

[Great barbecued chicken wing recipe](#)

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Many of us like our chicken wings deep-fried and doused with lots of hot sauce, however there are other methods of cooking our feathered friend's appendages. I have in the past barbecued wings on the grill but I don't recall marinating them first. Here is a tasty and a healthier alternative to deep-frying chicken wings.

Ingredients:

- 2 lbs of fresh chicken wings (Many grocery stores sell wings with the drum-met; the two bone flat and wing tip. You can separate at the joints and discard the tip, or prepare them as they are for a great presentation.
- 1 Cup Zesty Italian dressing (Or similar style brand)
- 1/2 Cup BBQ sauce (Different flavors will give your wings that personal touch)
- 1 or 2 Tablespoons of your favorite hot sauce

To Prepare:

1. Marinate wings with Italian dressing for 12 to 24 hours in the refrigerator, turning occasionally.
2. Drain and remove most of dressing from wings.
3. Smoke wings until completely cooked. Wings can be smoked the day before, chilled immediately and then keep refrigerated until ready to grill. If smoke method is not possible, use the alternate method below.
4. Alternative oven method: Pre-heat oven to 350 degrees. Place wings on cookie sheet and cook 20 to 30 minutes – stir ½ way thru cooking- and continue to bake until completely cooked. Wings can be cooked the day before, chilled immediately and then kept refrigerated until ready to grill.

Grill, Sauce & Serve:

1. Pre-heat grill to medium heat. Remember to oil the bars just before you put the wings on the grill.
2. Mix your favorite BBQ sauce (½ cup) with 1 or 2 tablespoons of hot sauce depending on the heat level that you want. This will be used to baste the wings.

3. Grill wings 3 to 4 minutes and then turn over wings. Baste with sauce and continue to grill for several more minutes and until completely hot. (Do not baste wings immediately or the sauce may burn)
4. Flip and baste again. Remove from heat and serve with blue cheese or ranch dressing and crisp celery sticks.

Note: This recipe is easily customized to change the flavors for your own taste. Marinate wings with your favorite Mojo and baste with Caribbean BBQ or Jerk sauce for the Islands flavor. For a more traditional flavor, replace the BBQ sauce with a bottled Buffalo wing sauce to baste.

Recipe credit: Chef Dave Del Rio