

KFC WINGS

I somehow got it into my head that I wanted to make KFC wings. I am not exactly sure how this one popped into my head either, but it got there. This naturally led to a bit of research (and buying a few more books) and guess what? Everyone thinks they have the secret recipe. I decided to base the “11 herbs and spices” on a Chicago Tribune story where the guy got the “recipe” from Colonel Sander’s nephew. Long story short, some people say it is a pretty good match, some say it isn’t even close. There are a few other options, but I decided to try this one first.

So what about the rest of it? Well, Sous Vide it is. I have always had great luck with Sous Vide’ing wings; it allows a fully cooked, yet tender and juicy wing and a quick flash fry for browning. Incidentally, that is one of the challenges of good fried chicken; how to the cook the chicken through, but not overcook the crust. The new thing I am trying this time is Sous Vide’ing the wings in the buttermilk brine. Not quite sure how this is going to turn out, but I have high hopes!!!

20210130 (Saturday): Changing the celery salt and garlic salt to celery seed and garlic powder. I also ditched the eggs in the brine

20210308 (Monday): Well, after several weeks... I think Todd Wilbur’s spice mix is the way to go, but that is where the similarities end. These are REALLY good. I am not quite sure, however, if it is too salty or not. I got back and forth on that. If it turns out too salty for you, cut back on the salt in the brine. I am keeping this one as the original, but I already know what I want to do for OMD’s version

INGREDIENTS

THE BRINE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
4	TSP	Morton’s Kosher Salt
1	TBSP	Accent
2	TSP	White Sugar
2	TSP	Black Pepper
1/2	TSP	White Pepper
1/2	TSP	Paprika
1/2	TSP	Savory (Ground)
1/2	TSP	Sage (Ground)
1/4	TSP	Ginger (Ground)
1/4	TSP	Majorim (Ground)
1/4	TSP	Onion Powder
1/8	TSP	Garlic Powder
1/8	TSP	Cayenne Pepper
4	Cups	Buttermilk

THE BREADING

Qty.	Unit	Item
4	TSP	Morton's Kosher Salt
1	TBSP	Accent
2	TSP	White Sugar
2	TSP	Black Pepper
1/2	TSP	White Pepper
1/2	TSP	Paprika
1/2	TSP	Savory (Ground)
1/2	TSP	Sage (Ground)
1/4	TSP	Ginger (Ground)
1/4	TSP	Majorim (Ground)
1/4	TSP	Onion Powder
1/8	TSP	Garlic Powder
1/8	TSP	Cayenne Pepper
1 ¾	Cups	Self-Rising Flour

THE REST OF IT

Qty.	Unit	Item
2	Large	Eggs
2	Packages	Uncut Chicken Wings
1	12 oz. Jar	Heinz Home Style Gravy - Roasted Turkey
AR	-----	Peanut oil

Insert standard statement about kosher salt here

I could not find savory at any of my usual grocery store haunts; I had to get it from Amazon. I think it may be key, however, so plan ahead

I generally get Purdue, or the like, wings. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. You can also get what I believe are called "Party Wings" which have already been separated into drumettes and flats, but for some reason, I like separating my own and including the wing tips

No self-rising flour? Use the following per 1 cup of flour

- 1 cup AP Flour
- 1 ½ TSP Baking Powder
- ¼ TSP Salt

Don't have or don't like peanut oil??? Use any suitable oil for deep frying at around 374 deg. F.

SPECIAL TOOLS

- Counter top deep fryer
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [i]

PREPARATION

- 1) Heat the Sous Vide machine to 165 deg. F
- 2) Make (Qty. 4) 4 line vacuum seal bags (fold down the top edges of the bags by an inch or so to help avoid getting chicken stuff on the outside of the bag)
- 3) Whisk the brine dry ingredients in a medium glass bowl
- 4) Split the brine dry ingredients into 4 equal portions
- 5) Separate the wings into drumettes, flats and tips with a cleaver [ii]
- 6) Put the parts from 3 wings into each 4 line vacuum seal bag
- 7) For each bag
 - a. Add one portion of the dry brine ingredients
 - b. Roll down the bag to close with several folds and secure with 4 medium binder clips
 - c. Shake the bag until the dry brine ingredients evenly and thoroughly coat the wings
- 8) OK... this next part might get a bit tricky... The goal is to vacuum seal the wings and brine with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer
 - a. Hang a bag of wings in the vacuum seal bag holder and carefully add 1 cup of buttermilk
 - b. Position the vacuum sealer near the edge of a counter
 - c. Squeeze out as much air as possible from a bag of wings and brine
 - d. Position the bag o' wings in the vacuum sealer so that it hangs over the edge of the counter [iii]
 - e. Pull a vacuum as long as possible until liquid starts to be sucked up and trigger the seal function
 - f. After one minute, re-trigger the seal function
 - g. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
 - h. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - i. After one minute, re-trigger the seal function
 - j. Place the bag o' wings in the fridge
 - k. Repeat Steps 8a through 8j for the remaining bags
- 9) Place the bags o' wings in the fridge until the Sous Vide machine is ready
- 10) Once the Sous Vide machine has reached temperature, add the bags of wings
- 11) Add additional water as required to cover the bags o' wings [v]
- 12) When the Sous Vide machine temperature recovers, set a timer for [vi]
 - a. 3 hours for non-frozen wings
 - b. 3 ½ hours for frozen wings

