

Giant Eagle Online Courses – Andrew Zimmern, Sticky-Spicy Chamoy Chicken Wings, and Frozen Mint-Basil Lemonade

Andrew Zimmern: 00:09 Hey everybody, Andrew Zimmern here. I am going to be showing you my own personal take on traditional ballpark classics, Sticky-Spicy Chamoy Chicken Wings, and Frozen Mint-Basil Lemonade. And it all starts with our chicken wings. I'm a big hotdog guy at the ballpark and then about the fourth or fifth inning after I've had a couple of hotdogs, chicken wings, right? I just love sitting there, chicken wings, peanuts, anything in multiple pieces kind of really gets me going, and I happen to come from, a long line of wing eaters and my son is a wing fanatic. And this is one of our favorite recipes. And, you know, we make big bowls of this and then sit down on the couch and watch the twins play, here in Minnesota.

Andrew Zimmern: 00:58 The first thing that I want to do is I want to season my chicken wings. We've separated the middle piece from the drummy. And what I do is, is I seasoned them with grated garlic just a little bit, because a little goes a long way. And to get really good coverage, my tip for folks is to whisk, or stir, or breakup that garlic in the olive oil, so that the oil, whatever kind you use, safflower, olive, peanut, canola, actually transports that garlic all around the chicken. Just means you're going to get better coverage. And I stir that together, and the reason that I do is that I want to make sure I coat all the chicken in oil and garlic.

Andrew Zimmern: 01:51 Before I add my chili, lime and salt seasoning, classical Mexican seasoning, that's getting so popular right now. I make sure I get some nice, good coating on there. And you'd be surprised how this gets sort of enough, and the salt dissolves and the citric acid in there dissolves. And then we can add the rest of it. I like to be really purposeful with that seasoning. The recipe looks like it's a lot, but on two pounds of wings it actually disappears on there, pretty easily. You can let that sit for a couple of minutes while your grill is getting going.

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Andrew Zimmern: 02:50 I get this question a lot. "Of all the places you visited, where's the best food?" And it's always wherever I've just visited last. I'm a bright, shiny objects person. It's impossible for me to compare from a "better than" standpoint, the foods of Northern Thailand versus the foods of Central Argentina, the foods of Rio de Janeiro, to my favorite taco shops in Mexico City, or the place that I like to go get a cheesesteak in Philly or where I like to eat Chinese food in Queens, or, you know, my neighborhood slice joint here in Minnesota. So, it's always just where I've eaten last. And the last place that I ate, other than my own home, was at a Portuguese families, family reunion in Nutley, New Jersey. And I know this sounds crazy, but for the last a hundred days, all I've been thinking about is making Portuguese food. It really is true, it's whatever I've just eaten last.

Andrew Zimmern: 03:52 Great question, Maria. There were a whole group of us that have been talking for years about the changes that we wanted to make in our industry. And when, when our house literally got burned to the ground overnight by the COVID-19 pandemic and restaurants all across the country had to shut their doors, we mobilized and created the Independent Restaurant Coalition to address the fundamental changes that we needed to do a couple of things: help to provide education and to create policy that could get the restaurant industry not only back onto its feet, but stay open for the long haul. And we've been focused on policy change in Washington because collectively we believed that's where the most important work was to be done.

Andrew Zimmern: 04:45 We support a lot of other organizations all across the country and their missions, but we focus on that. And our experience has been over the last well for me, 40 years in this business, believe it or not that unless we make real policy change, it's impossible. I'm talking about legal policy change on Capitol Hill in Washington, D.C. and our state capitals in our municipalities. Unless we do that, we can't make the systemic change that we need to improve the conditions in our industry for everyone.

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- Andrew Zimmern: 05:19 Oh my gosh. Tom, I can't tell you how many bizarre foods I've tried that turned out to be surprisingly good. In fact, epically vast amounts of them. After a couple of years, I realized that so many of the foods that I thought were strange or unusual were still made by someone's grandma and found to be delicious by other people, and it was my own bias coming into the meal that I had to get over. The problem was me, it wasn't the food, and you know, everything from Chanfaina, incredible organ stew that's popular in Latin America, to tiny fried baby birds in Asia, to even shipwreck worms, off the coast of Thailand, drizzled with calamansi juice and salt, just were absolutely out of sight. Yeah, I, I developed quite an open mind over the years.
- Andrew Zimmern: 06:14 Now, Chamoy is a seasoning that I first came across in the markets of Mexico City, on the rims of different fruit drinks, in paletas, those fabulous Mexican popsicles, and most famously drizzled on to fruit, papaya, and most especially mango. I just fell in love with it. And I said, "there has to be a way for me to incorporate this into my cooking at home." And so, I create a recipe for it. And then I use it on grilled pork, chicken, seafood, lamb, anything that comes off the grill, it's just absolutely ideal with. So, let's begin.
- Andrew Zimmern: 06:55 In our blender, first thing I put is some Brown sugar, some apple juice. I like to use that instead of water, it gives us a little more sweetness, helps carry the flavor a little bit, lime juice. Everything about Chamoy is the intersection of salty, sour, sweet and spicy. So, that spicy is going to be this hot red chili. Now with this one, I do take out that seed core. I don't want it to be bitter. And I just cut that out, so it makes it easier for my blender to process this.

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Andrew Zimmern: 07:53 I'm going to add some raspberry preserves. Now, the raspberry preserves give a great color and that little bit of berry flavor that we want. We're going to add a cup of apricots or peach preserves, your choice, either one will work. There is my cup of apricots preserves. Salt. Now, we don't want to over salt this, but the salt is an important component in it. And it gets compensated for, with all of that sweetness and all of that tartness. So, I put in a healthy amount and we're probably going to add a little bit more in a little while.

