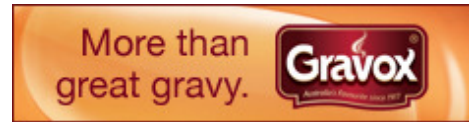




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Buffalo wings with blue cheese dip



Photography by Ian Wallace

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If you're hosting a grand final party today, you'll kick the winning goal with these delicious chicken wings.

Ingredients (serves 12)

24 chicken wings, tips discarded
 1 tbs garlic salt
 1 1/2tbs onion powder
 2 tsp ground white pepper
 2 tbs plain flour
 Oil, to deep-fry
 75g unsalted butter
 150ml tomato sauce (ketchup)
 1/4 cup (60ml) Worcestershire sauce
 1 tsp sweet chilli sauce

Blue cheese dip

150g mild blue cheese (such as Blue Castello)
 1/2 cup (125g) sour cream
 1/2 cup (125g) mayonnaise
 2 garlic cloves, crushed

Method

Cut each wing in half through the joint. Combine garlic salt, onion powder, pepper and flour with 1 teaspoon salt. Rub onto wings. Heat a little oil in a large frypan over medium-high heat. When hot, fry wings for 2-3 minutes each side, without letting them colour too much. Drain on paper towel. Cool slightly.

Combine the butter with tomato, Worcestershire and chilli sauces. Toss the chicken wings in the marinade, cover and refrigerate overnight.

The next day, place dip ingredients in a food processor and pulse to combine. If mixture is too stiff, mix with a little warm water to make a smooth dipping sauce.

Preheat the oven to 180°C or the barbecue to medium-high. Cook the chicken wings for 10 minutes until cooked through and golden, then serve with the blue cheese dip.

Notes

Begin this recipe the day before.

Source

delicious. - December 2004, Page 192

Recipe by Valli Little