

# 0–400 Chicken Wings (Pellet Grill, Crispy and Lightly Smoky)

Prep: 12 hours (optional skin-drying) + 15 minutes to season • Cook: 30 minutes, then 10–25 minutes more to desired doneness + 5 minutes to tack up sauce

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*Crispy, lightly smoky chicken wings cooked from a cold pellet grill to 400°F, then finished with a glossy BBQ sauce tack. Juicy inside, shatter-crisp skin outside with balanced sweet-heat from the rub and sauce.*

## Ingredients

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- as needed chicken wings (rinsed and patted dry; optional 12-hour uncovered chill to dry skin)
- to taste Meat Church Hail Mary BBQ Rub
- to taste Meat Church Holy Cola BBQ Sauce

## Instructions

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1. Optional but recommended: Rinse the chicken wings, pat them very dry with paper towels, place on a wire rack, and refrigerate uncovered for at least 12 hours to dry the skin.
2. Prepare the pellet grill: Fill with pellets (oak/hickory recommended; mesquite, hickory, or pecan also work). Do not preheat—the 0–400 method starts from a cold grill.
3. Season the wings liberally on all sides with Meat Church Hail Mary BBQ Rub (or your favorite BBQ rub). Let the seasoning adhere for 15 minutes. Keep wings on a wire rack if using.
4. Place the wings in the pellet grill while it is off. Turn the grill on, set it to 400°F, and ignite.
5. Cook for 30 minutes, then flip all wings. Rotate positions as needed to account for hot spots. (In the reference cook, wings were ~162°F at 30 minutes.)
6. Continue cooking until the wings reach your desired doneness: safe at 165°F, but for extra crisp skin take them closer to 190–200°F.
7. Remove wings to a metal bowl and toss with Meat Church Holy Cola BBQ Sauce (or your favorite BBQ sauce).
8. Return sauced wings to the grill for 5 minutes to tack up the glaze.
9. Remove, rest briefly, and serve (optional: with ranch). For a visual walkthrough, see: <https://youtu.be/O87JjvFddp8>

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**Tags: Chicken Wings, BBQ, Pellet Grill, Crispy, Game Day, Smoky**

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