

oven BAKED BUFFALO CHICKEN WINGS

3lb.	chicken wings
½tsp.	baking soda
4tsp	salt
½tsp	cayenne (optional)

Procedure:

1. Mix baking soda with salt, and if you enjoy a little extra heat, the cayenne pepper. If you have a spice grinder, you can grind into a fine powder.
2. Pat chicken wings dry with paper towels and add with salt mixture in a bowl Toss with your hands until evenly coated.
3. Place in the fridge for 3-4 hours to allow the salt to fully penetrate the wings.
4. Place a rack in upper third of oven; preheat to 250°F.
5. Line a baking sheet with a double layer of foil, then set a wire rack over foil.
6. Arrange wings on prepared rack, spacing evenly apart.
7. Bake wings 30 minutes.
8. Increase the temperature to 450°F and continue to bake for about another 25–30 minutes. The wings should be golden brown and look like they have been deep fried.
9. Transfer wings to a large bowl, pour your favourite sauce over, and toss until evenly coated.
10. Serve and enjoy.

AGRICULTURE expo 2025