

Recipes

By
Delaware

15 MARINADES (WITH RECIPES + HOW TO PREPARE) 15 DIPPING SAUCES (WITH RECIPES + HOW TO PREPARE)

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Tip: Marinate wings **at least 30 minutes** and up to **8 hours** in the fridge (for best flavor). Pat dry before baking/air-frying for crispness.

1) Classic Lemon Herb

Ingredients: 1/3 cup olive oil, 1/4 cup lemon juice, 2 tbsp chopped parsley, 1 tbsp minced garlic, 1 tsp dried oregano, salt, pepper

Prepare: Whisk and coat wings.

2) Garlic Butter (Savory)

Ingredients: 1/2 cup melted butter, 1/4 cup lemon juice, 3 tbsp minced garlic, 1 tsp onion powder, salt

Prepare: Mix, then toss; chill if too hot to touch wings.

3) Soy Ginger

Ingredients: 1/3 cup soy sauce, 1 tbsp grated ginger, 2 tbsp brown sugar, 2 tbsp rice vinegar, 1 tbsp sesame oil (optional), 1 minced garlic clove

Prepare: Whisk; add wings; marinate and refrigerate.

4) Sweet Teriyaki-Style

Ingredients: 1/3 cup soy sauce, 1/4 cup mirin, 2 tbsp honey, 1 tbsp garlic, 1 tbsp ginger

Prepare: Combine; marinate.

5) Chipotle Adobo

Ingredients: 2–3 tbsp chipotle in adobo (minced), 1/4 cup olive oil, 2 tbsp lime juice, 1 tbsp honey, 1/2 tsp cumin, salt

Prepare: Whisk until uniform; coat well.

6) BBQ Coffee Rub + Molasses

Ingredients: 1/4 cup molasses, 1/4 cup BBQ sauce, 2 tbsp strong coffee (cooled) or espresso, 1 tbsp brown sugar, 1 tsp smoked paprika, salt

Prepare: Stir until smooth; marinate.

7) Hot Honey (Spicy-Sweet)

Ingredients: 1/4 cup honey, 1/4 cup hot sauce, 2 tbsp olive oil, 1 tbsp vinegar, pinch cayenne, salt

Prepare: Warm slightly to combine; coat wings.

8) Greek Lemon-Oregano

Ingredients: 1/3 cup olive oil, 1/4 cup lemon juice, 1 tbsp oregano, 2 garlic cloves minced, 1 tsp salt, pepper

Prepare: Whisk; marinate.

9) Cajun Blackening

Ingredients: 1/4 cup olive oil, 2 tbsp Cajun seasoning, 1 tbsp lemon juice, 1/2 tsp garlic powder, pinch cayenne

Prepare: Toss; marinate 1–6 hours.

10) Caribbean Jerk

Ingredients: 2 tbsp jerk seasoning, 1/4 cup olive oil, 2 tbsp lime juice, 1 tsp brown sugar, 1 minced garlic clove, 2 tbsp grated ginger (optional)

Prepare: Mix; coat well.

11) Maple Mustard

Ingredients: 1/4 cup maple syrup, 1/4 cup Dijon, 2 tbsp apple cider vinegar, 2 tbsp olive oil, salt, pepper

Prepare: Whisk until emulsified.

12) Ranch-Style (Buttermilk)

Ingredients: 1/2 cup buttermilk, 3 tbsp mayo, 1 tbsp lemon juice, 1 tsp garlic powder, 1 tsp onion powder, 1 tbsp chopped dill/parsley, salt

Prepare: Combine; marinate.

13) Smoky Paprika Tomato

Ingredients: 1/3 cup ketchup or tomato paste, 2 tbsp brown sugar, 2 tbsp vinegar, 1 tbsp smoked paprika, 1 tbsp olive oil, salt, pepper

Prepare: Whisk into a thick sauce; coat wings.

14) Peanut-Lime Satay Marinade

Ingredients: 1/4 cup peanut butter, 1/3 cup coconut milk (or water), 1 tbsp lime juice, 1 tbsp soy sauce, 1 tsp honey, 1 tsp sriracha (optional), grated ginger

Prepare: Whisk until smooth; coat wings.

15) Garlic Soy “Sticky” (Broiler-Friendly)

Ingredients: 1/3 cup soy sauce, 1/4 cup brown sugar, 3 tbsp minced garlic, 1 tbsp sesame oil, 1 tbsp vinegar, 1 tsp cornstarch (optional), 1 tbsp water

Prepare: Whisk and marinate. If using cornstarch, stir in and allow to slightly thicken.

