

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING CHICKEN WINGS (CRISPY OVEN-ROASTED WITH SPICED DRY RUB)

SALAD COURSE:

CRISP CITRUS-AVOCADO SALAD WITH HONEY-LIME VINAIGRETTE

INGREDIENTS (SERVES 4)

6 cups mixed baby greens (spring mix, arugula, baby spinach)

1 avocado, sliced

1 orange, segmented (supreme)

1/2 red onion, thinly sliced

1/3 cup toasted pepitas or sliced almonds

2 tbsp chopped cilantro (optional)

For dressing: 3 tbsp olive oil, 1½ tbsp fresh lime juice, 1 tbsp honey, 1 tsp Dijon mustard, salt & pepper to taste

PREPARATION

Whisk dressing ingredients until emulsified; season to taste.

Toss greens lightly with half the dressing so leaves are coated but not soggy.

Arrange greens on a platter, top with avocado slices, orange segments, and red onion. Sprinkle with toasted seeds/nuts and cilantro.

PRESENTATION

Serve immediately on a large shallow bowl or platter. Drizzle remaining dressing atop the avocado and orange segments for shine. Offer extra lime wedges on the side.

ENTREE — CHICKEN WINGS (CRISPY OVEN-ROASTED WITH SPICED DRY RUB)

INGREDIENTS (SERVES 4)

3 lb chicken wings (split into drumettes and flats), patted dry

2 tbsp vegetable oil

1½ tsp kosher salt

1 tsp black pepper

1½ tsp smoked paprika

1 tsp garlic powder

1 tsp onion powder

½ tsp cayenne (adjust to heat preference)

1 tbsp baking powder (aluminum-free) — for crisping

PREPARATION

Preheat oven to 425°F (220°C). Line a rimmed baking sheet with foil and set a wire rack on top.

In a large bowl, toss wings with oil. In a small bowl combine salt, pepper, paprika, garlic powder, onion powder, cayenne and baking powder. Sprinkle over wings and toss to coat evenly.

Arrange wings skin-side up on the rack with some space between pieces. Roast 35–45 minutes, turning once at 25 minutes, until skin is deep golden and crisp and internal temperature reaches 165°F (74°C).

For extra crispiness, finish under broiler for 1–2 minutes while watching closely.

PRESENTATION

Transfer wings to a warm platter. Garnish with chopped parsley and lemon wedges. Serve the four dipping sauces in small bowls around the platter. Provide napkins and a tray for bones.

FOUR DIPPING SAUCES (EACH YIELDS ~3/4 CUP)

CLASSIC BUFFALO-STYLE HOT SAUCE

INGREDIENTS: 1/2 cup Frank's-style hot sauce, 4 tbsp unsalted butter, 1 tbsp honey, 1 tsp Worcestershire, pinch cayenne (optional).

PREPARATION: Melt butter gently, whisk in hot sauce, honey and Worcestershire until smooth. Keep warm.

PRESENTATION: Serve in a shallow bowl; garnish with a tiny celery leaf or a sprinkle of smoked paprika.

Tangy Blue Cheese Yogurt Dip

INGREDIENTS: 1/2 cup Greek yogurt, 1/4 cup crumbled blue cheese, 1 tbsp mayo, 1 tsp lemon juice, 1 small garlic clove grated, salt & pepper.

Preparation: Mash half the blue cheese into the yogurt mixture for creaminess, fold in remaining cheese for texture, chill 10 minutes.

PRESENTATION: Serve chilled with a few whole blue cheese crumbles on top and a sprig of chives.

HONEY-SOY SRIRACHA GLAZE (SWEET-UMAMI)

Ingredients: 3 tbsp honey, 2 tbsp low-sodium soy sauce, 1 tbsp rice vinegar, 1 tsp toasted sesame oil, 1 tsp sriracha (more to taste), 1 tsp grated ginger.

PREPARATION: Whisk in a small saucepan over low heat until glossy and slightly thickened, cool slightly.

PRESENTATION: Serve in a narrow ramekin with a few toasted sesame seeds sprinkled on top.

CREAMY LEMON-HERB GARLIC DIP

INGREDIENTS: 1/2 cup sour cream, 1/4 cup mayo, 1 tbsp lemon zest + 1 tsp lemon juice, 1 tbsp chopped dill, 1 tbsp chopped parsley, 1 small garlic clove minced, salt & pepper.

PREPARATION: Combine and chill 20 minutes to let flavors meld.

PRESENTATION: Serve chilled with a lemon twist or herb sprig on top.

SIDE DISH 1 — CHARRED CORN & BLACK BEAN SALAD

INGREDIENTS (SERVES 4): 3 EARS CORN (OR 2 CUPS FROZEN), 1 can black beans (rinsed), 1 red bell pepper diced, 2 tbsp chopped cilantro, 1/4 cup red onion finely diced, juice of 1 lime, 1 tbsp olive oil, salt & pepper.

PREPARATION:

Char corn on a grill pan or under broiler until kernels are blackened in spots; cut off cobs.

Combine corn, beans, pepper, onion and cilantro; toss with lime juice, oil, salt & pepper.

Chill 10–15 minutes before serving.

PRESENTATION:

Serve in a shallow bowl or scoop into a small cast-iron skillet; top with a cilantro sprig and a lime wedge.

SIDE DISH 2 — CRISPY GARLIC PARMESAN POTATO WEDGES

Ingredients (serves 4): 1.5 lb russet potatoes cut into wedges, 2 tbsp olive oil, 1 tsp garlic powder, 1 tsp dried oregano, 1/2 tsp paprika, 1/2 cup grated Parmesan, salt & pepper.

PREPARATION:

Preheat oven to 425°F (220°C). Toss wedges with oil and seasonings.

Bake on a parchment-lined sheet 25–30 minutes, turning once, until golden and crisp.

Toss hot wedges with grated Parmesan; return to oven 2 minutes so cheese adheres.

PRESENTATION:

Serve in a basket or platter lined with parchment; sprinkle with chopped parsley and extra Parmesan. Offer ketchup or one of the sauces alongside.

DESSERT — LEMON OLIVE OIL CAKE WITH BERRIES

INGREDIENTS (SERVES 6–8):

1 1/2 cups all-purpose flour, 1 cup sugar, 2 tsp baking powder, pinch salt, 3 large eggs, 3/4 cup extra-virgin olive oil, 1/2 cup whole milk, zest of 2 lemons, 2 tbsp lemon juice, 1 cup mixed fresh berries, powdered sugar to dust.

PREPARATION:

Preheat oven to 350°F (175°C). Grease an 8- or 9-inch round pan.

Whisk eggs and sugar until pale. Stream in olive oil while whisking, then add milk, lemon juice and zest.

Fold in dry ingredients gently until just combined. Pour into pan and bake 30–35 minutes until a toothpick comes out clean.

Cool, then top with berries and dust with powdered sugar.

PRESENTATION:

Serve triangular slices with a spoonful of berries on top and a small mint sprig.

Wine pairing suggestion (single wine for the entire meal)

Ô DE ROSÉ FAMILLE DE LORGERIL ROSÉ WINE

WHY IT PAIRS:

The bright acidity and red-berry freshness of this rosé complements the citrusy salad, cuts the richness of crispy wings and fried potato wedges, and pairs harmoniously with both the sweet-spicy and creamy dipping sauces. It also refreshes the palate ahead of the lemon olive oil cake.