

# Peri Peri Wings

July 30, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



*Tired of the same ole BBQ flavors? Well this recipe is sure to fire things up.... literally! This sauce is perfect for spice lovers. I also have a little trick to make the recipe for milder taste buds like myself. Native to African culture, peri peri sauce is hot and delicious and we're using it to make the best hot wings ever! Let's get cooking...*

Serves: 4- 6 Total time: 45 minutes

- 2 red onions peeled and roughly chopped
- 1 head of garlic cloves peeled and roughly chopped
- 1 cup African bird's eye chilies stems removed – use any hot red chilies you have
- 2 red bell peppers seeds removed and roughly chopped
- 3 ripe tomatoes skins removed and roughly chopped
- 4 tablespoons olive oil
- 3 lemons zested and juiced
- 1/3 cup red wine vinegar
- 2 tablespoons sugar
- 1 tablespoon salt
- 1 teaspoon cracked black pepper
- 2 bay leaves
- 1 tablespoon dried oregano
- 1 tablespoon smoked paprika
- 2 lbs chicken wings tips removed

Combine all the ingredients in the bowl of a food processor/blender and mix until all the ingredients are finely chopped and the mixture is quite saucy. Transfer mix to a saucepan over medium heat and simmer for 20 minutes, stirring every few minutes to prevent the sauce from burning. This will bring all the flavors together and it will also intensify the heat! After 20 minutes, taste and check the seasoning, adjust with salt or pepper if needed. The sauce should be well balanced with a good kick of spice and sourness from the lemon and vinegar. While sauce is simmering, fire up the grill. Grab your wings and toss with salt, pepper and a small drizzle of oil. Cook for 4-5 per side. In a large bowl place wings and add sauce. Toss wings until coated and place back on the grill. Cook for another 4-5 minutes per side. This will allow the sauce to char and bring maximum flavor! If you do not like it that spicy you can adjust the amount of chilies in the sauce, also grab ½ cup of the sauce with ½ cup of mayonnaise and mix really well. Once your wings are fully cooked, toss wings in your “perinaise” sauce for a much milder flavor. Sour cream works really well too! You can use any cut of chicken for this recipe or grill your favorite veggies and use as a dip! It’s a win for everyone! If you have

any leftover sauce pour into jars or bottles and keep in the refrigerator for up to 2 weeks. Enjoy!