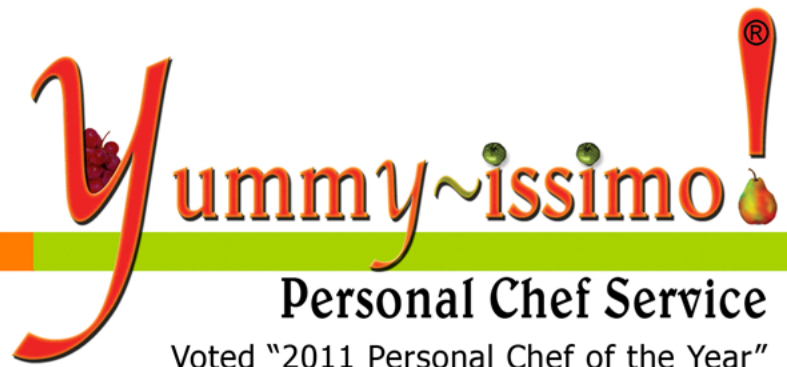


# Sweet & Spicy Chicken Wings



## Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 Best Caterer"

Serves 12

1 jalapeno, seeded, chopped	2t cayenne	4 green onions, sliced
1/3c soy sauce	2t allspice	1/4c apple cider vinegar
1/3c honey	2t thyme	1/4c lime juice
1/3c brown sugar	1t ginger, grated	8 pounds chicken wings
2t fennel seed	6 garlic cloves, minced	

Blend together all ingredients, except chicken wings, in food processor and process until smooth. Place chicken wings in gallon zip~lock bag and pour in marinade. Seal and refrigerate overnight.

Preheat oven to 350. Line 2 baking sheets with heavy~duty foil. Place wings on sheets and bake 20 minutes. After 20 minutes, increase heat to 400. Turn wings, brush with sauce and bake an additional 20 minutes.

In small saucepan, bring marinade to a boil and then simmer at least another 30 minutes or until sauce is thickened and reduced by at least half. Serve sauce on the side.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

**Debbie Spangler ~ Certified Personal Chef**

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