



# Winedog Speaks

## Hot for Chicken Wings

I know I may come off as overly romantic but, yes, I do remember where I was the first time I snarfed down a hot chicken wing. It was love at first bite! My initiation was in a biker bar in Hollywood, Florida, in 1982. The place was a little “seedy” but man oh man, those wings were something else.

There is some dispute about who came up with the original hot wing appetizer, but most credit the Anchor Bar in where else but Buffalo, New York, USA.

The historic creation date for Buffalo Wings was October 30, 1964, when owner Teressa Bellissimo was faced with feeding her son and his friends a late snack. Having an excess of chicken wings on hand, she fried up the wings, dipped them in a buttered spicy chile sauce, and served them with celery and blue cheese dressing as a dipping sauce to cut the heat. The wings were an instant hit.

By now, almost everyone has had a Buffalo wing experience and the choice of styles has grown to include varieties such as Caribbean Jerk, Spicy Garlic, Mango Habanera, Sweet and Sour, Teriyaki, and the super hot varieties that take you to the very limits of pain and pleasure.

If you are ready to enjoy wings as they were first introduced here is a recipe believed to be the original. As always, great wings are meant to be served with lots of celery and blue cheese dressing. Very cold beer or iced tea is also the fire extinguisher of choice for your dining adventure.

## **Original Buffalo Chicken Wings**

(6 to 8 servings)

### **Ingredients:**

4 to 5 pounds chicken wings  
Freshly ground black pepper  
Salt (if desired)  
4 cups vegetable oil  
4 Tbsp butter or margarine (1/2 stick)  
5 Tbsp Louisiana-brand hot sauce or Tabasco sauce  
1 Tbsp white wine vinegar



### **Instructions:**

Chop off the tip of each chicken wing, and discard it. Chop the wing in half (cutting at the joint) to make 2 pieces. Grind on fresh black pepper and sprinkle with salt if desired.

Heat the oil over high heat in a deep skillet, Dutch oven, or deep-fat fryer until it starts to pop and sizzle (around 400 degrees F). Add half the chicken wings and cook until they're golden and crisp, stirring or shaking occasionally. When done, remove them to drain on paper towels and cook the remaining wings.

**Melt the butter or margarine over medium heat in a heavy sauce pan, add the hot sauce and the 1 tablespoon of vinegar. Stir well and remove from the flame immediately.**

**Place the chicken on a warm serving platter, pour the sauce on top, and serve.**

**There are umpteen varieties of chicken wings out there at this point but one of my all time favorite versions is the Spicy Garlic. I'm sure that there are any number of ways to bring on the garlic if you are so disposed but my favorite is simply adding two heaping tablespoons of minced garlic to the hot butter or margarine and sauté for about 2 minutes before adding the hot sauce and vinegar.**

**Another great method of preparing outstanding chicken wings is by doing the cooking in a pressure fryer which allows you to reduce the amount of oil you'll need, speeds up the whole process and leaves your wings "fall off the bone" tender. Some of you know this method as "broasting" and I'd strongly recommend that if you don't have one of the new and improved pressure cookers that you will need for this type of preparation, look into it and I know you'll get plenty of use out of one.**

**Truth be known, when I met my wife for the first time in South Florida she was doing demo presentations for a company that sold Broasters and while I was sizing her up as a keeper she was feeding me delicious chicken wings. The wings weren't the deciding factor in my asking her to marry me but they were, after all, really good wings. I may get thumped for telling that story!**

**I want to thank you for the emails this past week and I was delighted to hear that a number of you have gone to David and Alina's travel blog and enjoyed their international food adventure. I look forward to each stop along the way with them and love the great descriptions of the interesting foods they have encountered. If you haven't visited with them they are at [www.davidandalina.blogspot.com](http://www.davidandalina.blogspot.com). Pay them a visit if you get a chance.**

**I hope all of you are having a marvelous winter and wish you well.  
Cheers.**

*Allison, a native of Warren County in Southwestern Ohio, has been in the fine wine and fine dining field for 31 years in the South Florida, Chicago and Southwestern Ohio markets. He writes a weekly syndicated column, manages a fine wine business and is the executive chef for Winedog Fine Wines and Catering Services. You can visit his column archive at [www.winedog.com](http://www.winedog.com) and take your comments and questions directly to him at 888-288-0668 or email him at [winedog@winedog.com](mailto:winedog@winedog.com). He has resided with his wife and two sons since 1999 in the country outside of Morrow, Ohio*

