

Buffalo wings

1 kg of Wings

- Cut the wings in two
- Rinse the wings under cold water
- Pat dry with paper towel

Seasoning

- 2 Tablespoons of Corn Flour
- 2 teaspoons of Cayenne Pepper
- 2 pinches of Pepper
- 1 pinch of Salt
- 1 large zip lock bag

Sauce

- 100 grams Butter
- 2 Tablespoons of Tabasco Sauce
- 1 cup of Franks Red Hot Original sauce (*Editor's Note: Greg says this is readily available at Woolworths or Fyshwick Markets – also that “you could substitute with any Hot Pepper Sauce, however, Franks is the best”*)
- 1 tablespoon of Apple Cider Vinegar
- 1 tablespoon of Brown Sugar

Cooking

Frypan
Extra Virgin Olive Oil
Oven set at 180 deg

Step 1

Prepare the Chicken Wings by cutting them in two, wash under cold water and then pat dry with paper towel.

Step 2

Create the seasoning by placing all the ingredients into a Zip Locked bag and place the wings in and coat with the seasoning. Ensuring that sufficient seasoning is over all wings.

Step 3

Use a frypan and place sufficient Olive Oil, enough to shallow fry the wings. When the oil is hot enough, place the wings in the oil and shallow fry the wings.
Turn the wings occasionally.

Step 4

When the wings are cooked, place them onto a baking tray with baking paper. Place in the oven to keep warm.

Step 5

While the wings in the oven, make the Sauce.

Mix the Tabasco Sauce, Apple Cider Vinegar and Brown sugar into a bowl

Place the butter in a saucepan (small) and melt the butter.

When the butter is melted, whisk the Franks Red Hot Original Hot sauce in and add the Tabasco Sauce, Apple Cider Vinegar and Brown sugar until mixed in.

Pour Sauce into a Gravy boat.

Step 6

1. Place a qty of wings in a bowl and serve.

and
2. Place the remaining wings into another bowl, pour a portion of sauce over the wings and toss the wings to ensure that enough of the sauce is covered on the wings.
3. Use the remaining Sauce as a dipping sauce for the wings.

Step 7

Enjoy and beware the sauce is spicy (hot).

Tastes great with a Beer! *(Editor's Note: CAA strongly encourages responsible use of alcohol)*