

# CHICKEN WINGS, FULLY



**THE COOKFUL**

*Edited by Amy Bowen and Christine Pittman*

# Chicken Wings, Fully

I've never been a huge chicken wing fan. They're so messy and Buffalo sauce burns my lips. I also don't love blue cheese. The whole thing is a bit of a "whatever" for me. So when my co-editors here at The Cookful insisted that our "Game Day" topic HAD to be wings, I was nonplussed. But I agreed to go with it. They're pretty convincing.

I'm so glad I did. All the research and testing turned out to be a lot of fun. Delicious fun.

We found a way to cook wings at home that is effortless and so seriously good. Crispy amazingness. We made Buffalo sauce a bit more sublime. We even came up with a blue cheese dip that I'm happy to lick off of my fingertips. And so so much more.

If you're a big wing fan or only kind of into them, you're going to love this series. So much info and so many great recipes.

O.K. let's get crispy!

Christine



**THE COOKFUL**

# Table of Contents

Chicken Wings Buying Guide .....	4
How to Cut Chicken Wings .....	6
Crispy Baked Chicken Wings .....	8
Par-Cooking Wings: A Comparison.....	11
Crispy Indian Dry Wings with Yogurt Dipping Sauce .....	13
Beers to Pair with Chicken Wings .....	15
How to Bread Chicken Wings, The Fast Way.....	17
Boneless Chicken Wings .....	20
How to Grill Chicken Wings.....	24
Grilled Thai Wings .....	27
What's the Difference Between Hot Sauce and Wing Sauce? .....	29
Buffalo Sauce .....	30
Fancier Buffalo Wings.....	31
Best Blue Cheee Dip.....	33
How to Fry Chicken Wings at Home.....	35
Wing Methods: Pros & Cons .....	38
101 Finger-Licking Good Chicken Wing Recipes.....	42

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# Chicken Wings Buying Guide

By Amy Bowen

*Want to tell the world how much you love chicken wings? We have everything you need to become the best ever wing man (or wing woman).*

You've gotta love chicken wings. They're delicious no matter how mild or spicy you like. Here's everything you need to make your perfect wing.

Don't have time to make your own sauce? You need [a trio pack](#) of sauces. The flavors are buffalo, sweet chili and bourbon.

Because everyone goes to Hooters for the wings - and only the wings (yeah right! lol). Now there's no reason to dine out because you can order [Hooters Wing Sauce](#).

If you want to make your own sauce, you'll need a hot sauce. And [this one is CRAZY hot](#). Seriously.

[Panko crumbs](#) make your chicken wings ultra crispy. Gotta love that!

# Chicken Wings Buying Guide

*Continued from previous page*

You'll never regret investing in a [quality chef's knife](#), especially when you cut your own chicken wings.

A good set of [tongs](#) is an absolute requirement when making chicken wings.

Don't forget to buy a large [baking sheet](#) for baking your wings.

Frying your wings? You'll need a handy dandy [candy thermometer](#). It'll tell you when the oil is hot and ready.

Safety first. Make sure that chicken is cooked through with an [instant read thermometer](#).

Grillers need a [wing rack](#) to make perfect wings. They'll cook more evenly and it'll help reduce the mess, making clean up easy peasy.

If you're baking your wings, you need a [rack](#) as well to ensure proper browning on all sides of the wing.

It's never too early to start thinking about summer. Buy a [portable grill](#), you know so you can make wings at the beach, the park and at your alma mater.

Deep fry those babies like they do in restaurants. You need a [fryer](#). It's so much easier than using a pan and oil over the stove.

Here's a solution if you have the urge for wings in the car or anywhere inconvenient. Avert a disaster by eating [chicken wing jerky](#).

Announce your love for chicken wings with this spicy [buffalo chicken wing T-shirt](#). For a more subtle version, but still fierce, wear [this](#).

Start 'em young. Buy your favorite baby a [chicken wing teether](#). Sophie the Giraffe can't compete.

# How to Cut Chicken Wings

By Stephanie Manley

*Learn how to cut your own chicken wings. Once you get the hang of it, you'll be bragging about your masterful butcher skills.*

Chicken wings, no matter how they're prepared, are an excellent meal to serve. You can buy chicken wings cut up and ready to cook at the grocery store. But these are more expensive than whole wings. I typically find that wings that are cut up cost between 30 cents to 70 cents more per pound than whole wings.

Did you know that cutting up wings is so incredibly easy? You can save money on your chicken wings from now on. In fact with a little practice and a few cutting tips you can prepare two pounds of chicken wings in about 2 minutes. You need only a good sharp knife (I prefer using a [Chef knife](#) for this job) and a cutting board.



**Step 1:** If you stretch out the wing, you will notice that there are three parts to the wing. There is the wing tip, the flapper, and the drumette.



**Step 2:** The first cut that you will make will be the high ridge or the joint between the wing tip and the flapper.

You will make two cuts in when you cut the chicken. When you make two cuts to the one wing, you will be left with three portions. The wing tip typically is not used in most recipes. I like to save the wing tips for stock. If you are not going to make stock, immediately place the wings in the freezer and prepare stock when you are ready.

Stretch out the chicken on a cutting board, now flip the wing over, so the inside portion of the wing faces up. It is very easy to see the joints when you position the wing this way.

# How to Cut Chicken Wings

*Continued from previous page*



**Step 3:** Cut and then set the tip to the side. As noted, you can use the tips for stock. Put them all into a zip top bag and pop them in the freezer until you're ready to use them. The second cut you will make will separate the drumette and the flapper.



**Step 4:** Place the knife at the high ridge on the joint between the two pieces and push your knife through. If you have a lot of resistance, wiggle the knife just a bit and when you feel less resistance push the knife down. You should have a clean cut. Now you have pieces that are ready for your favorite recipe.