- 13) Whisk the breading ingredients, except for the flour, in a medium glass bowl
- 14) Whisk in the flour. Cover the bowl with a plate and set aside until needed
- 15) About an hour out, fill the deep fryer with oil, but do not heat
- 16) Set up (4) strainers over (4) 1 Qt. measuring cups with 4 saucers for covers
- 17) Pull out 9x13 glass baking dish, a large cookie sheet, 2 ½ sheet pans, and a ½ sheet cooling rack
- 18) When the Sous Vide timer goes off, pull the Sous Vide wings and drain through fine mesh strainers on top of the quart measuring cups; one bag per strainer / cup
- 19) Shake each strainer over the measuring cup to get any remaining liquid and fat bits through the strainer
- 20) Cover the strainers with the saucers
- 21) Heat the deep fryer to 374 deg. F
- 22) Allow the wings and juice to cool until comfortably handleable; about 10 minutes
- 23) Rinse two eggs
- 24) Crack the eggs into the juice of one of the 1 qt. measuring cups and whisk until thoroughly incorporated
- 25) Spread the breading mix evenly in the 9x13 glass baking dish
- 26) Place the parts from 2 wings in the egg wash and mix around with your “wet” hand
- 27) Tap off the excess juice from the wings and place on the breading in the 9x13 glass backing dish
- 28) Use a spoon to scoop breading over the wings
- 29) Use your “dry” hand to evenly coat the wings with breading
- 30) Tap off excess breading and place wings on a large cookie sheet
- 31) Repeat steps 26 – 30 for the remaining wings
- 32) Place the wings in the fridge and allow to rest for 20 minutes
- 33) Heat gravy over the lowest heat in a small sauce pan. If at any point it heats too vigorously, remove from heat then return after it has cooled down.
- 34) Deep fry wings in small batches (the parts from two wings is a good start) for 1 minute, 30 seconds or until you get your desired level of brownness
- 35) Let drain in the basket for 30 seconds
- 36) Put wings on a ½ sheet cooling rack in a ½ sheet pan. Keep covered with a second half sheet pan
- 37) Repeat steps 34 - 36 for the rest of the wings
- 38) When ready to eat, put some of the gravy in a small bowl for dipping
- 39) Plate
- 40) ENJOY!!!

- 41) After you are done eating, pour the juice from the (3) 1 qt. measuring cups into a 1 qt. ball jar, label the jar, and put in the fridge [viii]

CLOSING THOUGHTS

REV. 00

First go around was WAY too salty. It makes sense given all the salt that was put in, although the leftovers the next day seemed a little more subdued. Next go around the celery salt and garlic salt will become celery seed and garlic powder.

Also, I realized that I did not put the eggs in the brine. You know what? I liked it, so I am going to ditch the eggs

REV. 02

Oh... YEAH!!! Although, I am still RIGHT on the fence about the salt, these were freaking tasty. Tasty in a way that make it hard to stop eating. AND they are fantastic as cold leftovers. WOW!!!

NOTES

- i. These are VERY handy, especially if you are pouring in liquid
- ii. Yeah, I know. Most people don't like to waste time on the tips, but for some reason, I feel guilty if I don't include them.
- iii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- iv. Normally I would say "If you don't have a Traeger or the like, you can use the oven.", but in this case, you do need a smoker. You also need the hickory pellets
- v. Don't go over the "Max Fill" line!
- vi. You have a bit of leeway here. Can't get to it right away when the timer goes off? No problem. Sous vide is pretty forgiving as far as running a bit long goes, just don't let it sit forever
- vii. Once again I fell prey to being too hungry and did not get all of the pictures! Also, pictures need to be updated for the latest revision
- viii. There is something I can do with this, but I am not entirely sure yet. Maybe some sort of cream-noodle soup

PICTURES [VII]

















