



THE ingles TABLE

with Chef Whitney Roberson
Chicken Wings with Homemade Sauces

Shopping List

- 15-24 uncooked chicken wings

Choice of Sauces

BBQ:

- 1 tbsp canola oil
- 1 tsp minced garlic
- 1 cup ketchup
- 1/3 cup molasses
- 1/3 cup packed brown sugar
- About 1/4 cup distilled vinegar
- 1 tbsp soy sauce
- Dash kosher salt

Buffalo:

- 1 1/2 tbsp White Vinegar
- 2/3 cup Hot Sauce
- 1/2 cup Butter

Honey Sesame:

- 1/2 cup of soy sauce
- 1 tbsp minced garlic
- 1 tbsp Asian chili paste
- 1/2 cup honey
- 1 1/2 tsp hoisin sauce
- 2 tbsp toasted sesame seeds
- 1/4 cup water



Cooking Instructions

Chicken Wings:

- 1) Preheat oven to 400 degrees.
- 2) Bake for approximate 20 minutes, or until cooked through.*
- 3) Once removed from the oven, toss the wings in your sauce of choice.

**For buffalo sauce, brush chicken wings with the sauce before cooking as well as tossing after.*

BBQ Sauce:

- 1) Combine together in medium saucepan canola oil, garlic, ketchup, molasses, brown sugar, vinegar, soy sauce and kosher salt.
- 2) Bring to a simmer over medium-high heat. Continue simmering the sauce for roughly 5 minutes while stirring with a whisk. Remove from heat.

Buffalo Sauce:

- 1) Combine vinegar, hot sauce and butter in medium sauce pan, bring to a simmer over medium to high heat and simmer until bright orange.

Honey Sesame Sauce:

- 1) Combine soy sauce, minced garlic, Asian chili paste, honey, hoisin sauce, sesame seeds and water into a medium sauce pan.
- 2) Cook over medium to high heat until well combined.