# Crispy Baked Chicken Wings

By Lyndsay Burginger

*Toss out that deep fryer, just like last year's jeans. We've got the solution to crispy chicken wings without the hassle of deep frying. These ones are baked but use a secret technique to make them extra crisp.*

Raise your hand if you like chicken wings. Good. Now keep them up if you enjoy spending time in front of a deep-fryer while oil splatters all over the kitchen. Did I see a few hands go down? Mine sure did.

It's been branded into our heads that chicken wings need to be deep fried to be crispy. However, after some research (and yummy taste-tests), we are proud to share our findings on how to bake chicken wings that are sooo crispy.

The secret: Baking powder. Unusual right? Stick with me as I go into the details.

Baking powder, not to be mistaken with baking soda, is a leavening agent usually used in



# Crispy Baked Chicken Wings

*Continued from previous page*

baked goods such as cookies and cakes. It's a mixture of sodium bicarbonate, cream of tartar and cornstarch. When mixed with salt and coated on chicken it dries out the skin, leaving it crisp and crunchy. Why does this happen? Get ready, sciency stuff ahead! It happens because the addition of the baking powder raises the pH level in the chicken, allowing the peptide bonds in the skin to break down, thus letting the skin get more crisp and brown.

But enough science for this post, let's get cookin.

**Yield:** 20 wings

**Prep Time:** 5 minutes

**Cook Time:** 1 hour, 20 minutes

**Total Time:** 1 hour, 25 minutes

**Ingredients:**

10 whole chicken wings, cut into flats and drumettes  
Discard tips or use for a stock.

1 Tbsp. baking powder

1/2 tsp. salt

sauce or dry rub

1. Preheat oven to 250°F.
2. Place a rack onto a cookie sheet.
3. In a large bowl, toss the flats and drumettes with the baking powder and salt. Place wings on the rack in single layer. Place in lower half of oven and cook for 30 minutes.
4. After 30 minutes, move the wings to the upper level of the oven and raise the heat to 425°F until brown and crispy, 40-50 minutes.
5. Take wings out and let rest 5 minutes. Coat in sauce or dry rub and serve.

# Crispy Baked Chicken Wings

*Continued from previous page*



**Step 1:** Cut up your chicken wings. Once they're all prepped, get them into a big bowl. Grab your favorite salt shaker and sprinkle that on the chicken pieces. And add that baking powder too.



**Step 2:** Mix it up. Don't be afraid to use your hands. It's way easier and one less thing to wash. It's gobs of fun too! (Hey look! My nails match the bowl! This was unplanned but I like it).



**Step 3:** Place the wings on a cooking rack in a sheet pan. This lets air circulate all around the chicken pieces so that they get evenly crisp. It also lets the fat drip away from the chicken, leading to crispy, crispy, crispy skin.



**Step 4:** Place the chicken in a 250°F oven for 30 minutes. This gets some of the fat rendered from under the skin and starts that drying out process. Here's how they look after 30 minutes. These are not cooked. Do not eat them. Yet.



**Step 5:** Crank up the heat to 425°F and cook 40-50 minutes more, until golden brown and so crispy.



## Par-Cooking Wings: A Comparison

By Lyndsay Burginger

*Does baking powder on chicken wings really make them crispier? We did the side-by-side taste test to find out. Read on, grasshopper.*

Our mission: the best par-cooking method for crispy baked chicken wings.

We started by researching a method to provide a dry crust on baked wings. This method, which uses baking powder to lower the chicken's pH level was explained in greater detail earlier. However, what was the difference between that method and simply baking the chicken without any additional ingredients? Does the baking powder really make a difference? This was something that we needed to find out for ourselves.

We prepared the same amount of wings for the experiment, with one batch of wings coated in baking powder and salt, and the other plain. We let them cook in a 250°F oven for 30 minutes, then took them both out to evaluate visual differences.



## Par-Cooking Wings, A Comparison

*Continued from previous page*



On the left are the plain, and the right are the wings coated in the baking powder. Already a color difference was apparent. The plain wings were a yellow tinge while the baking powder wings looked barely cooked, but dryer. We popped the wings back in the oven at 425°F to finish off the baking.



All of the wings are a nice golden brown. The plain chicken, still on the left, is more shiny than the baking powdered wings. The more matte finish (it sounds like I'm talking about paint or something) is less oily and much much dryer. Yes, crispier. Yay!

Lastly we tasted the two wings and we all agreed that the baking powdered wings were much more flavorful than the plain wings. This can also be due to the fact that we added salt to the baking powder wings. Salt works as an additional drying agent here but it also provided flavor throughout the whole wing. In case you're wondering, the baking powder did not add a flavor at all. The wings just tasted like nice crispy wings. The end.





# Crispy Indian Dry Wings with Yogurt Dipping Sauce

By Christine Pittman

*How can super-crispy chicken wings get any better? Give 'em a dusting of Indian spice and dunk 'em in a tangy yogurt sauce. BOOM!*

O.K., so we already told you how to make wings in the oven that have crazy crispy skin. Really, you'd swear they'd been deep fried. That kind of crispy. Now that you know how to do it, let's add some extra flavor to the mix.

This is a seriously great wing recipe. You bake the wings like we told you to. Then when they come out you spatter them with lime juice, sprinkle with a curry-powder-based seasoning then sink them into a simple yogurt sauce. Too good. Enjoy!

# Crispy Indian Dry Wings

*Continued from previous page*

**Yield:** 3-4 servings

**Prep Time:** 5 minutes

**Cook Time:** 45 minutes

**Total Time:** 50 minutes

**Ingredients:**

20 par-cooked chicken wings  
(see page 8)

**YOGURT DIP**

1 cup Greek yogurt  
2 Tbsp. chopped cilantro  
2 garlic cloves, minced  
1/4 tsp. salt  
1/8 tsp. pepper

**DRY RUB**

2 tsp. curry powder  
1 tsp. cumin  
1/4 tsp ground ginger  
1/2 tsp. cayenne  
1/2 tsp. salt

1 Tbsp. lime juice

1. Preheat oven to 425° F. Bake wings on a rack on a pan until crisp and brown, 40-50 minutes.
2. Meanwhile, make yogurt dip by combining Greek yogurt, cilantro, garlic, salt and pepper. Refrigerate.
3. Make dry rub by mixing together curry powder, cumin, ginger, cayenne and salt in a bowl.
4. While wings are still on the rack, sprinkle with lime juice. Then sprinkle with dry rub. It's fine if some rub drops onto the pan. Serve with yogurt sauce for dipping.



