



# Chef's

## NOTES

Let me be honest, all times of the year are my favorite for grilling and San Diego is always great for grilling. This month however is National Barbecue Month, so we are extra pumped! Our plan for the next few months is to provide our very best flavor combinations and simple yet exciting grilling techniques. I have given you my family and I's best start of summer grilling technique first. Grilling to me, is where memories are made and stories are told.

- *Chef Brad Wise*

**-Mango & Jalapeño Chicken**

**-Sriracha-Honey Wings**

**-Butcher's Ground Beef**

**-Hanger Steak**

**-Cajun Sausage**

**-Caramelized Onion**

**& Bacon Sausage**

**-Double Cut Pork Loin**



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## I How to grill great wings!

MEDIUM to LOW heat!! Wings are the absolute best when grilled!

Our Wise Ox wings this month are perfect for grilling on that warm summer night.

Or a cold San Diego night. The caramelization that occurs when grilling wings is just something special. You just need to be a bit patient when cooking marinated meats, you don't want to cook too hot because it will burn, you don't want to cook it too low because it won't caramelize, there is a sweet spot. You only get better at grilling or cooking by actually doing it.

### ✓ 5 easy tips to remember when grilling wings:

#### ✓ Step 1

Preheat the grill to high or medium heat. If you are using a charcoal or wood fire grill, your target temp should be around 375-425 degrees. This particular marinade will not need any added salt. Remove from the bag while grill preheats.

#### ✓ Step 2

Once your grill is preheated, place wings evenly on the grill grates, be sure none are touching each other. Once on the grill, leave the wings where they are until you start to see caramelization on the bottom. Caramelization is a process that happens when you are cooking something on the grill correctly, you will notice crusty, flavorful ends start to brown but not burn about 5 to 6 minutes.

#### ✓ Step 3

Once you have carmelized the wings, flip, reduce heat to low, then let cook until internal temp reads 165 degrees.

#### CHEF'S TIP

I love to finish these wings with fresh squeezed lime juice for that extra "pop" of flavor. I also usually finish everything that comes off the grill with a real good sea salt.

Join Us  
May 15th & May 29th!

**OX BARBECUE**

OPEN EVERY OTHER SATURDAY  
FROM 11AM - TILL WE'RE SOLD OUT

SOLD BY THE **1/2 POUND** OR **FULL POUND**

<b>BRISKET</b> \$22.00	<b>FILLED PORK</b> \$16.00
<b>SMOKED TURKEY</b> \$14.00	<b>SMOKED SAUSAGE</b> \$5.00

<b>BBQ BEAN*</b> \$6.00	<b>POTATO SALAD</b> \$6.00	<b>CORN PUDDING</b> \$6.00	<b>MAC &amp; CHEESE</b> \$6.00
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ALL ORDERS COME WITH A CHOICE OF SAUCE

<b>ORIGINAL</b>	<b>CAROLINA GOLD</b>	<b>TOMATILLO</b>
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AND A SIDE OF

**◆ PICKLES, PICKLED ONIONS, BREAD ◆**

