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Chicken Wings with Real Garlic Mayonnaise

One of the joys of Summer is being able to barbecue outdoors as in Italy where *grigliata mista* (mixed grill) is something for all the family. In Italy, chicken wings are not a common sight since poultry is not farmed intensively but the plus point is that chicken actually tastes of chicken and not nothing-in-particular. At home we only buy Fosse Meadows chicken from Frolesworth so if we have a dinner party or wedding to cater for we save the chicken wings to eat with garlic mayonnaise and fregola salad or couscous.

for the chicken

Rub your hands with olive oil then massage the chicken wings. Wash your hands then sprinkle wings with Alex's Hot Rub or Barbecue Rub. Pop in a bag for a few hours or overnight and bring out 2hrs before barbecuing. Cook to 75°C with a probe before serving.

for the garlic mayonnaise

5 plump cloves of roasted garlic, ideally smoked garlic

2 large egg yolks

1 teaspoon Tewksbury or Dijon mustard

300ml olive oil

juice of ½ lemon

Peel the garlic cloves and put them in a mortar with a large pinch of salt. Crush them to a paste, then stir in the egg yolks. You will have a sticky, shiny cream. Now pour in the olive oil, very, very slowly at first, almost drop by drop, stirring as you do, until the mixture starts to thicken. Once you have a small amount of thickening mayonnaise, you can turn up the speed a little, adding the oil and lemon juice in long, thin trickles, stirring all the time. Stop when you have thick mayonnaise. If making the day before keep refrigerated until serving.

Buy ingredients @ www.squisito-deli.co.uk