

Buffalo Wings



Ingredients

20 chicken wings
1 ½ Tbsp salt
½ cup melted butter
½ cup hot sauce

Blue Cheese:

½ cup mayo
½ cup sour cream
½ cup milk
¾ cup crumbly blue cheese
1 Tbsp vinegar
½ tsp sugar
¼ tsp garlic powder
¼ tsp pepper
Pinch of salt

Utensils

Measuring cups and spoons

Mixing Bowls

Whisk

Deep fryer or Air Fryer

Tongs

Spatula



Recipe Instructions

Step 1: Cure Chicken

Place raw chicken wings in a mixing bowl and sprinkle with salt. Stir to coat. Cover and place in fridge for at least 30 minutes.

*Choose either Air Fry **or** Deep Fry as your step #2*

Step 2: Deep Fry option

Set deep fryer to 325°.

Deep Fry at 325° for 5 minutes.

Remove from oil. Place on paper towels or a cooling rack to let excess oil drip.

Set deep fryer to 375°

Step 2a: Second Fry

Fry again at 375° for about 3 minutes or until the skin is more golden brown and crispy.

Remove from fryer, place on paper towels or a cooling rack to let excess oil drip.

Step 2: Air Fry option

Air Fry at 375° for about 20 minutes. Flip food/shake basket halfway through.

Chicken should be cooked to an internal temperature of 165°

Use tongs to safely remove from air fryer.

Step 3: Sauces

Whisk together melted butter and hot sauce. Pour over cooked wings in a mixing bowl and toss to coat.

Blue Cheese: Add all ingredients to a mixing bowl and stir to combine.

Step 4: Finish and Enjoy

Plate the wings, add some homemade blue cheese, or your favorite dipping sauces and **enjoy!**

Extras can be stored in airtight container in the fridge for 4 days.



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Kitchen Safety Tips:

Be careful when you drop any food into hot oil. It could **splash** and **burn** you.