## Beers to Pair with Chicken Wings

By Amy Bowen

*If you're eating wings, you need to be drinking beer. But instead of just your old standby, try one that'll really compliment your wings. We have the info for you here.*

Wings are best enjoyed with friends. And lucky for you, the Super Bowl is a little more than a week away. Party, anyone? If you're hosting a Super Bowl party, you'll be eating wings. Lots of them. And you definitely need beer to wash it all down.

Instead of grabbing your standard 12 pack, impress your guests by offering beers that will add a little something extra to your wings. Just as wine can compliment cheese, beer can compliment chicken wings. Really.

Wings are anything but subtle. They can be hot, hot, hot and super salty. Not to mention, all those creamy sauces you dip 'em in. So you need a beer that can play with those big flavors.

# Beers to Pair with Chicken Wings

*Continued from previous page*

Here's a simple rule to remember:

*Hoppy beers play up spice.*

*Malty ones reduce heat.*

*Bitter beers serve as palate cleansers.*

**American pale ales** and **IPAs** have both strong hop and bitter flavors, so you're getting a twofer. If you want to cut the saltiness of your wings, opt for an IPA, since it's sweeter. Oh and try an IPA with a blue cheese dip. They pair really well.

If you love barbecue sauce, take a swig of a **black IPA**. It compliments the sauce's tanginess with its roasted flavor.

**Pilsners** work well with mild wings. **German Pilsners** are hop heavy, meaning they're very bitter and have a dry finish. **Bohemian Pilsners** balance the hops with malt, making it creamier. Both are light and easy to drink.

You might have to hunt for a **chile beer** – most are made by small breweries – but they can add a little something to mild wings. What exactly are chile beers? They're ales and lagers that have pepper juices and oils added. Some brewers even add whole jalapenos to their beers. Yowza. Flavors range from mild to tear-inducing, so make sure you read the label. I would opt for a mild brew, especially if the wings are spicy.

**German Rauchbiers** with their creamy mouthfeel will tone down spicy foods. Bonus, this beer offers a smoky taste, which can compliment the hottest of wings.

**Witbiers** come from Belgium, and are unfiltered, so they look cloudy with all that yeast and wheat. This brew also is infused with spices, such as orange peel and coriander, which adds a bite to its crispness. This pairs well with wings flavored with Asian spices.

There's your beer and wings lesson of the day. Let the games begin!



# How to Bread Chicken Wings, The Fast Way

By Christine Pittman

*This will forever change the way you bread chicken wings.*

There are some cooking techniques that I really love. That I get excited to jump into when I see them in a recipe. Breading chicken is not one of them. Such a pain in the butt. You wet the chicken, dip it in flour, then in egg, then in breadcrumbs. The whole time I'm trying to keep one hand dry, which of course I can never do, which of course means that both of my hands have a dough-like coating by the time I'm done.

I dislike breading.

That's why I came up with this really easy method for breading chicken wings.

Basically, you slather the wings in something somewhat sticky. Then you stick the breadcrumbs to that. You're skipping the flour and egg step, making it way way simpler. And no doughy hands at all.

Here's the step-by-step showing you how to bread chicken wings the easy way. Enjoy!



**Step 1:** Preheat oven to 375°F. Line a baking pan with foil and spray with cooking spray. Put wings in a bowl and add mustard. I've used plain yellow mustard here but you can use Dijon or dijonnaise or a mixture of honey and mustard.



**Step 2:** Mix it all up.

# How to Bread Chicken Wings

*Continued from previous page*



**Step 3:** Put the wings in a single layer on the pan.



**Step 4:** Season with salt and pepper.



**Step 5:** Sprinkle each wing with panko breadcrumbs. These are extra crunchy breadcrumbs that are going to make this breading so fantastic.



**Step 6:** Press down on the breadcrumbs so they stick and are evenly distributed on each wing.



**Step 7:** Spray each wing with baking spray.



**Step 8:** Bake for 45-50 minutes, until chicken is cooked through (use an instant read thermometer and get it up to 165°F) and breadcrumbs are nice and brown.

# How to Bread Chicken Wings

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 45 minutes

**Total Time:** 55 minutes

**Ingredients:**

change to 8 wings broken  
into flappers and  
drumettes  
2 Tbsp. mustard  
Salt and pepper  
1/2 cup panko crumbs

1. Preheat oven to 375°F. Line a baking pan with foil and spray with cooking spray.
2. Put wings in a bowl and add mustard. Mix it all up.
3. Put the wings in a single layer on the pan. Season with salt and pepper. Sprinkle each wing with panko breadcrumbs. Press down on the breadcrumbs so they stick and are evenly distributed on each wing.
4. Spray each wing with baking spray. Bake until chicken is cooked through (use an instant read thermometer and get it up to 165°F) and breadcrumbs are nice and brown 45–50 minutes.





# Boneless Chicken Wings

By Christine Pittman

*Skip the pesky bone in your chicken wings. Dark thigh meat gives it the same juiciness as regular wings.*

In researching for the Chicken Wings topic on our site, I came across a lot of recipes for boneless wings. At first I assumed that people were deboning chicken wings, which sounded like a laborious process to me, in the extreme. Then I looked more carefully and saw that they were often simply cutting boneless skinless chicken breasts into wing-sized pieces and then breading them.

No offense to anyone out there doing that, but aren't those called chicken strips? Or chicken tenders? Or chicken fingers? Whatever. They're not boneless wings.

We decided to do ours a little bit differently. Instead of using breasts, we went with thighs. The dark meat of thighs much more closely resembles juicy wing meat and is clearly the way to go. We used a simple homemade shake-in-the-bag seasoning mix to get the chicken pieces



# Boneless Chicken Wings

*Continued from previous page*

breaded quickly (I'm not a fan of laborious breading processes as you may already know).

