THE REAL DEAL
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Buffalo Wings

Recipe By CLARK NEAL

INGREDIENTS:

- ☐ **2 lbs. Harvest Farms Organic chicken wing segments**
- ☐ **2 quarts Laura Lynn peanut oil**
- ☐ **⅓ cup Laura Lynn unsalted butter**
- ☐ **½ cup cayenne pepper sauce**
- ☐ **1 (16 oz.) Laura Lynn chunky blue cheese salad dressing**
- ☐ **1 container Ingles fresh sliced celery sticks**

DIRECTIONS:

- ☐ 1. In a large Dutch oven or fryer, add the peanut oil and preheat to 350°F.
- ☐ 2. Pat chicken wing segments with paper towels to thoroughly dry them.
- ☐ 3. Fry wings in batches, being sure not to crowd the pan. Cook the wings for 10-12 minutes. until crispy and golden brown. Remove from oil, place on a wire rack on a sheet pan, and place in a 200°F oven to hold. Repeat the cooking steps until all wings have been fried.
- ☐ 4. To make the sauce, melt butter and combine with cayenne pepper sauce, stir well to incorporate.
- ☐ 5. In a large bowl, add the fried wings, and pour sauce over the wings. Toss well to coat.
- ☐ 6. Serve wings immediately with blue cheese and celery sticks.

Legend has it that The Anchor Bar in Buffalo, New York created the chicken wing recipe in 1964. Co-owner Teressa Bellissimo created the dish at her son Dominic's request. He and some of his friends were drinking at the bar and asked Teressa to cook them up something to snack on. She tossed some chicken wings into the deep fryer, created a simple spicy sauce to toss them in, and served them to the hungry fellows, with a side of blue cheese dressing and celery. The residents of Buffalo just refer to them as Wings, but everyone else calls them Buffalo Wings.

Did you make this recipe?

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