



BUFFALO WINGS

INGREDIENTS

- 1 kg chicken wings
- 2 garlic cloves
- 2 tbsp olive oil
- 2 tbsp cider vinegar
- 1 tsp Tequila Sunrise
- 1 tbsp Rub Me Tender
- 1 tsp worcestershire sauce
- 1 tsp tabasco sauce
- 2 tbsp steak sauce (ie Cottage Delight Steak Sauce)
- 2 tbsp tomato ketchup
- 2 tbsp runny honey

INSTRUCTIONS

1. Prepare the chicken wings by chopping the wing tips off with a heavy knife or scissors. Then chop each wing into two using the heavy knife
2. Mix all the other ingredients in a bowl
3. Pour the marinade over the jointed wings and store in the fridge for 4-16 hours
4. Heat the oven to 180°C
5. Take the wings out of the marinade and place on a large baking tray spaced so they are not touching each other, and bake for 30 minutes.
6. Keep the marinade for use later
7. Take the part cooked wings and place in the saved marinade and stir to coat all the wings. Drain any fat from the baking tray
8. Turn the oven up to 200°C
9. Add the wings back onto the baking tray and bake for a further 20-30 minutes. The wings should be sticky and most of the marinade will have cooked off when they are ready
10. Serve with dips and lots of kitchen towel



Feeds
4



Prep time
4 - 16 h



Cook time
60 m