Andrew Zimmern: 08:52 Then the other thing that I want to do is these toasted arbol chilis. Now, left whole in a lot of dishes, they'll just make it warm. Broken up in the blender, they're actually going to make it spicy. This is a spicy dish. My kid loves this, but if you have folks at home, little ones or seniors or people who just don't like something spicy, spicy, just use half as many arbols, or just add a few and then taste it. You can always put the blender cap back on to the blender and add more, right? You just can't take it away. So, let's turn this on.

Andrew Zimmern: 09:57 With so many recipe instructions these days, they're always calling for, "be careful not to over-blend" or things like that. With this particular sauce, you are trying very, very hard to create a homogenous mixture, okay? Homogenous mixture, which means that you shouldn't have flecks or chunks of anything in there. And the way to tell is if those red peppers have broken up enough, if the seeds from the raspberries, I have a very homogenous mixture here, and it's just the right texture. You can see it's a viscous, it's almost like a syrup.

Andrew Zimmern: 10:45 Oh my gosh, so perfect. Now, I make this a lot. I nailed that salt, lime, and chili component just perfectly. And it's got just the right amount of tartness on the back end. So, what do I do? I have another bowl, I'm going to toss my cooked wings in. And so, I'm going to put just enough Chamoy to glaze them. Then the rest of it will last for several months in a container in your refrigerator, and you can take it out and baste it the last minute on spareribs, on grilled chicken, on pork chops, I love this on shrimp, as well. So, I just take this, put the lid on it, put it in the refrigerator.

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Andrew Zimmern: 11:36 How do I like to spend my time in the summer? With my kid, in the water. Period, full stop, end of discussion. I kid with him all the time. I'm always, he's 15 and a half. I think he, he believes I treat him like an eight-year-old, but I'm like, "What's Dad's favorite thing to do?" And he's, he's got line down, which is, "Do something with me that involves the water." So, whether it's surfing at the beach, boogie boarding, body surfing, diving, snorkeling, hanging out at the lake, boating, water-skiing, jumping off cliffs into the water. You name it, we like to do it.

Andrew Zimmern: 12:12 Joe, that's a great question. I cook from home every single day that I am home, which has been, I think the last couple, what? Hundred days? More cooking at home than I've done in many years combined. I used to be on the road anywhere from 50% to 75% of the year making television. I've been at home for a hundred days under quarantine, and the great delight for me is reconnecting with cooking for my friends and family, because cooking for me is not only how I express myself, it's also like a yoga. If I'm having a tough day, I come home, I just bury myself in cooking something and all the worries of the day melt away, and I get a temporary reprieve from it. But the permanent reprieve is I come out on the other side, feeling a little bit better because I have that discipline and I encourage everyone to find out their way to sort of disconnect from things and focus on one thing and quiet their brainstem. I do it through food.

Andrew Zimmern: 13:14 The fun part is that I get to like take things and drop them on front doors and make sure everyone has soup and chili and stuff in their freezer and make big batches of stuff. And it's just a blast. So yeah, it's, it's been a great opportunity to connect with the core reasons of why I fell in love with food to begin with.

Andrew Zimmern: 13:30 So, while the chamoy is waiting for our chicken. The grill is ready to start cooking our wings. From one part of our test kitchen to the other. I have medium direct heat.

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Andrew Zimmern: 13:55 So, over medium direct coals where you haven't gotten sooty flare ups. These will take about 15, 18 minutes to cook. And these, we set those around. Now, these are some wings that we've already cooked. So, let's take those wings nice and hot, and get them onto our platter to transform these into beautiful Chamoy Glazed Chicken Wings. And we'll come back in a couple of minutes and flip those. We have another batch of wings. So, come on back.

Andrew Zimmern: 14:37 All right. Hot wings, Chamoy.

14:57 And so, you see here, I have our wings all ready to go, nice and glazy. Maybe just a little drizzle. That glaze actually sticks beautifully to the charred part of the chicken.

Andrew Zimmern: 15:25 So, what do you need to eat with a big pile of chicken wings like that? Well, I don't think about eating, I think about drinking. And one of my favorite things to have at the ballpark is lemonade. And when I was little, one of the big lemonade companies came out with this frozen lemonade and I started playing around with recipes for frozen lemonade. And I think I hit on something that you're really going to love.

Andrew Zimmern: 15:52 So, take your blender cup, fill your blender cup with ice, add fresh mint, and an equal amount of fresh basil. The combination of basil and mint and lemon is extraordinary. Fresh squeezed lemon juice, and simple syrup. This is just sugar and water that I've boiled together and let cool. You know, I drink iced coffee and iced tea year-round. I always have a squeeze bottle of this in my refrigerator. I recommend you do it, too. It's a great way to always have dissolved sugar on hand, especially during the warm weather months. And then just like our Chamoy, just like our Chamoy, I want this to be a completely homogenous blend. I don't want people to get flecks of basil or mint in their teeth.

Andrew Zimmern: 17:45 So, this happens to all of us. And when that happens is why it's always good to have a little bit of hot water on hand or warm water.

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Andrew Zimmern: 18:18 Isn't that color gorgeous, too? So, the perfect summer ballpark chicken wing recipe, along with everyone's favorite drink, frozen lemonade, kicked up a little bit by the addition of basil and mint. I think making for a summertime cooler, let's put that in one. Little piece of basil in another. This to me, just screams summer at the ballpark. Wings and frozen lemonade done, Giant Eagle style.