



#MakeItGAP

RECIPES

JAMAICAN JERK CHICKEN WINGS

YIELD: Serves 6-8

INGREDIENTS:

4 lbs. chicken wings, *broken down into drumettes and flats*
4 cloves garlic, *minced*
1 small white onion, *chopped (about 1 cup)*
1 tsp. grated fresh ginger, *(about one ½-inch knob)*
1 medium jalapeño, *seeded and diced*
1 Tbsp. soy sauce
2 Tbsp. honey
Juice of 3 limes, *(about 1/3 cup)*
1/4 cup orange juice
2 tsp. salt
2 tsp. freshly ground black pepper
2 tsp. smoked paprika
2 tsp. dried thyme
1 tsp. ground allspice
1/2 tsp. ground nutmeg
1/2 tsp. ground cinnamon
1/2 tsp. cayenne pepper
2 bay leaves
1/2 cup olive oil

PREPARATION:

Add chicken to a large resealable plastic bag.

Add garlic, onion, ginger, jalapeno, soy sauce, honey, lime juice, orange juice, salt, pepper, paprika, thyme, allspice, nutmeg, cinnamon, cayenne, bay leaves, and oil to a medium-sized bowl. Stir to combine. Transfer marinade to the bag.

Seal the bag and place in the refrigerator for at least 2 hours, up to overnight.

When ready to cook, preheat grill to 400°F. Remove wings from marinade and discard the excess. Transfer chicken to the grill and cook for 30-40 minutes, flipping every 10-15 minutes, until skin is crispy and chicken registers 165°F internally on a meat thermometer.

Recipe adapted from foodal.com