

CRISPY BAKED CHICKEN WINGS & 6 SAUCES

F EASY

Last Modified: 05/13/2016

PREP: 10 Min
COOK: 1 Hr 30 Min
OVEN: 250 & 425

CHICKEN

MAKES 10 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Chicken Wing Sections	Thawed
		PICK A SAUCE OR MIX IT UP	
		Buffalo Wing Sauce	
		Flavored Barbecue Sauces	
		Korean Sweet & Spicy Dipping Sauce	
		Jamaican Jerk Sauce	
		Sweet & Sour Sauce	
		Tongkatsu Sauce	

CRISP COATING MIX

1/2	Tsp	Table Salt	
1	Tbsp	Baking Soda (Aluminum Free)	

PREPARATION

FACTOID	This coating is SUPER crispy and easily remains crisp after coating the wings with sauce - even hours later.
FACTOID	The Baking Soda makes for a SUPER crisp skin! The Aluminum is BITTER TASTING!
TOOLS	1) Large Mixing Bowl 2) 2 - Aluminum Half Sheet Pans & Wire Racks
PREP	DISH 1) Preheat the oven to 250 degrees with racks in the middle and lower thirds. 2) Cut the Wings into Drumettes, Blades & Tips if not already done - Discard the Tips.
1	Place the wing sections in the mixing bowl. LIGHTLY sprinkle them with the Salt & Baking Powder. Mixing with your free hand as you go so each wing is coated (You may need a little more Mix).
2	Place the Wing Sections in a single layer on the wire racks so they are NOT TOUCHING.
3	Bake the Wings for 30 minutes - Do NOT turn them over. Rotate the Sheet pans.
4	Leaving the Wings in the oven, raise the oven temperature to 425 degrees.
5	Bake for 40 ~50 minutes longer, until the Skin is golden brown and CRISP! Remove from the oven and allow them to sit for 15 minutes.
6	Place the Wings in the now WASHED mixing bowl. Pour over the Wing Sauce of choice while shaking & tossing to evenly coat each wing.
SERVE	Serve the Chicken Wings while hot.

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