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COMMENT

Now is the time to make cake for Christmas 2015

By Lori Gysel & Gerry Kentner

whatscooking@theifp.ca

Happy New Year! These chicken wings are a deliciously sticky, tasty treat that we thought you might enjoy in January while watching a football game! You can, of course, deep fry wings, but this method still yields delicious wings without all the extra fat and calories— so why not give it a whirl?

I'm considering making Christmas cake this year. Yes, I know, you think I'm crazy to make Christmas cake in January. But, if you are going to make it, this is a great time. First of all, the ingredients are often on sale. Second, Christmas cake is best when it gets to sit for a full year, being regularly wiped with more cherry whiskey (or the liquor of your choice).

The only problem with Christmas cake is that I LOVE it so much and if I make it, then I will eat it. Almost all of it. By myself. So, I should probably think about this plan



What's
Cookin'

a little longer. But if you're going to make it, now is a great time!

As I look back over the year and all the recipes that we put in the paper this past year, I can't imagine what we're going to make in 2015! But never fear, we'll come up with some delicious goodies for you.

Thank you for reading our column in 2014 and every year. Thank you to Cynthia Gamble, to whom I send all these recipes, photos and stories— she's the one who organizes it all, edits it and finds space for it. So thanks to her and the whole gang at *The Independent & Free Press*.

Happy New Year to you all! Have fun and keep cooking in 2015!

Sweet and Sticky Wings

SERVES 2-4

INGREDIENTS

- 2 lbs chicken wings, split
- 1/3 cup flour
- 2 tsp paprika
- 1 tsp coarse salt
- 1 tsp ground pepper

SAUCE

- 1/3 cup melted butter
- 1/4 cup maple syrup
- 1/4 cup brown sugar
- 1/4 cup apple cider vinegar
- 1 tbsp Dijon mustard

METHOD

1. Preheat oven to 400 degrees F.

2. Blend flour, paprika, salt and pepper.

3. Wash wings and pat dry. Toss in the flour. Shake off excess.

Place on cookie sheet lined with parchment paper. Bake 40-45 minutes, turning half way through cooking.

4. Prepare sauce by whisking all ingredients together.

5. Toss wings in the bowl of sauce and return to the oven for 10-15 minutes.



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