

OTHER WINGS

This is another example of an offshoot from my fermentation experimentation. About 1 ¼ years ago, I had the idea to brine / sous vide wings in a round of pickled habaneros I had hanging around in the fridge. Hooray! Another win! Great taste and, believe it or not, not too, too much heat (although I may be lying about that since I added the ground dried habaneros).

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	1 qt. jar	Pickled Habaneros (See recipe “Lacto-Fermented Pickled Habaneros”)
4	TBSP	Land O’ Lakes Salted Butter
1	-----	Mediumish to Largish Lemon
1	Package	Uncut Chicken Wings
1/4	Cup	AP Flour
1	-----	Largish Egg
2	TBSP	Whole Milk
1	TBSP	Ground Smoked / Dried Habaneros
AR	-----	Corn Starch
AR	-----	Peanut oil

See standard disclaimer about salted vs unsalted butter in other recipes. I am too lazy right now to repeat it.

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.

As far as the ground smoked / dried Habaneros, I prepare those too. One of these days, I’ll get around to writing that up as well.

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
- Sous Vide Machine [i]
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Immersion blender
- Regular ‘ol blender [ii]

PREPARATION

- 1) Heat the Sous Vide machine to 165 deg. F
- 2) Make (Qty. 2) 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) Separate the wings into drumettes, flats and tips with a cleaver [iii]
- 4) Put the parts from 3 wings into each 4 line vacuum seal bag
- 5) Pour the pickled habaneros and brine into the regular 'ol blender and blend on "liquify" for 1 minute [vi]
- 6) Measure and record the volume of the liquified pickled habaneros
- 7) Pour one half of the liquified pickled habaneros into each 4 line vacuum seal bag
- 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. Position the vacuum sealer near the edge of a counter
 - b. Squeeze out as much air as possible from a bag of wings and pickled peppers
 - c. Position the bag o' wings in the vacuum sealer so that it hangs over the edge of the counter [iv]
 - d. Pull a vacuum as long as possible until liquid just about reaches the vacuum sealer and trigger the seal function
 - e. After one minute, re-trigger the seal function
 - f. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
 - g. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - h. After one minute, re-trigger the seal function
 - i. Place the bag o' wings in the fridge
 - j. Repeat Steps 7a through 7h for the second bag
- 9) Once the Sous Vide machine has reach temperature, add both the bags o' wings
- 10) Add additional water as required to cover the bags o' wings [v]
- 11) When the Sous Vide machine temperature, set a timer for
 - a. 3 hours for non-frozen wings
 - b. 3 ½ hours for frozen wings
- 12) When timer goes off, pull the Sous Vide wings and drain through fine mesh strainer on top of a quart measuring cup
- 13) Scrape extra gunk off the wings into the juice and set wings aside
- 14) Set a sauce pan on medium-low, add the 4 TBSP of butter and let melt
- 15) Add the wing juice to the sauce pan
- 16) Juice the lemon and add juice to the sauce pan
- 17) Fill the deep fryer with oil and heat to 374 deg. F
- 18) Heat the sauce until it reduces to your desired level of thickness. If it starts bubbling too vigorously, reduce the heat.
- 19) Want the sauce a bit thicker? Stir in some corn starch a little bit at a time, let's say 1 TSP, until it gets to where you want
- 20) Whisk the egg in a bowl with the 1 TBSP of ground smoked / dried habaneros and 2 TBSP whole milk until well incorporated
- 21) Put the flour in a gallon ZipLoc bag

- 22) Toss wings in the flour in the zip loc bag 3 or so at a time at set on a cookie sheet []
- 23) Dredge the wings in the egg wash and set back on the cookie sheet
- 24) Deep fry wings in small batches (DON'T CROWD!) for 1 minute 30 seconds
- 25) Let drain in the basket for 15 seconds
- 26) Put wings on a ½ sheet cooling rack in a ½ sheet pan. Keep covered with a second half sheet pan
- 27) Repeat steps 23 - 25 for the rest of the wings
- 28) Toss wings in a bowl with 1 TBSP of sauce per wing part
- 29) Pour left over sauce in a small bowl for additional dipping goodness
- 30) Plate
- 31) ENJOY!!!

NOTES

- i. I think this may be the first appearance of the Sous Vide machine. How have I neglected it for so long!
- ii. Why is a regular blender in the "Special Tools" list? I dunno; I just get the feeling that maybe not too many people have blenders. At least I didn't specify a Vitamix.
- iii. 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.
- iv. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- v. Don't go over the max fill line!
- vi. DO NOT over fill the blender, or else you will get Habanero juice EVERYWHERE! Blend in batches as required.
- vii. Running out of flour? Add more!

PICTURES
