

## Wild Wings

A few notes: We talk at length during this Women in Food Podcast episode about Chicken Wings and the different ways they come in the store. Low cooking your chicken wings renders out the fat and baking powder & naturally crisps the skin while pulling out the moisture.

### INGREDIENTS:

- 2 Package of 4-6 Chicken Wings
- 1 tablespoon of baking powder (not soda)
- 1 Large ziplock bag
- Your favorite sauce- BBQ, Buffalo etc.

### METHOD:

1. Pre-Heat Oven to 250
2. Thaw your package of Chicken Wings
3. Pat dry and place in a large ziplock bag with 1 tablespoon of baking powder. Seal & shake to evenly coat all the wings.
4. Place chicken wings on a rack over a cookie sheet or baking pan to catch the grease (hint: line the pan with foil for easy cleanup.)
5. Bake at 250 for 45 minutes. Set oven to 425 and place wings back in and cook for an additional 45 minutes uncovered.
6. Remove wings from oven and toss with your favorite coating. Our personal favorite is Buffalo sauce. Serve hot and with a dipping sauce of blue cheese or ranch.