

Gilbert's Wings and Other Meat Things!

Ingredients

- Powdered Garlic Badia
- Powdered Onion Badia
- Powdered Black Pepper
- Hain Natural Pure Foods Iodized Sea Salt
- Powdered Cinnamon Badia
- Herbs De Provence French Blend Badia
- Publix Brand Italian Seasoning
- Nature's Yum simple... pure... natural... Premium Quality BBQ Sauce®
- Fresh or bottled lemon juice
- Bragg Raw unfiltered apple cider vinegar

Servings:

Instructions

1. Wash chicken clean with cold water.
2. Next wash in Bragg Raw unfiltered apple cider vinegar (do not dry)
3. Squeeze fresh lemon over chicken.
4. Cover with foil or clear plastic wrap. Place in fridge for approx. 30 to 40 min or till well chilled in order to lock in the apple cider and lemon juices.
5. Place in large pot to fit all wings. Cover the wings with approximately 1 inch of water. Fill pot with cold water till just covering wings by approx. 1".
6. Season pot generously with salt, pepper, herb seasoning, italian seasoning, powdered garlic, powdered onion, and cinnamon.
7. Bring to a boil, then let simmer on low for 45 min.
8. Remove from pot, and place wings on broiler pans (I live in the city, I don't have time to grille) Note: you'll need several broiler pans. Season well with sea salt, powdered garlic, powdered onion, black pepper, and cinnamon both sides. Note: Grillers can use their own skill & various talents for grilling.
9. Preheat oven to 425 degrees. Once ready place wings into hot oven. After 15 mins pull pans and flip. Place back in oven and bake for another 15 min. Use a food thermometer to check the [internal temperature of the chicken wings-must be at minimum of 165 degrees Fahrenheit. Do this for each broiler pan of wings.
10. Remove all pans for wings. Generously brush on Nature's Yum simple... pure... natural... Premium Quality BBQ Sauce®. Place back in oven "under broiler element" with broiler in the Low Mode. Pay close attention. Sauce can burn quickly.
11. Remove pans when sauce starts to bubble and caramelize. Note: This step happens very quickly. Flip and brush on Nature's Yum simple... pure... natural... Premium Quality BBQ Sauce® generously. Place back in oven under broiler element and repeat for steps 10 - 11. Note: If lots of thick and gooey sauce is desired then repeat steps 10 -11 for both sides of wings; each full pan.
12. Follow the same directions above for your favorite pork or beef ribs.

Recipe Notes

Nature's Yum simple... pure... natural... Premium Quality BBQ Sauce®. can also be brushed onto hamburgers and hotdogs.

Use for on all of your favorites meats including steaks! Enjoy!!!

**ALWAYS REMEMBER WITH EVERYTHING “EAT IN MODERATION”.
TOO MUCH OF ANYTHING IS NEVER GOOD IN MAINTAINING A
HEALTHY AND FIT BODY.**