

Far Niente

FAMILY OF WINERIES
AND VINEYARDS

Cabernet Barrel Staved
SMOKED CHICKEN WINGS
WITH *Spinach Dip*



CABERNET BARREL STAVE SMOKED CHICKEN WINGS WITH SPINACH DIP

INGREDIENTS

Serves 4-8

Brine:

- 1/2 gallon water
- 1/4 cup salt
- 1/8 cup sugar
- 1 small carrot
- 1 celery stick
- 1/2 onion
- 1/2 fennel bulb
- 1/2 leek
- 1 garlic head
- 6 black peppercorns
- 1 bay leaf
- 5 thyme sprigs
- 1 lemon, halved

Chicken Wings:

- 3 - 4 pounds chicken wings
- 1/2 - 1 pound smoking chips or barrel staves
- 10 - 12 charcoal briquettes
- 4 cups vegetable oil

Breading:

- 4 eggs, beaten
- 1 cup all-purpose flour
- 2 cups bread crumbs

METHOD

For the Brine and Chicken Wings:

1. Add water and all the brine ingredients to a five-quart pot. When it comes to a boil, remove from heat and chill. Add the chicken wings and refrigerate overnight.
2. After eight to 24 hours, remove chicken from the brine and place on a rack. Dry wings with paper towels. The drier the wings, the better the smoke will stick to them. While a smoker is preferred, if you don't have an at-home smoker, your outdoor grill is an easy and excellent alternative. Warm your briquettes until they turn white, then place barrel staves or chips on top of warmed briquettes. Place the chicken wings on the opposite side of the grill and close the top. Smoke for 30 minutes. If the chips flame during the smoking process, extinguish the flame with small drops of water. After 30 minutes, remove the chicken from the grill and chill the wings.
3. To finish, fill one medium-sized bowl with flour, one medium bowl with beaten eggs and one with bread crumbs. Arrange your wing-breading station from left to right: chicken wings, then flour, eggs and bread crumbs followed by a baking sheet. Otherwise it just gets messy. Dip wings into flour, then eggs, then bread crumbs and spread evenly across a baking sheet.
4. Heat your fryer to 350°F. Fry breaded wings until they are golden brown and the internal temperature is 160°F.

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INGREDIENTS

Serves 4-8

Spinach Dip:

- 1 bag prewashed spinach
- 1/2 cup yogurt, plain Greek
- 1/2 cup sour cream
- 1 tablespoon Champagne vinegar
- Salt and pepper to taste
- 1/2 cup onion, diced
- 1 garlic clove, minced
- 1/2 cup cucumber, small dice
- 2 tablespoon whole grain mustard
- 1 tablespoon parsley, chopped
- 1 tablespoon cilantro, chopped

METHOD

For the Spinach Dip:

1. Steam your spinach until it's wilted and tender. Squeeze the water out of the spinach and put into a food processor.
2. Pulse the spinach with the yogurt and sour cream until smooth, then add the vinegar, salt and pepper.
3. In a medium sauté pan, sweat the onions and garlic for two to three minutes, just to soften and release flavor.
4. Transfer spinach mixture to bowl and fold in diced cucumber, onion, garlic, parsley and cilantro.
5. Taste and adjust with salt, pepper and vinegar to your liking.

PRESENTATION

Serve hot chicken wings with spinach dipping sauce on the side. Enjoy with your favorite Nickel & Nickel Cabernet Sauvignon.

Pair with 2018 Nickel & Nickel C.C. Ranch Cabernet Sauvignon, or
2018 Nickel & Nickel Bear Track Vineyard Cabernet Sauvignon