

Honey Mustard Chicken Wings

4 tablespoons runny honey (not the churned kind)

4 tablespoons mustard - I prefer brown or deli mustard

2 tablespoons soy sauce

1 tablespoon crushed garlic

2 kilos or 4.4 pounds chicken wings

Directions:

Preheat oven to 425 F/220 C.

Mix together honey, mustard, soy sauce and crushed garlic to make sauce for brushing on wings. Set aside and do not brush on wings yet!!

Place tin foil on rimmed baking sheets. For this amount of wings you will need two baking trays. Bake wings without sauce!!! on foil covered trays for approximately 25 minutes. Remove wings from oven and carefully drain off juices. Brush well with sauce on tops of wings (don't brush on bottom or wings will stick to foil). Place back in oven and continue baking for about 20-25 more minutes until deep golden brown and crispy. Watch carefully for last 5 minutes to make sure they don't burn. Serve hot with lots of napkins.