

Hot Wings

Wings are the consummate bar food and are required any time you have friends over to watch the game. I have a few different ways to do wings. I rarely fry them, occasionally I'll grill them, but I usually roast them in a 400 – 450 degree oven. I buy a bunch of wings and brine them overnight. Then I divide them up in quart freezer bags and freeze them. This way I can thaw however many I want, and prepare them according to what sounds good at the time. So here are my varieties:

- Polynesian Style: grilled or roasted and served with savory salt
- Caribbean Style: roasted and tossed in Wing Sauce (See below)
- Buttermilk Wings: Breaded and oven fried

Brining

You can probably get by without brining, as long as you marinate the wings for 3+ hours. That being said, brining allows you to marinate them for a shorter time before cooking. Anyway, brine the wings in a zip lock bag for 3 hours or overnight in a solution of 2 Tbls. each of sugar and salt per quart of water.

Marinades

For Polynesian Style Wings, marinade for 2 – 3 hours in:

- 1/2 Cup regular Soy Sauce
- 1 Tbls. 5 spice powder

For Caribbean Style Wings, marinade for 2-3 hours or overnight in equal parts:

- Regular Soy Sauce
- Sweet Vermouth or Mirin

- Fresh or frozen (thawed) pineapple crushed in a zip lock bag using your hand

For buttermilk wings, marinade overnight in equal parts:

- Buttermilk
- Louisiana Hot sauce (or brand of your choosing)

Oven Roasting

1. Preheat oven to 400 degrees
2. The buttermilk wings are great breaded with bread or cracker crumbs, corn flakes or ground pork rinds.
3. Arrange marinated wings on an aluminum foil covered sheet pan fitted with a wire rack
4. Roast in the upper part of the oven for 30 – 40 minutes until nicely browned and cooked through

Savory Salt

- 1/4 Cup kosher salt
- 1 Tsp. Celery salt
- 1 Tsp Paprika
- 1 Tsp Cayenne

1. Combine all ingredients in a small jar
2. Sprinkle over wings while hot

Wing Sauce #1

- 2 Tbls. Melted butter
- 2 Tbls. Canola oil
- 4 Tbls. Sriracha Sauce
- 1 Tbls. Sambal Oelek (Chile garlic sauce)

1. In a large bowl, whisk all ingredients together or, in a place all ingredients in a lidded jar and shake.
2. Add the cooked wings to the bowl and toss to coat.
3. Serve immediately.

Wing Sauce #2

- 2 Tbls. Melted butter
- 2 Tbls. Canola oil
- 4 Tbls. Habanero Sauce such as Louisiana or Tabasco

1. In a large bowl, whisk all ingredients together or, in a place all ingredients in a lidded jar and shake.
2. Add the cooked wings to the bowl and toss to coat.
3. Serve immediately.

Wing Sauce Other

- 2 Tbls. Melted butter
- 2 Tbls. Canola oil
- 4 Tbls. Whatever sauce you want

Wing Sauce Ideas:

- Try Chipotle, Piquin, Green Chile or Pica Pepper
- Heat the butter and oil in a small pan and add sliced garlic. After the garlic cooks a bit, remove it with a slotted spoon. Add whatever sauce you were thinking of.
- Use an Italian style tomato sauce and sprinkle the coated wings with fresh Italian herbs and crushed red pepper