

Smoked Chicken Wings (with Firefighter Adam Ross)

Ingredients:

Approx. 5lbs of chicken wings. Cut
1 bottle of molasses
1 bottle of soy sauce
A few dashes of worcestershire sauce

Directions:

Combine all ingredients in a Ziploc bag and keep in the fridge to marinate overnight (between 8-24 hours).

Smoke the wings at 250 degrees for around 2 hours or until the internal temperature is 160 degrees. Enjoy!

Asian Coleslaw

Ingredients:

Coleslaw

2 (3 oz) packages of Oriental- flavored instant ramen noodles
1 (16 oz) package of broccoli slaw
1 cup slivered or sliced almonds
1/2 to 1 cup shelled sunflower seeds

Dressing

1/2 cup granulated sugar
3/4 cup vegetable oil
1/4 cup red wine vinegar
2 packets seasoning mix (from the noodles)

Mix dry ingredients in a large bowl. Heat dressing ingredients in a small saucepan until thoroughly combined. Toss dressing in with dry ingredients and refrigerate until ready to serve.