



Chick Sticks

Inspiration for this recipe from Chef Bryce Shuman

- 2 Tablespoons minced hot sweet red peppers
 - 1 cup light brown sugar
 - 1 cup ketchup
 - 2 Tablespoons red wine vinegar
 - 2 Tablespoon hot sauce
 - 1/2 teaspoon salt
 - 1-1/2-pound chicken tenders
 - 1-1/4 teaspoons blackened seasoning
 - 2 Tablespoons avocado oil
- Garnish;** Large leaf parsley sprigs as desired

Prepare the Smoky Sweet Sauce:

In a medium saucepan, stir together red peppers, brown sugar, ketchup, red wine vinegar, hot sauce, and salt. Cook over medium low heat, bring to a low boil, stir occasionally until the sauce is thickened, about 30 minutes. Remove from heat; cool to

room temperature, about 30 minutes. The sauce will keep for 2 months in an airtight container in the refrigerator.

Prepare the Chicken Sticks:

Soak about 12 ten-inch-long wooden stick skewers in water for about 30 minutes; set aside. After soaking, cut each skewer in half or purchase 5-inch-long skewers.

Remove and discard exposed tendon from each chicken tenderloin. Cut each tenderloin strip lengthwise in half; sprinkle both sides of chicken strips with blackened seasoning. Thread chicken strips onto skewers. Dust strips lightly with blackened seasoning.

Cooking the Chicken Sticks:

Heat about 1/2 Tablespoon oil in a 12-inch nonstick grill pan. Add about 6 chicken skewers; cook on medium heat for about 7 to 8 minutes, turning to brown and cook on all sides. Cook until 165 degrees F. internal temperature. Remove from skillet to paper towel lined tray; set aside. Repeat cooking with remaining chicken skewers adding oil to pan as needed.

To Glaze the chicken sticks: Using about 1/2 cup warm prepared smoky sweet sauce, brush the chicken and return chicken skewers to the grill pan, cook about 1 to 2 minutes to glaze the chicken. Remove from pan; keep warm. Yield: about 20 Chick Sticks

To Serve: Use small individual serving glasses. Spoon about 1 to 2 Tablespoons warm sauce in the bottom of each glass. Place one or two chicken skewers into each glass; add 1 sprig of parsley to each glass.
Serves: about 10 to 20 appetizers

Recipe Inspired by Chef Bryce Shuman, for his original recipe *Grilled Sweet-Chili Chicken Wings* see: <https://people.com/food/bryce-shuman-grilled-sweet-chili-chicken-wings/>

About the Recipe: Guests just love this eye-catching appetizer, and it's so easy to make and fun to serve. The sauce is smoky, sweet, and a little tangy with a mild heat. Guests love having their own extra sauce for dipping the little chicks a second and third time. You can't beat this recipe – Little chicks that are double dipping fun.

About the Chef: Chef Bruce Shuman was originally from Chapel Hill, North Carolina and moved to San Francisco, California to work as a chef for Wolfgang Puck at Postrio, then for Stuart Brioza, and Nicole Krasinski at Rubicon. Bryce learned the importance of cooking with the finest ingredients and always from the heart.

Upon returning to the East Coast, he joined Daniel Humm's team at Eleven Madison Park in New York City. During his six-year tenure there as sous chef and executive sous chef, the restaurant garnered four stars from the New York Times, Three Michelin Stars as well as a top five placement on the World's 40 Best. Also, Chef Bruce Shuman from Betony in New York City, garnered three stars from the New York Times, One Michelin Star, and was named 2015 Food & Wine Magazine "Best New Chef."

For More Information see: <https://www.bryceshuman.com/about1>