Transfer all the chicken to a pan. Then squeeze each piece into a drumette-style shape. Once they bake up and solidify they will hold that shape and look a lot like wings (see picture above as proof!).

Then you bake them until nice and brown and cooked through. I don't toss them with sauce at that point but you totally could. I instead opt to serve Buffalo sauce and either ranch or blue cheese dip on the side with these guys. They just seem made for dipping.



**Step 1:** Preheat oven to 425°F. Combine breadcrumbs and seasonings in a large ziptop bag. Add oil. (The oil is going to help brown the breadcrumbs during baking. Don't skip it!).



**Step 2:** Massage the crumb mixture through the bag to make sure the oil is spread out well.



**Step 3:** Put a boneless skinless chicken thigh on a cutting board.



**Step 4:** Unroll the thigh into a fillet shape.

# Boneless Chicken Wings

*Continued from previous page*



**Step 5:** Cut the thigh into three pieces. It will essentially be along the folds from when the thigh was rolled up. Here are the three pieces of thigh meat from one thigh.



**Step 6:** Repeat with remaining chicken thighs and then put them all into the zip-top bag with your oiled breadcrumbs.



**Step 7:** Seal the bag.



**Step 8:** Shake the bag all around to completely coat all of the chicken pieces.



**Step 9:** Put the pieces of chicken thigh onto a foil-lined oiled baking sheet. Some of the pieces will already have a wing-type shape to them. Leave those alone. Others benefit from a squeeze at one end to give them a drumette shape. So give those a squeeze.



**Step 10:** Bake until cooked through to 165°F and well-browned, about 25-30 minutes.

# Boneless Chicken Wings

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Total Time:** 35 minutes

**Ingredients:**

1 and 1/2 cups breadcrumbs

1 tsp. chili powder

1 tsp. salt

1 tsp. sugar

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/4 tsp. cayenne powder

2 Tbsp. vegetable oil

8 boneless chicken thighs

1. Preheat oven to 425°F. Combine breadcrumbs and seasonings in a large zip-top bag. Add oil. (The oil is going to help brown the breadcrumbs during baking. Don't skip it!). Massage the crumb mixture through the bag to make sure the oil is spread out well.
2. Put a boneless skinless chicken thigh on a cutting board. Unroll the thigh into a fillet shape. Cut the thigh into three pieces. It will essentially be along the folds from when the thigh was rolled up. Repeat with remaining chicken thighs and then put them all into the zip-top bag with the oiled breadcrumbs. Shake the bag all around to completely coat all of the chicken pieces.
3. Put the pieces of chicken thigh onto a foil-lined oiled baking sheet. Some of the pieces will already have a wing-type shape to them. Leave those alone. Others benefit from a squeeze at one end to give them a drumette shape. So give those a squeeze.
4. Bake until cooked through to 165°F and well-browned, about 25-30 minutes.





# How to Grill Chicken Wings

By Christine Pittman

*Get the low-down on how to grill wings. It's super-easy and they are so totally delicious.*

Grilled chicken wings are pretty vastly different from their deep-fried brothers. When you grill wings they don't get that crisp skin. Not at all. But you don't want the alternative, limp soggy skin.

Here I'm going to show you how to grill wings so that they have the best possible skin you can get from a grill. The key is getting a good char on them, and using a great sauce at the end.

Note that some people marinate their wings first. I'm not opposed to this but I don't find it necessary. Why not? Two reasons. First, wing meat is very tender and juicy as it is so you don't need the marinade for extra moisture. Second, if you have a flavorful sauce smothering the wings at the end, it overpowers the marinade anyhow. I say, skip that extra time and effort and get the wings on the grill ASAP.



# How to Grill Chicken Wings

*Continued from previous page*



**Step 1:** Oil your grill racks and then prepare your grill for direct grilling over medium heat, about 350°F. I like to keep one burner off or on low in case some of my wings are cooked before others.



**Step 2:** You're going to cook the wings for about 20-25 minutes total. The way I do it is to start by leaving them on there, lid closed, for a few minutes. Then I use big tongs to have a look underneath them all. Some tend to get darker faster due to hot spots on the grill. If some are starting to char too much, I flip those over. Keep monitoring and flipping as they all darken. If a few pieces seem to be dark before others, shift them to a cooler part of the grill. They'll keep cooking but not browning. After 15 minutes, use an instant read thermometer in the center of a few wings to make sure that they've all reached 165°F. If some aren't quite there, give them another 5 minutes. What you want are wings that are nicely charred on all sides and cooked through.



**Step 3:** Use tongs to transfer fully-cooked wings to a bowl.



**Step 4:** Add sauce. You can go with a straight-up store-bought BBQ sauce or make something yourself.



**Step 5:** Stir them up, adding more sauce if needed to coat them well. Eat!

# How to Grill Chicken Wings

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Total Time:** 20 minutes

**Ingredients:**

10 whole chicken wings,  
cut into drumettes and  
flappers (see page 8)  
1/2 cup to 3/4 cup BBQ sauce

1. Oil your grill racks and then prepare your grill for direct grilling over medium heat, about 350°F. Keep one burner off or on low in case some wings are cooked before others.
2. Put the wings in a single layer on the grill over the heat. Cook the wings for about 20–25 minutes total. Start by leaving them on there, lid closed, for a few minutes. Then use big tongs to have look underneath them all. Some tend to get darker faster due to hot spots on the grill. If some are starting to char too much, flip those over. Keep monitoring and flipping as they all darken. If a few pieces seem to be dark before others, shift them to a cooler part of the grill. They'll keep cooking but not browning.
3. After about 18 minutes of flipping and moving them around as needed, use an instant read thermometer in the center of a few wings to make sure that they've all reached 165°F. If some aren't quite there, give them another 5 minutes. What you want are wings that are nicely charred on all sides and cooked through.
4. Use tongs to transfer fully-cooked wings to a bowl. Add BBQ sauce. Start with 1/2 cup. Toss. If it's a strong-tasting sauce, don't add more. If it's milder, add up to another 1/4 cup.



