

Carolina-style Mustard BBQ & Dipping Sauce

Photos and text (c) by Alice Alfonsi, who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

Growing up in the Northeast, Marc and I rarely saw a barbecue sauce that wasn't tomato based. On a trip to South Carolina in recent years, however, we fell in love with the very different flavors found in that region's famous mustard-based sauce.

We liked it so much that we published our own version in our latest culinary mystery [Dead to the Last Drop](#). Our crime story revolves around the disappearance of the US President's college-age daughter, a brilliant young pianist who gets to know our amateur sleuth (coffeehouse manager Clare Cosi) through frequent visits to her newly opened shop in Washington's charming Georgetown neighborhood. The culinary aspect of our mystery focuses on American Recipes, and Carolina-Style BBQ Sauce is a great one. According to food historians, mustard sauces can be traced back to ancient Rome, but mustard-based barbecue began its life in America in the 1740s when the British paid thousands of German families to take up residence on free land in South Carolina...

Carolina Mustard BBQ & Dipping Sauce

This sauce makes an outstanding glaze for chicken or chicken wings, but it's also great for dipping. The sweetness of the brown sugar is beautifully offset by the bright tang of the mustard. Marc and I use it for dipping raw veggies, cocktail wieners, pretzels, chicken tenders, and fried shrimp. It even makes a tasty salad dressing. However you use it, we hope you'll eat with joy! ~ Cleo

Yield: about 1-1/2 cups

Ingredients

- 1 cup yellow mustard
- 1/2 cup cider vinegar
- 8 tablespoons dark brown sugar (to taste)
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon of powdered cayenne pepper
- 1/2 teaspoon black pepper

Directions: Mix all ingredients in a glass or plastic container and shake well. Chill for an hour or overnight for the flavors to properly blend.



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Sticky Chicken Wings Glazed with Carolina-style Mustard BBQ Sauce

The bright, sweet-and-tangy glaze on these sticky wings literally makes them finger lickin' good! ~ Cleo

Serves 4

10-12 chicken wings, cut into thirds, tips discarded
1 cup Carolina BBQ Sauce (on previous page)

To cook in your oven:

Step 1—Prepare chicken and pan:

Line a shallow baking or roasting pan with aluminum foil for easy cleanup. Coat the foil with a non-stick cooking spray. Place wings in the pan, at least an inch apart.

Step 2—Bake and baste: Preheat oven to 350° F. Place your pan of wings in the middle rack. After 15 minutes, remove pan and generously brush the mustard sauce on each chicken wing. Cook for another 15 minutes. At the 30-minute mark, flip each wing and brush the opposite side. Bake for another 15 minutes. Flip chicken pieces one last time and generously brush on a final coat of sauce. Return chicken to oven for another 20 to 25 minutes. Total cooking time is 60 to 70 minutes.

To cook on your grill

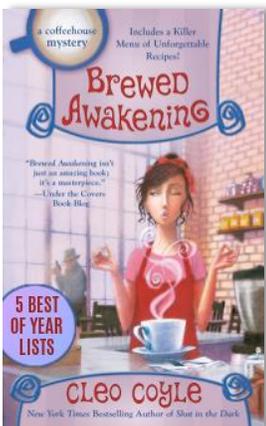
Step 1—Prep the wings: Roll chicken wings in vegetable oil and shake off excess for a light coating. Sprinkle salt on all sides. If you are using a charcoal grill, you must create a cool area where there are fewer coals.

Step 2—Grill: Lay the chicken wings on the hot side and grill for 5 to 10 minutes, depending on how hot the grill is (you don't want the chicken to burn). Once you have a good sear on one side, move chicken to the cool part of the grill (if you are using a gas grill, lower the heat to medium low). Cover and cook 15 minutes.

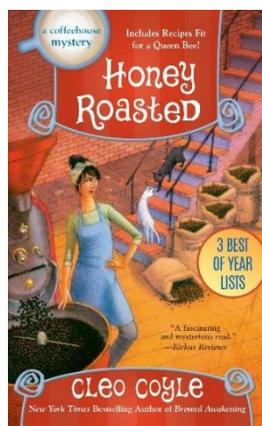
Step 3—Turn and sauce: Turn the chicken wings over and brush with mustard sauce. Cover again and allow to cook for another 15 to 20 minutes. Repeat, turning the chicken pieces over, basting them with sauce, covering, and cooking for another 15 to 20 minutes.

Eat with joy! ~ Cleo

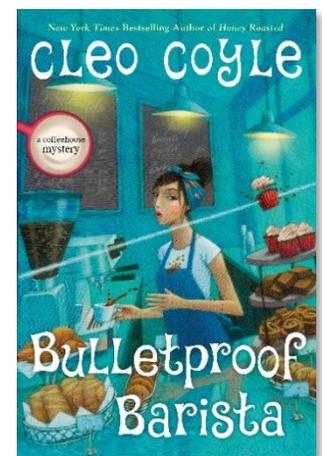
The [Coffeeshouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeeshouseMystery.com
And her recipe blog at www.CleoCoyleRecipes.com



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