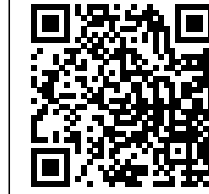


Crispy Wings



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Recipe by: Laura Vitale

Serves 8-10

Prep Time: minutes

Cook Time: minutes

Ingredients

__ 3 lbs Wings (ask your butcher to prep them for buffalo wings)

__ 1/2 cup All Purpose Flower

__ 1 Tbsp Baking Powder

__ Olive Oil

__ Your Favorite Hot Sauce and/or Ranch or Bleu Cheese

1) Mix baking powder and flour in a small bowl and set aside.

2) Add all wings into a large bowl and coat them in the flour mixture.

3) Shake off excess flour and lay in a single layer in a baking rack skin-side up over a large roasting tray.

4) Put in the fridge for about 2 hours to dry out.

5) Pre-heat the oven to 450 deg. F.

6) Drizzle the wings with olive oil and bake for 35-40 minutes until deeply golden and crispy.

7) Remove from the oven and flip the wings over, drizzle with a little olive on the second side, and continue baking until the second side is as crispy as the first side.

