

# Cleo Coyle's Supernatural Sticky Wings for Super Bowl Sunday

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*The process for making these beauties begins with a simple sweet and savory marinade. The glaze provides the delicious "sticky" aspect with a combination of maple, honey, lemon, ginger, and an ingredient that really pulls it all together—cumin. This ancient spice is often used in Mediterranean, Middle-Eastern, and Asian cooking. Here it deepens the glaze flavor, adding an earthy, nutty, (very subtle) mustard-like dimension that sends these sticky wings right out of this world (hence the "supernatural" part of this recipe's moniker). Eat with joy! ~ Cleo*

*Note: See 2 tasty wing variations at the end of this recipe.*

Makes 12 chicken wings (about 4 pounds)

## Ingredients for Marinade

12 chicken wings (about 4 pounds)  
5 cloves garlic, chopped  
1/2 cup maple syrup  
1/4 cup cider vinegar  
1 Tablespoon Dijon mustard  
1 Tablespoon honey  
1/8 teaspoon white pepper  
1/8 teaspoon Kosher or sea salt

## Ingredients for Glaze (to baste during cooking)

Makes 1/3 cup glaze (enough to baste 12 wings)

1/4 cup maple syrup  
1/4 cup light brown sugar  
2 Tablespoons honey  
1 Tablespoon butter  
1/2 teaspoon Kosher or sea salt  
1/4 teaspoon ground cumin  
1/4 teaspoon ground ginger  
1 teaspoon fresh squeezed lemon juice  
1/2 teaspoon Worcestershire sauce



**Step 1—Make Marinade:** Smash garlic and chop. Throw into a bowl with maple syrup, cider vinegar, Dijon mustard, honey, pepper, and salt. Whisk until thoroughly blended. Wash chicken wings, pat dry, and cut off the tips. Place wings in a resealable plastic bag or container. Pour marinade over wings, toss to thoroughly coat, and marinate for at least 4 hours or overnight.

**Step 2—Make glaze:** First preheat oven to 350° F. While oven is warming up, make the maple glaze. Combine all the glaze ingredients in a small saucepan, over low heat. Simmer, stirring continually for 3 to 5 minutes, until mixture thickens and becomes syrupy. Test by dipping a spoon into the glaze. When it easily coats the back of the spoon, it's ready.



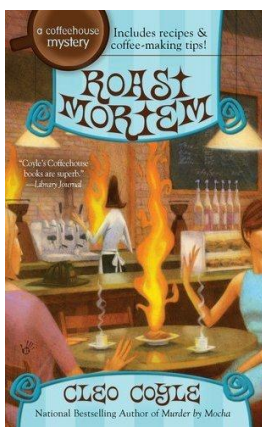
**Step 3—Oven Roast (or grill):** To cut down on the clean up, line a shallow pan with aluminum foil. Place a rack over the pan and coat the rack with nonstick spray. Remove wings from marinade and discard the excess liquid. Place wings on the rack and roast. Total cooking time is 80 minutes. After the first 30 minutes, turn over each wing and brush liberally with the glaze. Cook another 15 minutes. Flip the wings and baste a second time. Cook for another 15 minutes. Baste for a third time and cook a final 15 – 20 minutes. (Be patient with the cooking time and do not increase the oven temperature to speed up the process or you'll scorch the sugar in the glaze.)

**Variation 1—South Carolina-style Mustard BBQ:** Use the same marinade recipe, but in the glaze recipe replace 1 tablespoon of the honey with 1 tablespoon Dijon mustard.

**Variation 2—Sweet-Hot:** Use the same marinade recipe, but in the glaze recipe add 1/4 teaspoon cayenne pepper and...

*Eat with Joy! ~ Cleo Coyle,  
author of the Coffeehouse Mysteries*

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