



BETTER THAN TAKEOUT: THE BEST JERK CHICKEN WINGS

2 lbs chicken wings
2 tsp coarse salt
2 tsp baking powder
2/3 cup jerk marinade (below)
1 tbsp butter

- Pat the chicken wings dry with a paper towel and place in a large bowl.
- Sprinkle wings with salt and baking powder, then toss to coat well.
- Line a rimmed baking sheet with aluminum foil and place a wire rack on top. Place the chicken wings on the rack and put pan in the fridge, uncovered, for at least 8 hours, but up to 24.
- Preheat oven to 450F.
- Place the wings in the oven and cook for 20 min.
- Flip the chicken wings after 20 min, then put them back in the oven for another 20 min or until the wings are brown and crispy.
- Pour the jerk marinade into a small pot over medium-low and bring to a simmer, cooking for about 5 min. Stir in the butter and cook for another 2 min.
- Remove the chicken wings from the oven and place in a large mixing bowl. Pour the hot jerk marinade over top and toss to coat.
- Return wings to the pan, and place back in the oven for another 5 min, until marinade caramelizes slightly. Serve with veggie sticks or coleslaw.

Tip: If you're not up for the extra time this method takes, simply cook your wings in the oven and toss them with the jerk marinade.

JERK MARINADE

Makes 2 cups

6 whole scotch bonnet peppers, stems removed
1 bunch green onions (about 6)
6-8 cloves garlic, peeled



2-in. piece of ginger, peeled
2 tbsp fresh thyme leaves
1 1/2 tbsp ground allspice
1/2 tsp ground nutmeg
1/2 tsp ground cloves
2 tbsp brown sugar
1 tsp salt
1 tsp freshly ground pepper
1 tbsp lime zest
1/2 cup lime juice
1/3 cup soy sauce
1/4 cup canola oil

Place all of the ingredients into a food processor or blender and blend on high until marinade is smooth and consistent. You will still have bits of green onion and pepper visible, unless you are using a high-powered blender.

To use: 1 cup will marinate approximately 12 chicken thighs or 6 chicken breasts.

Stores well in a tightly sealed container in the fridge for up to 2 weeks.

Tip: If you need or want to make this marinade gluten-free, use tamari instead of soy sauce.