# Grilled Thai Wings

*By Stephanie Manley*

*Keep the heat out of the kitchen but bring it into your mouth with these grilled Thai wings.*

Have you wondered if you could grill chicken wings? Well, grilled wings taste just fantastic and they take only a tiny bit of prep. During the summer, I prefer to cook wings outside as often as I can. It keeps me from heating up the kitchen, and the smoke from the grill adds the perfect touch to hot wings.

The sauce I've put on the wings today is just the perfect thing for summertime too. It's got some sour and some heat.

Grilled wings require only a small amount of prep: You may need to cut the chicken, and you can marinate it, but when you grill wings you don't need to par-cook them the way you do with baked wings. I find that about 20 to 25 minutes on a grill at around 350°F is sufficient to cook the chicken properly. This is a medium temperature. If you cook at a higher temperature,

# Grilled Thai Wings

*Continued from previous page*

you may get flare ups, and the chicken may burn on the outside and not cook on the inside. Note that the cooking times can vary on the size of the wings.

I typically cook my wings on a gas grill. So I simply light the grill and let it come up to the proper temperature. When I put the wings on, I close the lid, and about halfway through the cooking process, I open the lid, flip the chicken over, and then I begin to monitor it, so it doesn't overcook. You may want to use a meat thermometer to make sure you cook the wings to the proper temperature. Pierce the chicken at the thickest part of the meat and then make sure it reaches 165° F. You can remove the chicken when it hits 160° F and then cover it with foil. It will continue to rise in temperature to 165° F.

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Ingredients:**

2 pounds whole chicken wings  
1/4 cup chili sauce ([like this](#))  
1/4 cup hot chili sauce, Sriracha recommended  
1/4 cup soy sauce  
2 Tbsp. fish sauce  
2 Tbsp. lime juice  
1 Tbsp. chopped garlic  
2 tsp. ginger paste or chopped ginger  
Cilantro, for garnish  
Lime wedges, for garnish

1. Cut the wings into drumettes and flappers. Save the wing tips for stock preparation or discard them.
2. In a small bowl combine the chili sauce, hot chili sauce, soy sauce, fish sauce, lime juice, garlic and ginger. Stir to blend the sauce. Pour sauce over wings. If desired, you can allow the chicken to marinate in the sauce for about 30 minutes before cooking.
3. Preheat grill to 350°F. Drain wings on a wire rack when they are removed from the marinade. Removing excess marinade will help prevent flareups.
4. Place chicken on the hot grill, cook for about 15 minutes, turn over chicken, and cook for another 10 minutes. Monitor it carefully after about the first 10 minutes to make sure it isn't burning underneath. Serve with cilantro and lime wedges if desired.



# What's the Difference Between Hot Sauce and Wing Sauce?

By Christine Pittman

*Here's an important tip when preparing your wings: Hot sauce and wing sauce are not the same. Using the wrong one will ruin your wings. And nobody wants that.*

This is important. Soooooo important. Really, I can't overstate this. Wing sauce and hot sauce are not, I repeat, NOT, the same thing. You cannot use them interchangeably in recipes. It would be a disaster. Truly.

So what are these sauces, how are they different and how can mixing them up cause disasters? No worries. It's easy to remember once you know.

Hot sauce, like the stuff on the right in that picture (also Tabasco-type sauces) is made mainly of hot peppers and vinegar. There's usually some salt and maybe some other seasonings in there, but that's about it. It's hot stuff. You don't use much of it in most recipes. Just a bit is all you need. Add a dribble, taste and then add more if needed.

Now what about wing sauce? It's the stuff you toss wings with right after cooking them. You can buy wing sauce or make your own. The most typical one is Buffalo sauce. It's essentially a combination of hot sauce (the stuff we already talked about) mixed with butter or butter flavorings. It's therefore a toned down version of hot sauce. It's still spicy, but not as intense.

You can already guess the disaster of mixing these things up. If you use wing sauce when hot sauce is called for, it probably won't be a big problem. Just not as spicy as the recipe creator intended. You can probably go ahead and add more wing sauce though. That'll work in most cases.



# Buffalo Sauce

*Continued from previous page*

The real problem is if you use hot sauce when wing sauce or Buffalo sauce is called for. Imagine tossing wings in straight-up hot sauce. Yikes! Talk about burning your mouth off!

Now that you know the difference between these sauces, I doubt you'll make that mistake.

Do you have one final burning questions? I bet you do. Is it "Can I make my own Buffalo sauce?" The answer is "Yes!" And it's super easy. Just take hot sauce, mix it with butter and heat it up till melted and bubbling. The ratio of hot sauce to butter is up to you really. Some people like to have more butter than hot sauce and some like less. Start with more hot sauce than butter (3/4 cup hot sauce to 1/2 cup butter). Then add more butter if it's too spicy. Note that usually a bit of salt and some garlic goes in there too. There's a basic recipe for you below. And note that we have a cool variation on Buffalo sauce coming up for you on the next page. It's seriously amazing.

**Yield:** 1 1/4 cups

**Prep Time:** 2 minutes

**Cook Time:** 5 minutes

**Total Time:** 7 minutes

**Ingredients:**

3/4 cup hot sauce

1/2 cup butter (plus more if needed)

1/4 tsp. garlic powder

1/8 tsp. salt

1. Combine all ingredients in a small saucepan. Heat, stirring occasionally, over medium high until bubbling. Remove from heat.



## Fancier Buffalo Wings

*By Christine Pittman*

*Jazz up your wing sauce with olive oil, garlic and lemon juice. It's like Buffalo sauce made fancy.*

When we tackled the difference between hot sauce and wing sauce, we also told you how to make [your own wing sauce at home](#). When we were taste-testing the wing sauce we thought a bit about switching it up a bit to make it more interesting. We came up with a few different ideas that we tried. This was our favorite.

