



cajun chicken wings
in pineapple tangawizi
bbq sauce

%%excerpt%% Part of what makes life amazing is food that makes us sing to the high heavens! One of those is my cajun chicken wings in my pineapple tangawizi bbq sauce! <3



Ingredients

2 tablespoons of grated ginger	2 tablespoons of light brown sugar
1 cup of diced sweet pineapples	1 cup of ketchup
1/3 cup of apple cider vinegar	Cajun spice blend
1/2 teaspoon of white pepper	7 chicken wings
1/4 teaspoon of chili	1 tablespoon of dried rosemary
Salt to taste	3 tablespoons of apple cider vinegar
One finely diced red onion	1 tablespoon of fresh minced garlic
1 teaspoon of garlic	1 teaspoon of black pepper

Method

Add the chicken into your container together with all the marinade ingredients and let this sit for 24 hours, or a min of 6 hours, then proceed to boil or sear, whichever method you find fit. Once done season with your cajun spice and set aside for frying.

In a blender, blitz the pineapple together with the ACV until thick and pureed then set aside. To you sufuria, add your onion and garlic to the sufuria, sautee until softened. Add the ketchup, sugar, spices and mix it all in, followed by the ginger and pureed pineapple. Let this simmer on low heat for 10-15 minutes then add the fried chicken. Toss them in and once coated you are done!

Garnish with finely chopped dania and dig right in!!!



SERVE WITH: with your fave starch

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/cajun-chicken-wings-pineapple-tangawizi-bbq-sauce/>

Video: <https://youtu.be/7njnePZ3KSk>