

Cannabis-Infused Baked Sweet Chili Thai Chicken Wings Recipe



What You Need :

Ingredients

- Cannabis Infused Grapeseed Oil
- 2lbs Chicken Wings
- 1T Vegetable Oil
- 1 T Baking Powder
- 1/4 t Salt
- 1/4 t Sunflower Lecithin
- 1/3 Cup Sweet Chili Sauce
- 2 T Creamy Peanut Butter
- 2 T Lime Juice (juice of 1 lime)
- 1/2 T Fish Sauce
- 1/2 T Soy Sauce
- 1 T Chili Sauce (such as sriracha)
- Crushed Peanuts & Cilantro to garnish

Supplies

- Baking Rack
- Baking Sheet
- Parchment Paper
- Small Saucepan
- Glass Mixing Bowl
- Metal Whisk
- Metal Tongs

Time Needed

- *Chill/Dry Overnight*
- 10 min - Prep
- 50-60 min - Cook
- 1 hr - 1 hr 10 min - Total Time



Directions:

Step 1: Dry and Refrigerate Wings Overnight

- Rinse your chicken wings and pat them dry with paper towel. Sprinkle with salt and baking powder. **Place in the refrigerator uncovered overnight, or for at least 3 hours.**

Step 2: Toss in Vegetable Oil & Bake

- Once dried, toss chicken wings in 1T vegetable oil. Preheat oven to 400°F. Lay chicken wings on metal baking rack over parchment paper-lined baking sheet.
- Bake on upper shelf in oven for 45-50 minutes.

Directions continued:

Step 3: While Your Wings Bake, Make Your Sauce

- With your wings in the oven, make your sweet chili peanut sauce by mixing your sweet chili sauce, peanut butter, lime juice, fish sauce, soy sauce and chili sauce in a small saucepan.
- If you're wanting a garnish, you can crush your peanuts and chop cilantro now, for ease of adding at the end.

Step 4: Add Grapeseed Oil

- Once your sauce is heated until the peanut butter is melted and ingredients are smoothly mixed, turn off heat and add calculated amount of grapeseed oil as well as 1/4t sunflower lecithin.
- Mix well with metal whisk.

Step 5: Toss Wings in Sauce & Bake for 3-5 minutes

- When wings are crispy, remove from oven. Place 1/2 of your cooked wings in a glass mixing bowl, and pour 1/2 of the medicated sweet chili peanut sauce over wings. Toss with metal tongs and repeat this process with the rest of your wings.
- Place sauced wings back on baking rack, and bake for an additional 3-5 minutes to finish.

Step 6: Garnish & Enjoy

- Remove and plate your finished cannabis-infused chicken wings. Top with as much or as little crushed peanuts and cilantro as you please. Enjoy!!

Cooking with Cannabis-Infused Ingredients:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC ; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on an individual's unique body and metabolic rate. In addition, because the THC is digested through your liver and can more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your edible's potency depends on many factors; how it was prepared, the potency of your starting product, as well as considering if the strain or concentrate used in your infusion is indica, sativa or hybrid. To test the potency and effect of your finished product, try a smaller amount (<5mg) and see how that dose affects you after 2-3 hours. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

Check out our dosage calculator for help in calculating your edible's dosage @:
<https://www.plant-family.com/thc-dosage-calculator/>

Happy Cooking!