

BAKING

Wikipedia: Baking is the technique of prolonged cooking of food by dry heat acting by convection, and not by radiation normally in an oven, but also in hot ashes, or on hot stones.



Baked Chicken Wings (adapted from allrecipes.com)

Ingredients:

3 tablespoons olive oil

1 C Mr. G's Spicy Garlic Teriyaki or Thai Chili Barbecue Sauce

salt and ground black pepper to taste

10 chicken wings

(OVER)

Preparation:

Preheat the oven to 375 degrees F (190 degrees C).

Combine the olive oil and Mr. G's Spicy Garlic Teriyaki or Thai Chili Barbecue Sauce in a large, resealable bag; seal and shake to combine.

Add the chicken wings; reseal and shake to coat.

Arrange the chicken wings on a baking sheet.

Cook the wings in the preheated oven 1 hour, or until crisp and cooked through

DIP the chicken wings in Mr. G's Spicy Garlic Teriyaki or Thai Chili Barbecue Sauce slightly heated in a pan or the microwave

Compliments of: Mr. G's Teriyaki

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