

JERK CHICKEN WINGS

Yield: 4 servings

GATHER EQUIPMENT:

- 1 food processor or blender
- 1 bowl or gallon zip top bag
- 1 large bowl
- 1 knife and cutting board
- 1 large pot with lid
- Measuring spoons, cup (wet)
- 1 whisk
- 1 pair of tongs
- Grill
- 1 large plate or tray for cooked chicken wings

PREP IT!

- 16 whole Chicken wings, bone in, skin on
or
- 32 sections Chicken wings, bone in, skin on (*substitute with 8 portobello mushroom caps for vegan option*)
- For rinsing Citrus or vinegar of your choice
- 2 tablespoons **Taste Tutor Seasoning 101**

Jerk Marinade

- 1 small Yellow onion, fresh, quartered
- 3 stalks Scallion (green onion), large diced
- 1 tablespoon Ginger, fresh, peeled (½-inch piece)
- 4 cloves Garlic, fresh, whole
- 1 small Scotch bonnet pepper (habanero), optional based on your spice tolerance
- ½ large Lime, fresh, juiced
- ½ large Orange, fresh, juiced
- 1 tablespoon Soy sauce, low sodium
- 6 tablespoons **Taste Tutor Jerk Seasoning**
- For grill or pot Oil, vegetable

Jerk Sauce

- Remaining Jerk marinade, recipe above
- ½ cup Chicken broth
- 1 cube or tsp Chicken bouillon
- 1 teaspoon Browning sauce

MAKE IT!

1. Clean chicken wings by cutting off any excess fat or feathers. In a large bowl, with running water, rinse chicken wings with water and your choice of citrus or vinegar. *While rinsing chicken technically does not kill any bacteria on the surface or interior of the chicken, rinsing helps you to start with a clean slate for the flavors in the jerk marinade. Be sure to thoroughly bleach your surrounding work area and tools after cleaning the chicken.*
2. Score chicken skin so marinade penetrates the meat. Pat dry and season chicken wings with **Taste Tutor Seasoning 101**.
3. In a food processor or blender, blend onion, scallion, ginger, garlic, scotch bonnet, lime juice, orange juice, soy sauce, and **Taste Tutor Jerk Seasoning** until smooth paste forms. Cover the chicken with jerk marinade, placing in a zip top bag or bowl covering with plastic wrap, and refrigerating at least 4 hours to overnight. *Overnight is better.*
4. Once ready to cook, remove the chicken wings from the marinade, wiping off any excess. Set the marinade aside for later.
5. Place chicken wings on a medium high, oiled grill. Sear on both sides until skin is dark and crispy. *You can also, heat oil in a large Dutch oven or heavy bottom pot, over medium heat. Add chicken, skin side down to sear until skin is dark and crispy.*
6. Once seared on both sides, remove chicken from grill or pot and set aside. *Feel free to cook the chicken thoroughly on the grill. If doing so, be sure to baste with some of the leftover marinade and flip and rotate the chicken to ensure even cooking.*
7. In a large pot or roasting pan, add remaining jerk marinade, chicken broth, chicken bouillon, and browning sauce. Bring to a boil and whisk until sauce begins to reduce by ¼ and thicken.
8. Toss wings in sauce and allow to cook to an internal temperature of 165F.
9. Remove chicken wings from sauce and serve separately with your favorite grilled vegetables or sides. Enjoy!

Tip: Grilling created an additional flavor, traditional to jerk chicken.

For vegan option, substitute chicken with thickly sliced portobello mushroom caps. Prepare as directed skipping step 8. Serve mushrooms and sauce separately with your favorite sides.

Reheat Leftovers: on the stove top or in the microwave.

GROCERY LIST

Produce

- 1 small Yellow onion, fresh
- 3 stalks Scallion (green onion), fresh
- 1 ½-inch piece Ginger, fresh
- 1 head Garlic, fresh
- 1 small Scotch bonnet pepper (habanero), fresh (optional)
- 1 large Lime, fresh
- 1 large Orange, fresh

Spice/Oils/Baking

- 1 small bottle Oil, vegetable
- 1 jar Taste Tutor Seasoning 101 *available at*
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings/101>
- 1 jar Taste Tutor Jerk Seasoning *available at*
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings/jerk>

Dry Goods

- 1 small bottle Citrus juice or vinegar of your choice
- 1 small jar Soy sauce, low sodium
- 1 carton Chicken broth - *substitute vegetable broth for vegan option*
- 1 cube or tsp Chicken bouillon - *substitute vegetable bouillon paste for vegan option*
- 1 small bottle Browning sauce – *For example: Kitchen Bouquet or Gravy Master brands*

Meat

- 16 whole Chicken wings, bone in, skin on
or
32 sections Chicken wings, bone in, skin on - *substitute with 8 portobello mushroom caps for vegan option*
- 1 teaspoon Browning sauce

HEALTHY & FLAVORFUL TIDBITS

- A great way to make indulgent recipes a bit healthier is to substitute some of the ingredients for lower calorie alternatives as well as adding more vegetables than the recipe calls for.
- Also, pairing portion controlled rich foods with lower calorie healthier foods is a great way to enjoy your favorite foods in moderation.
- Incorporate high protein and low glycemic index foods like lean meats, fish, whole grains, non-starchy vegetables, and high fiber foods into your diet. The protein and fiber will help to keep you fuller longer and won't raise your blood sugar as quickly as processed, white carb foods.
- When choosing fruit, try to stick with what is in season. Fruits that are in season will likely result in riper, sweeter fruit so more sugar does not need to be added to your recipes.
- Try to keep a steady balance of whole, colorful, and nutritious foods in your diet. This will ensure you are getting all the nutrients your body needs to succeed.
- Have a well-stocked seasoning cabinet so you can impart any desired flavor to any of your dishes.
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings>

Happy cooking folks! 😊