

# Chicken Wings 101



## Bake

- baking sheet
- cooling rack
- basting brush (optional)
- baking powder & salt

Pat wings dry and toss with 1 tsp salt and 1 tsp baking powder per pound of chicken until well coated. Transfer to a cooling rack on a baking sheet and refrigerate uncovered for 8 hours and up to 24 hours.

Adjust oven rack to upper-middle position and preheat oven to 450° F. Add chicken wings and cook for 20 min. Flip wings and continue to cook until crisp and golden brown, 10 to 15 min longer, flipping a few more times towards the end.

When chicken is fully cooked and crispy, baste generously with your sauce of choice and cook until nicely browned, 2 to 5 min. Or, toss with sauce and serve.

## Try 'em with Lexi's PB & J Wing Sauce

- 2.5 T LOCAL Lewiston Concord Blackberry Jam (may substitute concord grape or raspberry jam)
- 2 T smooth peanut butter
- 1 ½ T red wine vinegar
- ½ T tamari
- ½ tsp sriracha
- ¼ tsp toasted sesame oil
- 1/8 tsp crushed red pepper
- 1 T toasted sesame seeds

In a large bowl, whisk together all ingredients, except the toasted sesame seeds, and set sauce aside. Baste or toss wings with sauce to coat and sprinkle with sesame seeds.



## Try 'em with Che Garcia Chimichurri

Locally made, super flavorful mixture of red wine vinegar, garlic, oregano, parsley & other spices!

## Fry

- large, deep pot or flat-bottom wok
- canola or peanut oil
- oil thermometer
- spider strainer
- baking sheet
- cooling rack

Lay the wings out in a single layer and pat them dry on both sides with paper towels.

In a large, deep pot, pour oil to a depth of 2 inches and heat to 350°F. Set a cooling rack over a baking sheet and keep near the pot.

Add wings to oil and fry until golden, about 5-7 minutes. Use a spider strainer to remove wings and place on rack over the baking sheet. If you are

working in batches, adjust the oil temperature to maintain a steady 350°F. Let wings rest on rack for 30 seconds, then toss with your choice of sauce and serve!

## Try 'em with Lexi's Classic Buffalo Wing Sauce

- 2 sticks unsalted butter
- 2 cups Frank's Hot Sauce

Combine butter and hot sauce in a small saucepan and cook over medium heat, whisking until combined.

## Air Fry

- air fryer

Lay the wings out in a single layer and pat them dry on both sides with paper towels.

Place wings in the air fryer and turn on to 380°F. Cook 25 minutes, removing the basket and tossing the wings with tongs every 5 minutes.

After 25 minutes of cooking, the wings should be tender and cooked through. Increase the heat to 400°F and cook until the skin is crispy and golden brown, 5 to 8 minutes more.

Toss with your choice of sauce and serve.

If you plan on serving these wings to a crowd, do the first round of cooking before guests arrive, and transfer the cooked wings to a sheet pan to cool. Then, crank the heat and cook a second time just before serving.

## Try 'em with Lexi's Cajun Rub

- ½ cup ancho chili powder
- 1/3 cup smoked sweet paprika
- ¼ cup granulated garlic
- ¼ cup kosher salt
- 2 T black pepper
- 2 T ground cumin
- 1 T dried oregano
- ½ T dried thyme
- ½ T chipotle chili powder

Combine ingredients and mix well. Add 2 T rub to a bowl, add 1 T oil and mix. Toss raw wings in wet rub, then airfry!

Make sure chicken wings (and other poultry) reach an internal temperature of at least 165°F.

