

# Mustard BBQ Chicken Wings

Recipe By Sarah Lasry



Cooking and Prep:  45  
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Serves:  4

Contains:   

Preference: Meat

Difficulty: Easy

Source: Aish.com

Late one night when in my eighth month of pregnancy, my husband and I saw a piece about an all-night restaurant that serves spicychicken wings and waffles. I can't even describe the cravings that report elicited, so much so, that I made my poor husband go out and beg our local chicken take-out place to stay open 10 minutes longer to satisfy my hunger. I have since had my daughter, but still have cravings for these chicken wings.

## Ingredients (12)

### For the Wings

- 12-16 chicken wings, rinsed and patted dry
- 1/4 cup orange juice
- 1/4 cup **Gefen Honey**
- 1/4 cup spicy **Haddar Dijon Mustard**
- 1/4 cup hickory BBQ sauce (favorite brand)

## For the Mustard Glaze

- 3/4 cup **Gefen Mayonnaise**
  - 1/4 cup sweet teriyaki sauce
  - 3 tablespoons spicy **Haddar Dijon Mustard**
  - 1 teaspoon ground ginger powder
  - 1 teaspoon garlic powder
  - 1 teaspoon **Gefen Soy Sauce**
  - extra ginger powder for sprinkling
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## Start Cooking

### Prepare the Wings

1. Place the chicken wings in a heavy-duty Ziploc bag.
2. Mix all the remaining ingredients in a small bowl, blending well. Pour mixture into Ziploc bag and gently shake, coating all wings as best as you can.
3. Place into refrigerator and let marinate for at least 30 minutes or ideally up to 4 hours or more.
4. In another small bowl, mix together all the glaze ingredients, combining well. Set aside.
5. Drain and remove wings from marinade and pat dry with paper towel. If baking in oven, preheat to 400 degrees Fahrenheit now.
6. Place the wings in a large baking tray. Sprinkle with ginger powder over the top of the wings, then using a pastry brush coat each wing thoroughly with the glaze mixture that you made.
7. Place into oven and bake about 20–25 minutes. Alternatively, place on the medium-high side of your grill and cover with hood for six to eight minutes on each side. Remove and pile up onto a plate and dig in.

### About

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