

Medicated Hot Honey Garlic Butter Chicken Wings Recipe



What You Need :

Ingredients

- 2 1/2 lbs Chicken Wings
- 1T Baking Powder
- 1/4 t Salt

Dry Rub

- 1T Vegetable Oil
- 1T Brown Sugar
- 1t Onion Powder
- 1t Garlic Powder
- 1t Smoked Paprika
- Salt & Pepper to taste

Sauce

- 5T Hot Honey (Infused/Medicated)
- Few Dashes Sriracha
- 2T Butter, Melted
- 2-3 Cloves Garlic

Supplies

- Baking Rack
- Baking Sheet
- Parchment Paper
- Glass Mixing Bowls
- 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 overnight, or for at least 3 hours.**

Step 2: Toss in Vegetable Oil & Dry Rub

- Once dried, toss chicken wings in 1T vegetable oil. Mix your dry rub ingredients in a glass mixing bowl.
- With your fingers, rub dry rub mix onto chicken wings, making sure to coat all sides.

Directions continued:

Step 3: Bake Your Wings

- Pre-heat oven to 400°F. Prep your baking rack, baking sheet and parchment paper & align wings.
- Bake oiled and dry rubbed wings on top shelf for 45-50 minutes.

Step 4: While Wings Bake, Prep Sauce

- While your wings are baking in the oven, combine sauce ingredients in a glass mixing bowl.
- 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 hot honey sauce over your 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: Enjoy Responsibly! (:

- Enjoy the combination of sweet and spicy, crispy and juicy chicken wings that are sure to please the tastebuds and have you coming back for more!

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!