You go in with the usual hot sauce and minced garlic. Then instead of butter you use a combination of olive oil and lemon juice. Shazzam! Flavor sensation!

For a dip, we chopped up some fresh basil and added it to a store-bought ranch dressing. You could instead go with the dip from our Indian-spiced wings on page 13, but use basil instead of cilantro.

# Fanicer Buffalo Wings

*Continued from previous page*

Oh, and one little tip before I go. After you've tossed the wings in sauce and transferred them to a plate, dip into the sauce with a spoon and get some of that minced garlic. Dot it over the wings so that you get as much garlic on there as possible. You just have to, right?

**Yield:** 25 wings

**Prep Time:** 10 minutes

**Cook Time:** 40 minutes

**Total Time:** 50 minutes

**Ingredients:**

25 wings, cut into flappers  
and drumettes and par-  
cooked (see page 8)

1/4 cup hot sauce

1/4 cup olive oil

2 Tbsp. lemon juice

2 cloves garlic, minced

1. Preheat oven to 425°F. Put a rack on a large cookie sheet. Arrange par-cooked wings on the rack in a single layer (if you only just par-cooked them, they'll already be on the rack. Leave them there). Bake them until very brown and crispy, 40–50 minutes.
2. Meanwhile, in large bowl, combine hot sauce, olive oil, lemon juice and garlic.
3. When wings are done, add them to the bowl of sauce and use tongs to toss them. Use tongs to transfer wings to a plate. Dot wings with any garlic remaining in the sauce.





## Best Blue Cheee Dip

By Lyndsay Burginger

*This blue cheese dip is the is the best of all time. Even people who don't like blue cheese dip (me!) love it. That's sayin' something.*

Whenever I order chicken wings I say, "No blue cheese, please!" However, if restaurants served blue cheese dip like this one, I'd ask for extra every time.

This dip is a game-changer. Bursting with garlic and pieces of blue cheese it helps cool down the spice from the wings. The addition of greek yogurt also adds a nice tang to the dip. The thing that makes this dip great for even people (like me) who don't absolutely love blue cheese is that the cheese is kept in big chunks, which are easier to avoid, kind of like those raisins in trail mixes.

Note, the blue cheese flavor intensifies as the dip sits in the fridge. If you're making this ahead of time, don't stir in the blue cheese until serving so that it isn't as overwhelming.

# Best Blue Cheese Dip

*Continued from previous page*

Second note: Really and truly, this dip is so flavorful that it doesn't even need the blue cheese. Feel free to skip it and everyone will be happy. Well, unless you are a die-hard blue cheese lover. But you probably carry around blue cheese in your pocket for these purposes, right?

**Yield:** 2 cups

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

## Ingredients:

1 cup mayonnaise  
1/2 cup Greek yogurt  
3.5 oz blue cheese in large  
crumbles (and more to  
garnish on top if desired)  
2 tsp. lemon juice  
1 tsp. hot sauce  
1 tsp. Worcestershire sauce  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/4 tsp. pepper  
1/4 tsp. salt

1. Put all ingredients in a medium bowl. Stir gently to not break up chunks of cheese. Use immediately or for a more pronounced cheese flavor let chill for at least one hour.



# How to Fry Chicken Wings at Home

By Christine Pittman

*Go ahead and splurge. Deep fry those chicken wings. Here's a handy guide showing you how.*

Deep-frying is the standard way that wings are cooked in restaurants. While we stand by ourselves totally when we say our baked method is just as crispy, if you really want to go for it, you've gotta deep-fry.

It's actually not very hard to do. If you already own a deep-fryer, well, I'm guessing you know how to use it. Follow the instructions on there. But if you don't, and these days most of us don't, you can still do it using a large pot, some oil and a candy thermometer.

Here's how to deep-fry chicken wings at home without a home deep-fryer:



# How to Fry Chicken Wings

*Continued from previous page*



**Step 1:** In a large pot, pour in 1 and 1/2 inches of vegetable or canola oil. Attach candy thermometer so it's in the oil, but not touching the pot. Heat on medium to 350°F.



**Step 2:** Use tongs to carefully add wings. The oil may sputter and spatter. Be careful. The oil temperature will drop when the wings are added.



**Step 3:** Place a maximum of 8 wings in oil at one time. Try to keep oil at 350-375°F or if temperature keeps rising, take off heat to a cool element for 1 minute. Monitor.



**Step 4:** Flip wings occasionally until well-browned and internal temperature as read on an instant read thermometer is at 165°F, about 8-10 minutes.



**Step 5:** Use tongs to remove wings from oil. Transfer them to a plate with a paper towel to remove excess oil.



**Step 6:** Toss with sauce. Eat!



# How to Fry Chicken Wings

*Continued from previous page*

**Ingredients:**

Vegetable or canola oil,  
enough to fill a pot by 1 and  
1/2 inches  
Chicken wings  
sauce (like Buffalo)

1. In a large pot, pour in 1 and 1/2 inches of vegetable or canola oil. Attach candy thermometer so it's in the oil, but not touching the pot. Heat on medium to 350°F.
2. The oil temperature may drop when the wings are added. Place a maximum of 8 wings in oil at one time. Try to keep oil at 350-375°F or if temperature keeps rising, take off heat to a cool element for 1 minute. Monitor.
3. Flip wings occasionally until well browned and the chicken's internal temperature reaches 165° F on an instant-read thermometer, 8-10 minutes. Place on a plate with a paper towel to remove excess oil. Toss with sauce. Serve immediately.



# Wing Methods: Pros & Cons

By Amy Bowen

*Call it a chicken wing hat trick. You can bake, grill or fry your wings. But which method wins the game?*

I went to my first college football game at 9 months old. That means I tailgated as a baby. And if you're at any good tailgating event, you'll most certainly encounter chicken wings. I like to consider myself a wing connoisseur. Not to brag or anything, but I have 38 years of experience.

Anyway, we've given you three excellent ways to prepare your wings — baked, grilled and fried. I made wings all three ways to figure out the pros and cons of each. My husband helped with taste testing (tough job, right?). Our 3-year-old son and aspiring cook said he wanted to help, but he ended up somehow wearing a chicken wing on his head. So he was disqualified.

