



Sweet Pepper Relish Chicken Wings

Chef@Market: Maggie Haren

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Sweet Pepper Relish like the kind you can find at **HOME CANNING CLASSICS** is delicious on hot dogs, hamburgers, added to salad dressings, or mixed into softened cream cheese as a dip. But let's try it today on some chicken wings!! I make mine low fat by steaming them first and for my personal taste I even pull the skin off. But today we'll just steam and then sauté them with some Sweet Pepper Relish instead of BBQ Sauce!!

INGREDIENTS

- 10 whole chicken wings, cut into three pieces (not using wing tips)
- 1 cup water (more if needed for about ½" of water in the skillet)
- 1 Tbsp garlic powder or 2 cloves finely minced
- 1 tsp. salt or to taste
- 1 Tbsp olive oil or vegetable oil
- 1 Jar Sweet Pepper Relish from **HOME CANNING CLASSICS**
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(not my photo)



INSTRUCTIONS

- In a very large deep skillet with a lid, add the chicken wing parts
- Add the water, garlic powder and salt.
- Bring to a boil, then cover and turn down heat to a low simmer.
- Simmer for about 30 minutes or until wings are cooked through and tender.
- Discard the water (or save it – see below in Notes) and add oil. Over medium high heat sauté the wings quickly until they are lightly browned.
- Add enough Sweet Pepper Relish to coat the wings, and continue to sauté until the sauce turns sticky, careful not to burn.
- Serve with sour cream if desired

Maggie's Notes/Tips

- *Steaming the wings first removes much of the fat from the wings.*
- *My personal taste is to steam them a bit longer so that skin is easily removed, but this is optional.*
- *Save the water that may be left in the skillet to use to make a sauce or add it to a pot of stock you might make.*
- *Sweet Pepper relish is a delicious and unusual topping for cheesecake!*
- *Save the wings tips in a little plastic bag in the freezer to toss into your next pot of chicken stock*
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Ocean Pines Farmers and Artisans Market - at White Horse Park
239 Ocean Parkway, Ocean Pines, MD 21811
Saturdays 8am to 1pm - Year-round