Fried Chicken Wings

GARDNER FAMILY FARM
EST 2020



Ingredients

1.5 Liter vegetable oil
12-24 Wing pieces (traditional) OR 1.5 pounds of chicken breasts (boneless)
1 C. Milk
2 tsp. Salt (divided)
1 ½ tsp. Garlic Powder (divided)
2 tsp. Onion Powder (divided)
2 tsp. Paprika (divided)
¾ tsp. Black Pepper (divided)
½ C Flour
½ C Corn Starch

1. In a medium bowl, combine milk, 1 tsp. salt, ½ tsp. garlic powder, ½ tsp. onion powder, ½ tsp. paprika, and ¼ tsp black pepper. Cut chicken breast into 1 inch pieces and add to marinade if making boneless wings, or add wing pieces directly to marinade if making traditional wings. Cover and refrigerate for 30 minutes to an hour.
2. Heat oil in a heavy bottomed pan to 350°F (Dutch oven or stock pot; Do not use non-stick). You can check the temperature with a candy thermometer. Keep the oil at 350°F by keeping the heat at medium to high, depending on your stove.
3. Combine remaining spices, flour, and cornstarch and mix thoroughly. Place dredge mix in a 1-gallon Ziplock bag. Remove half the chicken from the marinade and place in the bag. Close the bag securely and shake to coat the chicken. Allow pieces to rest on a cutting board for 5-10 minutes to allow the corn starch to absorb the marinade moisture.
4. When chicken has rested and oil is hot, carefully drop the piece into the oil and fry 7-10 minutes or until the internal temperature of the thickest pieces is 165°F. Remove the wings with a spider skimmer or other metal slotted spoon and drain on paper towels before checking the oil temperature and frying the rest of the wings. Toss the finished wings with your favorite sauce and serve!

Grocery List

- [ ] 1.5 Liters vegetable oil
- [ ] 24 wing pieces OR 1.5 lbs breasts
- [ ] Milk
- [ ] Garlic powder
- [ ] Paprika
- [ ] Onion Powder
- [ ] Corn Starch
- [ ] Flour