

WINGS #000

I think this one may have been the tipping point, or at least very close to it. Maybe it was the pizza, which got me to the wings, but wings got me to fermentation which opened up so many more rabbit holes. This is the first wings recipe I made which I REALLY liked.

INGREDIENTS

BRINE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	12 oz. Bottles	Sierra Nevada Pale Ale
2	TBSP	Kosher Salt
4	TBSP	Brown Sugar
4	TBSP	White Sugar
5	oz.	Tabasco Original
1	TSP	Rosemary
1	TSP	Thyme
1	TSP	Garlic Power
Several	N.U.	Bay Leaves

SAUCE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
8	TBSP	Land o' Lakes Salted Butter [i]
5	oz.	Tabasco Original
2	N.U.	Small limes
1	6 oz. can	Tomato Paste
2	Cloves	Garlic

PRE-COAT

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
3/4	Cup	Self-Rising Flour
3/4	Cup	Bread Flour

POST-COAT

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1 ½	Cup	Masa
1 ½	TSP	Black Pepper
1 ½	TSP	Cayenne Pepper
1 ½	TSP	Paprika

EGG WASH

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
3	N.U.	Large Eggs
1/3	Cup	Butter Milk
5	oz.	Tabasco Original

Regular milk is OK if you don't have buttermilk.

WINGS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
12	N.U.	Wings
AR	-----	Peanut Oil

Perdue wings generally come 6 to a package and clock in around 1.67 lbs per package.

Peanut oil is enough to fill your deep fryer (or pot, or Dutch oven, or etc.) if it needs filling.

SPECIAL TOOLS

- Immersion blender
- Counter top deep fryer

PREPARATION

BRINE

Not much to this part...

- 1) Mix all ingredients in a 1 quart Pyrex measuring cup with an immersion blender
- 2) Cover with plastic wrap and set aside until you need to brine the wings
- 3) If it will be a while, blend the brine again just before you add it to the wings

WINGS – PART I

- 1) Using a cleaver, separate the drummette, wingette, and tip.
 - a. Some people feel that the tip is not worth the effort; either discard or keep.
- 2) Put the wing sections into a Tupperware container and cover with your brine of choice
- 3) Let the wings brine overnight in your fridge

SAUCE

On the day that you are making the wings...

- 1) Chop / mince the garlic
- 2) Add butter to a small sauce pan and melt over low heat
- 3) Add the rest of the ingredients and whisk [ii]
- 4) Use a hand-held immersion mixer after the initial mixing to get the ingredients REALLY integrated
- 5) Continue to heat on low for a while (or when you're are ready to eat) whisking occasionally [iii]

WINGS – PART II

- 1) Heat deep frier oil to 356 deg. F
- 2) Mix the pre-coat ingredients in a gallon Ziploc freezer bag
- 3) Mix the post-coat ingredients in a second gallon Ziploc freezer bag
- 4) Mix the egg wash ingredients with an immersion blender
- 5) Pull 4-6 wing parts from the brine and put in the bag of pre-coat. Tap off extra liquid from the wings on the side of the container
- 6) Toss the wings in the pre-coat until evenly coated
- 7) Pull the wings from the pre-coat and tap off excess pre-coat. Set aside
- 8) Repeat pre-coat for the rest of the wings
- 9) Dip 4-6 wing parts at a time in the egg wash and mix around until thoroughly coated
- 10) Tap off the excess egg wash from the wings and put in the bag of post-coat
- 11) Toss the wings in the post-coat until evenly coated
- 12) Pull the wings from the post-coat and tap off excess pre-coat. Set aside
- 13) Repeat steps 9 - 12 for the rest of the wings
- 14) Fry wings 4-6 at a time at 356 deg. F for 4 min. 30 sec.
- 15) Drain in basket for 15 sec.
- 16) Set aside on paper towels
- 17) When ready to eat, mix / toss the wings and sauce. I find around 1 TBSP per wing generally works
- 18) Enjoy!

NOTES

- i. I have never really given thought to unsalted vs salted butter until recently. Butter is butter right? Well, turns out that the amount of salt in salted butter may vary between brands (which is why I specified Land o' Lakes for this one). It is much easier to control the salt levels when you don't have to guess.
- ii. Make sure you use a Teflon whisk if you are using non-stick cookware.
- iii. If it becomes too separated, use the immersion mixer as needed.

PICTURES

BRINE







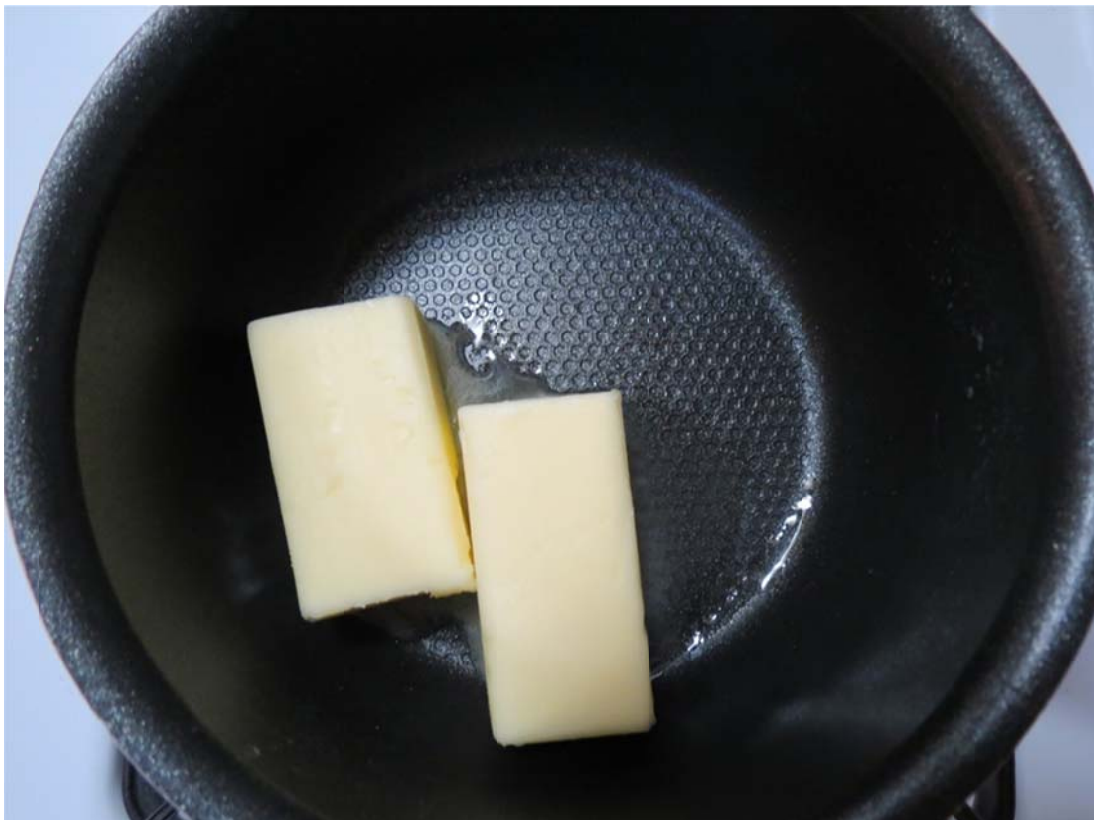
WINGS - PART I







SAUCE







WINGS - PART II











