

BARBECUED CHICKEN WINGS

F EASY

Last Modified: 02/10/2014

PREP: 15 Min
COOK: 20 Min
PRESSURE COOKER

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MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Pounds	Chicken Wings	Separated
2	Tbsp	Vegetable Oil	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

BARBECUE SAUCE

1	Large	Yellow Onion	Fine Chop
3	Cloves	Garlic	Minced
1/2	Tsp	Smoked Paprika	
1/2	Tsp	Chili Powder (Mild)	
1/2	Tsp	Ground Mustard	
1/4	Tsp	Cayenne Pepper	
1	Cup	Ketchup (Heinz)	
1	Tbsp	Tomato Paste (Contadina)	
1	Tbsp	Worcestershire Sauce (Lea & Perrins)	
2	Tbsp	Dark Brown Sugar	
1/4	Cup	Cider Vinegar (Heinz)	
1	Tsp	Kosher Salt	

PREPARATION

OPTION	You may either use this BBQ Sauce or add in 1 1/2 cups of your favorite bottled Sauce.
HINTS	The raw Wing Sections can either be thawed (8 minutes cook time) or frozen (12 minutes cook time). Jumbo Wings or Drumettes: Add an additional 3 minutes. Pre-Cooked Wings: Subtract 2 minutes.
CAUTION	You need to have a raised grill in the bottom of your pressure cooker in order to prevent burning the Meat.
TOOLS	1) 6.5 Qt Electric Pressure Cooker & Bottom Rack 2) Large Mixing Bowl 3) Aluminum Half Sheet Pan & Wire Rack 4) Gravy Separator
PREP	DISH 1) Finely chop the Yellow Onion and set them aside. 2) Mince the Garlic Cloves and add them to the Onions. 3) For frozen Wings, make sure they are separated before placing them in the pressure cooker.
1	Preheat the pressure cooker using the brown setting.
2	Add in the Vegetable Oil and wait 2 minutes. Add in the Onion and Garlic and cook for an additional 2 minutes. Add in the Paprika, Chili Powder, Dry Mustard and Cayenne Pepper, cook while stirring for 5 minutes.

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3	Add in the Ketchup, Tomato Paste, Worcestershire Sauce, Brown Sugar, Vinegar and Salt. Stir to combine while scraping the bottom to loosen any browned bits (Fond). Add the wire rack in the bottom. The amount of Sauce should NOT submerge the wire rack by too much, so remove some as is necessary.
4	Sprinkle the Chicken Wing Sections with Salt and Pepper and add them into the pressure cooker with the rack in the bottom. Lock the lid in place.
5	Set the pressure cooker to cook for the proper time and start it.
6	Release the pressure using the quick release method and carefully remove the lid.
HINTS	Raw Wings <u>will</u> release a lot of fat, which ends up settling into the Sauce, so place the Sauce in a gravy separator and pour off and discard any fat that floats to the top.
7	Place the cooked Wing Sections in a large mixing bowl, pour in the separated BBQ Sauce and mix thoroughly to coat.
SERVE	Serve while hot with a Blue Cheese Dip and Celery Sticks.
OPTION	CRISPY WINGS: After pressure cooking, place the Wing Sections on a foil lined sheet pan with a rack and broil them until the sauce thickens and darkens. Turning the Wing Sections over half way through the browning process.