



Smoked Jerk Chicken Wings With Spicy Honey-Tamarind Glaze

 Gluten Free  Dairy Free

READY IN



365 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons allspice
- 2 teaspoons peppercorns black
- 2 tablespoons canola oil
- 3 pounds chicken wings
- 2 tablespoons spicy chile paste
- 4 cinnamon sticks
- 1 piece ginger fresh finely grated peeled

- 1 head garlic sliced
- 0.3 cup r honey
- 0.3 cup catsup
- 0.3 cup kosher salt plus more for seasoning
- 4 servings kosher salt and pepper black freshly ground
- 0.8 cup orange juice fresh
- 1 tablespoon red wine vinegar
- 4 servings scallions chopped for garnish
- 1 scotch bonnet chile with a small slit made in the side
- 0.3 cup sugar
- 3 tablespoons tamarind concentrate
- 1 bunch thyme sprigs

Equipment

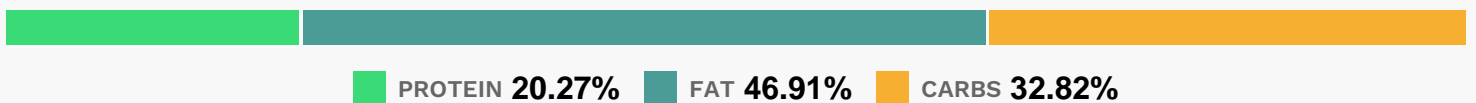
- bowl
- baking sheet
- sauce pan
- whisk
- grill

Directions

- Combine 2 quarts water, the salt and sugar in a medium saucepan; bring to a boil and cook until the salt and sugar dissolve, about 5 minutes.
- Remove from the heat and add the garlic, thyme, cinnamon, allspice, peppercorns and Scotch bonnet.
- Let the brine cool completely.
- Add the chicken wings to the brine, cover and refrigerate at least 4 hours and up to 8 hours.
- Remove the wings from the brine, rinse well with cold water and pat dry.

- Put the wings on a baking rack set over a baking sheet and put in the refrigerator to dry, at least 1 hour and up to 8 hours. Meanwhile, soak 2 cups pimento or apple wood chips in water at least 30 minutes.
- Heat the oil in a small saucepan over medium-high heat.
- Add the ginger and cook until soft, about 2 minutes.
- Pour in the orange juice and 1/2 cup water and bring to a simmer.
- Add the tamarind, ketchup and honey and cook, stirring occasionally, 5 minutes.
- Remove from the heat, whisk in the vinegar and Sriracha, and season with salt and pepper.
- Let cool slightly.
- Heat your grill to medium for indirect grilling.
- Add the drained wood chips to the coals in a charcoal grill or put them in the smoker box of a gas grill. Close the grill cover and let smoke build, 10 minutes.
- Add the wings to the grill directly over the heat source, close the lid and grill until golden brown on both sides, 10 to 15 minutes per side.
- Transfer to the cooler side of the grill (indirect heat), cover the grill and continue cooking until the wings are cooked through, about 15 minutes.
- Put the wings in a large bowl.
- Add the honey-tamarind glaze and toss to coat. Season with salt, transfer to plates and garnish with scallions.
- Photograph by Jennifer Causey

Nutrition Facts



Properties

Glycemic Index:122.59, Glycemic Load:26.21, Inflammation Score:-9, Nutrition Score:22.29869571976%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Kaempferol: 0.1mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 692.69kcal (34.63%), Fat: 37g (56.93%), Saturated Fat: 8.92g (55.74%), Carbohydrates: 58.26g (19.42%), Net Carbohydrates: 53.94g (19.62%), Sugar: 42.81g (47.56%), Cholesterol: 141.45mg (47.15%), Sodium: 7355.59mg (319.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.95%), Manganese: 1.22mg (61.08%), Vitamin B3: 11.96mg (59.8%), Vitamin C: 36.67mg (44.45%), Selenium: 30.48µg (43.54%), Vitamin B6: 0.84mg (41.89%), Phosphorus: 297.48mg (29.75%), Vitamin K: 23.67µg (22.54%), Iron: 3.57mg (19.83%), Potassium: 678.29mg (19.38%), Zinc: 2.84mg (18.9%), Fiber: 4.32g (17.28%), Magnesium: 68.13mg (17.03%), Vitamin B5: 1.64mg (16.38%), Vitamin B2: 0.26mg (15.4%), Vitamin E: 2.21mg (14.74%), Vitamin B1: 0.22mg (14.4%), Calcium: 129.11mg (12.91%), Vitamin A: 627.49IU (12.55%), Copper: 0.24mg (11.92%), Vitamin B12: 0.59µg (9.8%), Folate: 32.31µg (8.08%), Vitamin D: 0.18µg (1.22%)