



ITEM

Baked Turkey Wings with Maple infused
BBQ Sauce

YIELDS:

4 portions or 8
wings

INGREDIENTS

For sauce:

- 1/4 cup maple syrup
- 1/4 cup molasses
- 3 tablespoons ketchup
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon paprika
- 1 teaspoon fresh ginger
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt
- 1/8 teaspoon dried oregano
- 4 teaspoons fresh, chopped garlic
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1/4 cup apple cider vinegar
- 1/4 cup red wine vinegar
- 2 tbsp Chili paste

8 pieces turkey wings

METHOD:

1. Mix all ingredients in a bowl, whisk until blended well.
2. Let rest for 1 hour before using.
3. Marinate turkey wings in sauce for a minimum of four hours in fridge (or preferably overnight), turning periodically.
4. Preheat oven to 350°F.
5. Place wings and sauce in a non-stick roasting pan and bake for 45 minutes stirring occasionally.
6. Remove from oven and serve in a bowl with a portion of Carrot and dried Cranberry Slaw (see recipe).