



## BBQ Oven Chicken Wings

**Serves eight**

**FOR THE CHICKEN:**

32 chicken wings  
Olive oil  
2 tsp. coarse salt  
2 tsp. black pepper

Preheat oven to 400 degrees.

Cut wing tips off and freeze for future use (they are great for making stock). Place the wings in a roasting pan, in an individual layer. Drizzle the wings with olive oil, salt and pepper. Toss them to make sure they are coated well.

Place the pan in the oven and roast the chicken for about 30 minutes. Remove pan from oven and generously cover wings with bbq sauce. Return to oven and cook for an additional 5 to 10 minutes - until the sauce has caramelized. Serve and enjoy with lots of napkins.

**FOR THE SAUCE:**

½ cup apple juice  
½ cup cider vinegar  
6 tablespoons granulated sugar  
1 tablespoon paprika  
1 tablespoon prepared horseradish  
2 tablespoons mustard  
½ cup molasses  
2 tablespoons Worcestershire sauce  
4 cups ketchup  
2 teaspoons garlic powder  
Salt & pepper

Place all ingredients except for ketchup, salt and pepper in a heavy pan. Whisk until well blended. Bring to a boil and simmer for 5 minutes.

Add the ketchup and mix well. Season with salt & pepper. Bring to a soft simmer and cook, stirring occasionally, until sauce thickens and turns dark – like bottled sauce.

