

# Sesame- Bourbon- Honey -Chicken Wings

## Ingredients

**18-20 (about 4lbs) chicken wings**  
**1 tbsp brown sugar**  
**1/2 tbsp smoked paprika**  
**1/2 tbsp lemon pepper**  
**1 tsp onion powder**  
**1 tsp thyme**  
**1 tsp Italian seasoning**  
**1/2 tsp black pepper**  
**1/2 tsp cayenne pepper**  
**1 tsp corn starch**  
**1/4 cup honey**  
**1/8 cup bourbon (I used Honey Bourbon)**  
**Juice of 1/2 a lime**  
**2 tsp sesame seeds**  
**1 tsp red pepper flakes**



## Instructions

1. Start by rinsing the wings. And separate the wing into two pieces
2. In a large mixing bowl measure out all the dry spices and ingredients (brown sugar, paprika, lemon pepper, onion powder, thyme, salt, black pepper, cayenne, red pepper flakes, Italian seasoning and corn starch and mix them all together.
3. Combine all the wet ingredients (honey, bourbon and lime/lemon juice) and stir wet and add to dry ingredients.
4. Add the chicken wings to the marinade to a ziplock bag and shake until wings are coated. Allow the chicken to marinate in the fridge for a minimum of 30 minutes but preferably a few hours.
5. Pre-heat your oven to 400F and arrange the chicken on a raised rack (if you have one) over a foil lined baking sheet and pour the remaining marinade over the chicken. (If you don't have a raised rack...simply double line a baking sheet and place the chicken directly on it)
6. Sprinkle the sesame seeds over the chicken
7. Bake the chicken wings for about 20-30 minutes (depending on your oven) turning them over half way through the cooking process, until they are golden brown with crispy bits on it. Spoon the drippings over the chicken wings before serving.