Let's break it down.

## BAKED: PROS

You can't get any easier than this. Toss your wings with baking powder and salt. This helps dry out the skin. Put them on a rack over a cookie sheet and bake. (Tip: line the cookie sheet with foil so clean-ups a breeze).

You start at a low temperature and then increase it. It does take a good hour+ over all. But it's

# Wing Methods: Pros & Cons

*Continued from previous page*

hands-free so no biggie. Plus it gives you time to make some homemade Buffalo sauce and a delicious blue cheese dip.

I used the foil mentioned above so clean up was super-easy. Crumble up the foil. Throw away. Wash the rack. Why can't every meal be like this?

I liked the flavor of these wings. The salt really gets into them and highlights the meatiness and they were surprisingly crisp. And while they were crisp, they were much lighter than their fried cousins. My husband, who has an affinity for anything fried, also liked the flavor. The chicken was juicy and the skin was nicely browned.



Baked chicken wings are easier to eat too. They don't leave an oily mess on your fingers. I used one napkin, which is saying a lot since I tend to use, oh maybe 10, on a fried wing.

And I can't overlook that baked wings are healthier. This could be a meal that you eat and not feel too guilty about.

## BAKED: CONS

While my husband liked the flavor of the wings, he said it wasn't crispy enough. He likes a crunch that can be heard across the room. I'm not sure baking would ever achieve his desired level of crunchiness. I disagreed. I was amazed at how crunchy they were.

## GRILLED PROS

If you like grilling, you'll like the taste of grilled chicken wings. It tastes like, well, grilled chicken. And really, that's just delicious.

You can pair these with a wide variety of spice rubs and dips. I used wing sauce and ranch dressing. But really, you could dip these babies in just about anything. I was eyeing a homemade pear vinaigrette I had in the refrigerator to make a glaze.

Charring the skin added nice flavor.

# Wing Methods: Pros & Cons

*Continued from previous page*

And finally, it's healthier than frying. Definitely lighter than frying.

## GRILLED CONS

Does a grilled chicken wing fall into the same finger food category as the baked and fried varieties? I enjoyed it grilled, but it's really not like a wing. The skin just doesn't get crispy. It's tasty. Really tasty. But it's not at all what I think of when I think of wings with celery and blue cheese dip. A totally different beast.



Finally, it was kind of annoying to cook them. I wanted them done, but not too done. Charred, but not too charred. To achieve that I had to stand there the whole time flipping and moving everything around. If you love grilling, then this is for you. If not, just stay away. It's not worth it.

Oh, if you're wondering about my husband, there was no crunch here so he only took a small bite and then said, "Nah."

## FRIED PROS

My husband stared at me in disbelief as I heated up the oil. We don't eat fried food at home, so this was a treat. This is how traditional wings are made, in vats of golden bubbling oil, so you'll earn points for authenticity.

The skin was extra crispy. Yes, I heard my husband bite into his wing. Nothing can top fried chicken skin.

The flavor was outstanding. I mean it tasted like fried chicken skin. You can't go wrong.

## FRIED CONS

It's kind of a pain to deep fry. Not just kind of. Totally. You need to use quite a bit of oil and you need to use a candy thermometer and really monitor that oil temperature (unless you own a deep fryer, which I do not).

You can only really fry about 8 wings at a time. If you're doing wings for a crowd, you're going



## Wing Methods: Pros & Cons

*Continued from previous page*

to be there for ages standing over that hot oil.

Oh, and all that hot oil is going to make your house smell bad for days. Days and days. I thought it would never go away, and I'm pretty sure it hasn't completely. I've just gotten used to it, which is also a bit gross.

I'll also say that I found the actual meat a bit drier than the baked version. Nowhere near as succulent.

And they're kind of greasy, because they were just cooked in a vat of oil.

My husband loved them, of course. But even he admitted these are an indulgence you have once in awhile. He claimed he could feel his blood turn into gravy after eating these.



## VERDICT

I'll still fry my wings when I'm tailgating outside. Nothing quite tops it. Plus, I'll walk off the calories on game day. But I'll bake my wings at home. The crunch is good, clean up is easy and I don't need to take an extra Lipitor. Baking wings makes what used to be a treat into something you could serve all year long. And that's totally worth it.

# 101 Finger-Licking Good Chicken Wing Recipes

By Amy Bowen

*We love us some chicken wings and now we're sharing 101 delicious recipes with you.*

You need to try all 101 chicken wing recipes. Seriously. You'll find them baked, grilled, fried and even straight from the slow cooker. And talk about flavor combinations. How do peach chipotle wings sound? Or peanut butter and jelly? Really. Take a look.

## SPICY

1. [Sweet-Spicy Sriracha Baked Chicken Wings](#)
2. [Spicy Dry Rub Hot Wings](#)
3. [Spicy Thai Chili Chicken Wings](#)
4. [Jalapeno Lime Chicken Wings](#)
5. [Peri-Peri Chicken Drumlets](#)
6. [Spicy Cajun-Style Chicken Wings](#)

## PARMESAN

7. [Baked Parmesan Garlic Chicken Wings](#)
8. [Garlic and Parmesan Chicken Wings](#)

## BOOZY

9. [Bourbon Maple Glazed Chicken Wings](#)
10. [Whiskey Wings](#)
11. [Baked Margarita Chicken Wings](#)
12. [Tequila Lime Chicken Wings](#)

## BARBECUE

13. [Barbecue Baked Chicken Wings](#)
14. [Barbecued Buffalo Wings](#)

## SODA

15. [Coca Cola Chicken Wings](#)
16. [Dr. Pepper Hot Wings](#)
17. [Baked Orange Soda Hot Wings](#)

18. [Root Beer Chicken Wings](#)

