

PLANK COOKING

by JOHN HOWIE

Teriyaki Chicken Wings – Appetizer

16-20 each	Chicken Drumettes
2 cups	Teriyaki Marinade – recipe follows
1 cup.	Pineapple Chunks – fresh, cut into 1” pieces
2 Tbsp.	Scallions – sliced 1/8” diagonal
1 tsp.	Sesame Seeds – toasted

TERIYAKI DRUMETTE PROCEDURE:

1. Place the wings in the teriyaki marinade and let marinate for 24-36 hours.
2. Remove from the marinade, drain dry and let sit uncovered and refrigerated for 2-3 hours.
3. Pre-heat oven to 375°. Place the drumettes on the plank, single layer, don't overlap.
4. Place in the oven and roast for 20 minutes. Remove from the oven and turn over each wing. Make sure the oven is reheated, then return the plank to the oven and cook for 15-20 minutes. The wings should have an internal temperature of at least 150°.
5. Place and mound the wings on one side of the plank. Sprinkle with the sesame seeds. Top with the sliced scallions. Place the fresh pineapple chunks, on the plank. Serve.

Teriyaki Marinade – Yield 2 Cups

1/2 cup	Water
1 cup	Soy Sauce
3/4 cup.	Brown Sugar
2 Tbsp.	Ginger – fresh minced
1 tsp.	Garlic – fresh minced
1/2 cup	Pineapple Juice

TERIYAKI MARINADE PROCEDURE:

1. Heat water in a sauce pot, bring to a boil, add the remaining ingredients, and simmer for 5 minutes. Remove from the heat, strain, and cool. Hold refrigerated until needed.