



# BUFFALO WINGS

## INGREDIENTS

1. 4 x Tablespoon Cap'n Cayenne
2. 1KG Chicken Wings or Ribs
3. 4 x Teaspoon Baking Powder
4. 2 x Teaspoon Salt
5. 2 x Teaspoon Brown Sugar
6. 150gram Butter

## METHOD

1. Lay Chicken on wire rack and sprinkle with Salt and Baking Powder
2. Bake Chicken in oven at 150° for 25 minutes
3. Increase oven temperature to 200° and bake for another 10 minutes (until crispy and cooked through)
4. Melt Butter in small saucepan over low heat
5. Add Brown Sugar to melting Butter
6. Whisk together the melted Butter and Cap'n Cayenne
7. When Chicken has finished cooking, transfer to bowl and coat with sauce
8. Serve with Blue Cheese or Ranch dipping sauce

