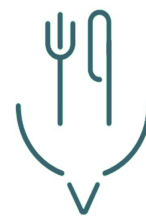


Buffalo Chicken Wings



Serves: 4 | Prep: 8 min | Cook: 1 hr | Source: #ParlezPantry

A Buffalo wing in American cuisine is an unbreaded chicken wing section (flat or drumette) that is generally deep-fried and then coated or dipped in a sauce consisting of a vinegar-based cayenne pepper hot sauce and melted butter prior to serving.

They are traditionally served hot to very hot, along with celery sticks and carrot sticks with blue cheese dressing or, primarily outside of New York, ranch dressing for dipping.

There are several different claims about the invention of Buffalo wings. One of these claims is that Buffalo wings were first prepared at the Anchor Bar in Buffalo, New York, by Teresa Bellissimo, who owned the bar with her husband Frank in 1964. At the time, chicken wings were inexpensive and undesirable, primarily being used for stock or soup.

Ingredients

- 3 lbs chicken wings
- 1 ½ cups chicken (broth)
- 1 ½ cups hot sauce
- 2 tbsp paprika
- 2 tbsp butter (unsalted)
- 2 tbsp honey
- 1 tbsp chilli flakes (garnish)
- ¾ tsp salt
- 1 tsp pepper (black)
- 1 oil (vegetable, pastry brush)

Notes

These are great as a snack or beer food whilst waiting for the rest of the food to arrive. Not a BBQ choice per se but one could equally be used in place of your domestic oven.



Method

1. In a bowl add the chicken broth, hot sauce, paprika, honey and butter and combine. Add the chicken and completely cover the outside with the mixture. Place the bowl in the fridge for a couple of hours or ideally overnight.
2. n.b. In the US they traditionally use Frank's Hot Sauce but to be honest this is too vinegary and barely a medium spice. I personally use a combination of Encona, Tabasco with a hint of my homemade Scotch Bonnet sauce for that serious kick in each and every bite.
3. Heat your oven to 230C. Line a baking tray with parchment paper and lightly brush the paper with oil.
4. Remove the wings from the bowl and in a heavy skillet or large frying pan add the marinade, and bring to a simmer over a medium heat. Add the chicken and further simmer for 15 minutes.
5. Transfer the wings to the pre-prepared baking try and arrange in a single layer. Reserving the sauce in the pan.
6. Bake the wings in the middle or upper rack of the oven, and turn once after 15 minutes. Bake the wings for an additional 15 minutes or until the skin is golden brown.
7. Towards the end of the cooking time place the pan of reserved sauce on a simmer over a medium to low heat and until it is slightly thickened, circa 10 - 12 minutes.
8. Remove the wings from the oven and return them to the skillet and toss with the remaining sauce to thoroughly coat all pieces.
9. Place on a serving dish and sprinkle liberally with the chilli flakes that should adhere to the sticky sauce.
10. Serve the wings with a blue cheese dip and celery or any accompaniment that you see fit.