, garlic salt and honey. Brush the chicken with the mix, cover and set aside in the refrigerator for at least 1 hour.

Step 2: Preheat the grill to a medium heat and lightly brush with the oil of your choice.

Step 3: Once the grill has risen to temperature place on the grill. Make sure they have plenty of space and are not touching. After several minutes flip and brush generously with another coating of the glaze.

Step 4: Cook the wings for a further 5 - 10 minutes or until the center temperature is at 165°F.

Step 5: Serve straight away with any leftover glaze for dipping.

Sweet & Spicy Foil Parcel Grilled Chicken Wings



INGREDIENTS

- 1/4 cup chili powder
- 1/4 cup light brown sugar
- 1/4 cup vegetable oil (or your favourite oil)
- 1/2 cup chopped cilantro (preferably fresh)
- 1 1/2 teaspoon chipotle chili powder (less if you don't like spice)
- 1 lime (cut into wedges)
- 4 pounds air-chilled chicken wings (about 24), split at the joint, wingtips removed and discarded
- Kosher salt and freshly ground black pepper to taste

DIRECTIONS

Step 1: In a medium sized bowl mix together sugar, chili powder, chipotle powder and salt & pepper to taste. Mix together well to make the dry spice rub.

Step 2: Pat the wings dry with a paper towel and Toss in a couple at a time and coat evenly. Cover and refrigerate for at least 1 hour.

Step 3: Prepare your grill and preheat on a high heat.

Step 4: Prepare your foil parcels by making 18 x 18 inch squares out of the heavy duty non stick foil.

Sweet & Spicy Foil Parcel Grilled Chicken Wings



DIRECTIONS

Step 5: Give the wings a shake around and make sure they are well covered with the dry rub and place 4 or 5 in the center of each foil square. Sprinkle with salt & pepper to taste. Discard any liquid that has accumulated.

Step 6: To create the foil parcels, bring two opposite ends of the foil together and fold twice to create a tightly sealed, leak proof parcel.

Step 7: Grill on a high heat for around 12 minutes and turn. Cook for a further 10 - 15 minutes or until the wings are at an internal temperature of 165°F.

Step 8: Carefully open the parcels, watch out for hot steam escaping. Serve immediately inside the foil parcel with lots of roughly chopped cilantro and a few lime wedges.

Grilled Bhuna Masala Chicken Wings



INGREDIENTS

1/2 teaspoon cumin seeds
1/2 teaspoon coriander seeds
1/2 teaspoon sugar
1/2 cup water
1/2 lime juice
1/2 kg chicken wings
1 teaspoon turmeric powder
1 teaspoon red chili powder
1 Tablespoon olive oil

1 capsicum julienned finely
1 1/2 teaspoon ginger-garlic paste
1 1/2 teaspoon coriander powder
1 1/2 teaspoon cumin powder
2 teaspoon refined oil
2 onions julienned finely
3 tomatoes sliced
3 dry red chili
Salt to taste

DIRECTIONS

THE CHICKEN WINGS

Step 1: Pat the chicken wings dry with paper towel, then place in a large bowl and drizzle with olive oil.

Step 2: Add turmeric powder, coriander powder, cumin powder, chili powder, ginger, garlic and salt & pepper to taste. Massage the dry spice well into the chicken, making sure to be gentle to the chicken wings.

Step 3: On a pre heated and oiled hot grill sear the wings on each side and season to taste.

Grilled Bhuna Masala Chicken Wings



THE BHUNA MASALA

Step 1: In a medium sized pan heat 1 teaspoon of oil and add cumin seeds, coriander seeds and dry red chilli. Saute for a couple of minutes then add the seared chicken wings.

Step 2: Mix the chicken wings through well. Then add in the onions and saute until golden brown.

Step 3: Add the tomatoes and simmer for 2 - 3 minutes. Add the sugar, lime capsicum and water and cook for a further 2 - 3 minutes.

Step 4: Once the chicken has reached an internal temperature of 165°F sprinkle with roughly chopped coriander and serve immediately.