15 DIPPING SAUCES (WITH RECIPES + HOW TO PREPARE)

1) Classic Buffalo (Hot)

Ingredients: 1/2 cup hot sauce, 4 tbsp unsalted butter, 1 tsp white vinegar, pinch salt

Prepare: Warm butter; whisk in hot sauce + vinegar + salt. Keep warm.

2) Garlic Parmesan Wing Sauce

Ingredients: 1/2 cup butter, 2 tbsp minced garlic, 1 cup Parmesan (finely grated), 1 tbsp lemon juice, 1/4 cup hot sauce or broth (to thin), salt

Prepare: Melt butter, sauté garlic 30–60 sec, whisk in lemon + hot sauce, stir in Parmesan until smooth.

3) Honey Sriracha

Ingredients: 1/3 cup honey, 2 tbsp sriracha, 1 tbsp soy sauce (optional), 1 tbsp rice vinegar, pinch chili flakes

Prepare: Whisk all ingredients until glossy; simmer 2 minutes if you want it thicker.

4) Teriyaki Glaze

Ingredients: 1/2 cup soy sauce, 1/3 cup brown sugar or honey, 1/4 cup mirin, 1 tbsp grated ginger, 1 clove garlic, 1 tsp cornstarch + 1 tbsp water

Prepare: Simmer soy + sugar + mirin + ginger/garlic 3–4 min. Stir cornstarch slurry; simmer until glossy.

5) Lemon Pepper Cream

Ingredients: 1/2 cup sour cream or Greek yogurt, 2 tbsp mayo, 1 tbsp lemon juice + zest, 1 tsp lemon pepper, salt

Prepare: Whisk until smooth; adjust with a splash of water for dip consistency.

6) Blue Cheese

Ingredients: 1/2 cup crumbled blue cheese, 1/4 cup mayo, 1/4 cup sour cream, 1 tsp vinegar, pepper

Prepare: Mix thoroughly; let sit 10 minutes for best flavor.

7) Ranch (Homestyle)

Ingredients: 1/2 cup mayo, 1/2 cup buttermilk (or milk), 1 tbsp chopped parsley/chives, 1 tsp dried dill, 1/2 tsp garlic powder, 1/2 tsp onion powder, salt + pepper

Prepare: Whisk and chill at least 30 minutes.

8) BBQ (Smoky Sweet)

Ingredients: 1/2 cup BBQ sauce, 1 tbsp brown sugar, 1 tsp apple cider vinegar, 1/2 tsp smoked paprika

Prepare: Stir and warm 2–3 minutes to blend.

9) Chipotle Lime Crema

Ingredients: 1/2 cup sour cream or Greek yogurt, 2 tbsp mayo, 1–2 tsp chipotle in adobo (minced), 1 tbsp lime juice, 1 tsp honey (optional), salt

Prepare: Blend/whisk until creamy; taste and adjust lime/chipotle.

10) Cilantro Jalapeño Yogurt

Ingredients: 3/4 cup plain yogurt, 2 tbsp cilantro, 1–2 tbsp jalapeño (minced), 1 tsp lime juice, salt

Prepare: Stir; optionally blend lightly for a smoother dip.

11) Honey Mustard

Ingredients: 1/4 cup Dijon, 1/4 cup honey, 1 tbsp mayo, 1 tsp vinegar, pinch salt

Prepare: Whisk until thick and smooth.

12) Cilantro-Lime “Green Goddess” Style

Ingredients: 1/2 cup mayo, 1/2 cup Greek yogurt, 1 cup cilantro (packed), 1 clove garlic, 1 tbsp lime juice, 1 tsp olive oil, salt, pepper

Prepare: Blend until green; adjust thickness with a splash of water.

13) Sweet Chili Garlic

Ingredients: 1/2 cup sweet chili sauce, 1 tbsp honey, 1 tbsp rice vinegar, 1–2 cloves garlic (minced), pinch salt

Prepare: Warm in a small pan 2–3 minutes.

14) Asian Peanut Satay Dip

Ingredients: 1/2 cup creamy peanut butter, 1/3 cup coconut milk (or water), 2 tbsp soy sauce, 1 tbsp lime juice, 1 tsp brown sugar/honey, 1 tsp sriracha, 1/2 tsp grated ginger

Prepare: Whisk/heat gently until smooth (don’t boil hard).

15) Spicy Garlic “Oil” Sauce (No Dairy)

Ingredients: 1/3 cup olive oil, 3–4 cloves garlic (thinly sliced/minced), 1 tsp red pepper flakes, 1 tbsp lemon juice or vinegar, pinch salt

Prepare: Warm oil with garlic and flakes 1–2 minutes (low heat). Turn off heat, add lemon/vinegar.