

All American Night In BBQ Wings*, Mac 'n Cheese and Suitable Libations

(*Chicken or cauliflower)

To eat:

BBQ Sauce | Prep: 10mins Cook: 5mins

(A quick and easy BBQ sauce made with (hopefully) store cupboard staples).

- 100g Ketchup
- 80g Soft Dark Brown Sugar
- 30ml Red Wine Vinegar
- 30ml Water
- 2tsp (10ml) Worcestershire sauce
- 1tbsp mustard powder (regular English or Dijon mustard would also do the trick)
- 1tsp smoked paprika
- 1tsp cayenne pepper
- 1/2tsp salt
- 1/2tsp freshly ground black pepper

Combine all ingredients in a saucepan. Heat over a medium-low heat until sugar has dissolved. Taste and adjust seasoning if necessary.

Chicken Wings | Prep: <10mins Cooking: 45mins

- 10-12 Chicken Wings
- 75g Plain Flour
- 1/2tsp Cayenne Pepper
- 1/2tsp Salt
- 1/2tsp Freshly Ground Black Pepper
- 1/2tsp Paprika
- 1/2tsp Garlic Powder
- BBQ sauce (see above)
- 50-75g Honey

Instructions

1. Preheat oven to 220C (200C fan)
2. In a bowl, combine dry ingredients
3. Add chicken wings to seasoned flour and coat evenly, shaking off any excess
4. Place flour coated wings on a greaseproof paper-lined baking tray and spread out in a single layer
5. Bake for 20-25mins, turning halfway through, until skin is crispy and golden.

Whilst the chicken's baking, follow the Mac 'n Cheese recipe

6. Remove chicken wings from oven.
7. In a separate bowl mix the BBQ sauce and the honey - you want the sauce to be thick and sticky.
8. Add the cooked wings to the sauce and stir to coat evenly.
9. Place the coated wings back on the baking tray in a single layer.
10. Bake for 15-20mins, or until the BBQ sauce is caramelised and sticky.
11. Serve and enjoy!

Cauliflower 'Wings' | Prep: 10mins Cooking: 40mins

- 1 Large Cauliflower Head
- 75g Plain Flour
- 1/2tsp Cayenne Pepper
- 1/2tsp Salt
- 1/2tsp Freshly Ground Black Pepper
- 1/2tsp Paprika
- 1/2tsp Garlic Powder
- 130ml milk, or non-dairy alternative
- 100g BBQ Sauce
- 1tbsp Honey

Instructions

1. Preheat the oven to 220C (200 fan)
2. In a large bowl, add the ingredients and stir to combine
3. Whisk in milk / non-dairy alternative until combined to make a smooth batter
4. Cut the head of cauliflower in half lengthways and break off florets, about 2 to 3 inches long.
5. Add the cauliflower florets to the batter and stir until evenly coated
6. Place coated cauliflower on a greaseproof paper-lined baking tray and spread out in a single layer.
7. Bake on 220C (200C fan) for 20mins, turning halfway through

Whilst the cauliflower's baking, follow the Mac 'n Cheese recipe

8. Remove cauliflower from the oven
9. In a separate bowl mix the BBQ sauce and the honey
10. Brush the sauce over the cauliflower so all florets have an even coating
11. Place the coated cauliflower back on the baking tray
12. Bake for 15-20mins, or until the BBQ sauce is caramelised and sticky
13. Serve with remaining BBQ sauce on the side for dipping

Mac 'n Cheese | Prep: 20mins Cooking: 20mins

- 300g Elbow Macaroni (or Straight Macaroni)
- 300ml Whole Milk
- 30g Butter
- 1 Garlic Clove, minced
- 1 Shallot, finely diced
- 30g Plain Flour
- 1/2tsp Mustard Powder (regular English or Dijon mustard would also do the trick)
- 200g Mature Cheddar, grated
- 75g Parmesan, grated
- Pinch Ground White Pepper
- 1/2tsp Salt

Instructions

1. Bring a large pan of salted water to the boil and cook the macaroni as per instructions until al dente, then drain.
2. To make the cheese sauce, in a medium pan bring the milk to a foamy boil, then turn the heat right down to low and keep it warm.
3. In a second pan, melt the butter over a medium-low heat. Add the minced garlic and diced shallot and cook for 8-10 mins or until the garlic and onion are soft.
4. Whisk in the flour and continue to cook until you have a pale roux. Then whilst whisking, slowly add the hot milk to the roux and ladleful at a time.
5. After you've added all the milk, continue to whisk for 2-3 mins until the sauce starts to thicken.
6. Add 150g of the cheddar and 50g of the parmesan along with the mustard, salt and pepper. Stir until the cheese has completely melted.
7. In a large bowl, stir about three-quarters of the cheese sauce through the cooked pasta.
8. Then add the pasta and sauce mix to an appropriately sized ovenproof dish (this could be an ovenproof pasta or cereal bowl if you don't have a gratin dish the right size)
9. Spread the remaining cheese sauce over the top and sprinkle with the remaining 50g of cheddar and 25g of parmesan
10. When you're putting the chicken (or cauliflower) wings back in the oven for their final 20mins, put the mac 'n cheese in too until it's golden and bubbling.

To drink:

Suitable Libations | Prep: <5mins Cooking: <5mins

Lynchburg Lemonade

- 35ml American Whiskey (preferably Jack Daniel's)
- 12.5ml Triple Sec (preferably Cointreau)
- 12.5ml Fresh Lemon Juice
- Top Lemonade

Instructions

1. Fill a hi-ball glass with cubed ice
2. Add whiskey, triple sec and lemon juice to glass
3. Stir to mix
4. Top with lemonade
5. Garnish with a lemon slice and enjoy.

Clover Club

- 50ml Gin
- 25ml Fresh Lemon Juice
- 4 Fresh Raspberries
- 1 Egg White

Instructions

1. Add raspberries to a cocktail shaker (or NutriBullet beaker, or Tupperware with a secure, airtight lid) and crush them using a muddler or the back of a spoon.
2. Add remaining ingredients (starting with the egg white, then the lemon juice and then the gin. This way, if you dropped the yolk in or added too much lemon juice by mistake you haven't wasted your gin!)
3. Fill shaker, beaker or container with ice and put the 'lid' on.
4. Shake vigorously for 30 seconds.
5. Strain into a fancy glass (if you don't have cocktail equipment here, pour the contents into your finest meshed sieve. Just be careful not to spill any!)
6. Garnish with a fresh raspberry and enjoy.

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