



Garden Fresh Farm Recipes

Chicken Wings

Wingz, nuff said! Chicken wings can be spiced up with hot pepper sauce or relaxed and made milder. Another favorite seasoning is Lemon Pepper made with fresh lemons and the Lemon Pepper seasoning. Chicken wings can be made on the grill or deep fried. This grilled version flavors the wings while eliminating the fried overhead.

Ingredients:

30 chicken wings

Hot Sauce

1 bottle (24 oz) hot sauce (Texas Pete's works the best)

1 stick butter

1/8 teaspoon cayenne pepper (CAREFUL - the more pepper the hotter)

Lemon Pepper Sauce

2 fresh lemons, separated

2 Tbls Lemon Pepper Seasoning

Celery, carrots, bleu cheese dressing, cold beer (optional)

Directions:

If your wings are whole, trim the tips of the wings; discard. Separate the wings at the joint.

Grill - Place wings on medium heated gas or charcoal grill, leave undisturbed for about 10 minutes. Turn wings and cook until done, which could be anywhere from 10 to 20 minutes more. The drum part will take slightly longer to cook. Turn wings as necessary. Cut into a drum to test for doneness.

Fried - Heat oil to fryer temperature (about 350 degrees) based on fryer type and directions. When at fryer temperature cook for about 14 minutes. Wings will start to float at about 10 minutes. Remove and place on paper towels to absorb excess oil.

Hot wings sauce - Melt butter and add hot sauce, cayenne pepper. Place wings in sauce until thoroughly coated. Place coated wings on a cookie sheet and place on grill for about 5 minutes.

Lemon Pepper Wings - Squeeze lemon on wings. Sprinkle Lemon Pepper Seasoning over wings. Just prior to serving squeeze with second lemon.

Serve with celery, carrots, bleu cheese dressing and a cold beer.

Enjoy.

