BBQ Chicken Pops

NIBBLEDISH CONTRIBUTOR

Ingredients

20 chicken wings/drums8 tbsp (half cup) ketchup2 tbsp brown sugar1 tbsp whole grain mustard2 tbsp Worcestershire Sauce3 minced garlic cloves1 tbsp vegetable oilSalt and Pepper to tasteCajun seasoning (optional)

Instructions

1. Make a few deep cuts into each of the chicken pieces with a knife. This helps sauce get into the meat.
2. In a large bowl, mix together the ketchup, sugar, mustard, Worcestershire sauce, minced garlic, oil, salt, pepper.
3. Dip each wing into the sauce mixture and rub it into the chicken pieces as best you can. Put the dipped chicken into a zip-lock bag. When you finish dipping them all, put the remaining sauce into the bag. Refrigerate for a few hours.
4. When you're ready to bake, pre-heat oven for 220C/425F (at least 30 min prior to baking). Take chicken out of refrigerator when you start the oven so it isn't completely cold when it goes in the oven.

5. Place pieces of chicken on a piece of foil and bake on a rack/baking pan for 30-40 minutes or until juices run clear.
6. When the chicken is done, remove from oven and sprinkle some Cajun seasoning