## FRUIT

19. [Peach Chipotle Chicken Wings](#)
20. [Sweet and Spicy Blood Orange Wings](#)
21. [Oven Baked Southern Fried Chicken Wings with Orange Honey Drizzle](#)
22. [Crispy Baked Orange Chicken Wings](#)
23. [Chili Lime Sticky Crispy Chicken Wings](#)
24. [Lemon Pepper Chicken Wings](#)
25. [Mango Jerk Wings](#)
26. [Grilled Coconut Lemongrass Chicken Wings](#)

# 101 Chicken Wings

*Continued from previous page*

27. [Crispy Blackberry Honey Jalapeno Chicken Wings](#)

28. [Slow Cooker Apricot Barbecue Chicken Wings](#)

29. [Baked Peach Barbecue Wings](#)

## ASIAN

30. [Grilled Thai Wings](#)

31. [Korean Fried Chicken Wings](#)

32. [Baked Sesame Wings with Thai Dipping Sauce](#)

33. [Asian Chicken Wings with Raspberry Hoison Glaze](#)

34. [Sticky Thai Chicken Wings](#)

35. [One Pot Sticky Chicken Wings](#)

36. [Oven Baked Double Crunch Kung Pao Wings](#)

37. [Teriyaki Chicken Wings](#)

38. [Honey Teriyaki Hot Wings](#)

39. [General Tso's Sticky Wings](#)

40. [Sweet Thai Chicken Wings](#)

41. [Crispy Baked Asian Wings](#)

42. [Thai Red Curry Wings](#)

43. [Garlic Miso Chicken Wings](#)

44. [Grilled Vietnamese Chicken Wings](#)

45. [Japanese Chicken Wings](#)

46. [Asian Zing Chicken Wings](#)

47. [Yangnyeom Chicken Wing](#)

48. [Chinese Chicken Wings](#)

## HONEY

49. [Honey Sriracha Chicken Wings](#)

50. [Crunchy Sticky Honey Barbecue Wings](#)

51. [Grilled Honey Barbecue Wings](#)

52. [Spicy Honey Lime Chicken Wings](#)

53. [Spicy and Sweet Chipotle-Honey Baked Chicken Wings](#)

54. [Sticky Honey Buffalo Hot Wings](#)

55. [Truly Crispy Oven Baked Chicken Wings with Honey Garlic Sauce](#)

56. [Baked Honey Chipotle Chicken Wings](#)

## SLOW COOKER

57. [Crock Pot Sweet and Spicy Wings](#)

58. [Slow Cooker Sticky Chicken Wings](#)

59. [Slow Cooker Garlic Parmesan Chicken Wings](#)

60. [Crock Pot Buffalo Ranch Chicken Wings](#)

61. [Slow Cooker Sriracha Teriyaki Wings](#)

62. [Slow Cooker Honey Garlic Teriyaki Chicken Wings](#)

63. [Slow Cooker Asian Glazed Wings](#)

64. [Slow Cooker Honey Sriracha BBQ Wings](#)

## GARLIC

65. [The Best Butter and Garlic Chicken Wings](#)

66. [Garlicky Lemon Cuban Chicken Wings](#)

67. [Soy Garlic Chicken Wings](#)

# 101 Chicken Wings

*Continued from previous page*

## CLASSIC

- 68. [Easy Breaded Chicken Breasts](#)
- 69. [Boneless Chicken Breasts](#)
- 70. [Crispy Baked Chicken Wings](#)
- 71. [Super Easy Baked Wing Dings](#)
- 72. [Fried Chicken Wings](#)

## BUFFALO

- 73. [Fancier Buffalo Wings](#)
- 74. [Baked Buffalo Chicken Wings](#)
- 75. [Sticky Buffalo Honey Hot Wings and Traditional Buffalo Hot Wings](#)
- 76. [Crispy Baked Buffalo Wings with Homemade Buffalo Sauce](#)
- 77. [Crispy Baked Buffalo Wings](#)

## MAPLE

- 78. [Crispy Baked Maple Sriracha Wings](#)
- 79. [Maple Mustard Grilled Chicken Wings](#)
- 80. [Maple Orange Chicken Wings](#)
- 81. [Crispy Maple Hot Wings](#)

## SWEET

- 82. [Baked Brown Sugar Chicken Wings with Red Pepper Cream Sauce](#)

## SALT

- 83. [Amazing Salt and Pepper Chicken Wings](#)
- 84. [Salt and Vinegar Chicken Wings](#)

## SPICES

- 85. [Baked Smoked Paprika Wings](#)
- 86. [Baked Jerk Chicken Wings](#)
- 87. [Honey Old Bay Wings](#)
- 88. [Caribbean Jerk Wings](#)
- 89. [Honey Tumeric Wings](#)

## OTHER

- 90. [Crispy Indian Dry Wings with Yogurt Dipping Sauce](#)
- 91. [Crispy Baked Greek Chicken](#)
- 92. [Crispy Chicken Wings with Four Pepper Jelly](#)
- 93. [Enchilada Chicken Wings](#)
- 94. [Miss Hays' Stuffed Chicken Wings](#)
- 95. [Peanut Butter and Jelly Wings](#)
- 96. [Peanut Butter and Jelly Chicken Wings II](#)
- 97. [Spicy Peanut Butter Honey Chicken Wings](#)
- 98. [Curry Baked Chicken Wings](#)
- 99. [Greek Chicken Wings](#)
- 100. [Saucy Taco Baked Chicken Wings](#)
- 101. [Tandoori Crispy Baked Chicken Wings](#)



# Contributors

*Many thanks to our writers for this edition of The Cookful.*



## **Amy Bowen, editor**

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is the primary editor for this ebook.



## **Christine Pittman, editor**

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Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## **Lyndsay Burginger**

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It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for Cook and a Good Book, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at The Cookful.



## **Stephanie Manley**

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Stephanie Manley is the creator of [CopyKat.com](http://CopyKat.com). She recreates your favorite restaurant recipes so you can make them at home. Stephanie is the author of CopyKat.com Dining Out At Home I & II. You can watch her videos on Youtube as she demonstrates many of her readers' favorite recipes.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**