

Mike's Famous Buffalo Wings

Chicken • Wings
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Ingredients

Sauce:

4 TB Kerrygold unsalted butter

1 clove garlic, minced

1/2 cup Frank's Red Hot

2 TB Swerve brown sugar

1 TB apple cider vinegar

1/4 tsp Worcestershire sauce

1 tsp Kosher Salt

Mike's Wing Sprinkle:

3 TB smoked paprika

1 1/2 TB sugar (Swerve brown sugar)

1 1/2 tsp onion powder

1 tsp garlic powder

Directions

Wings: Add the wings to a large mixing bowl and season with the lemon-pepper seasoning and toss to coat. Allow to sit for a few minutes, so flavors can permeate into the chicken.

Blue Cheese Dipping Sauce:

In a small bowl, mash the blue cheese into the buttermilk and sour cream. Mix in the sugar and the apple cider vinegar, and season with salt and pepper, to taste.

Add the wings to a 350-degree deep-fryer and fry until cooked through and golden and crisp, 12 to 15 minutes. You may need to do this in batches.

Meanwhile, while wings are frying, melt butter in small saucepan over medium-low heat with the garlic. Transfer to a large bowl and whisk in the hot sauce, brown sugar,

1 tsp kosher salt or Sazon

1/2 tsp fresh cracked black pepper

Blue Cheese Dipping Sauce:

1/3 cup blue cheese crumbles

1 TB buttermilk

1/3 cup sour cream

1/4 cup mayonnaise

1/2 tsp powdered stevia

2 tsp apple cider vinegar

1 tsp garlic powder

salt and pepper

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For Reference: Neely's Dry Rub:

3 TB smoked paprika

1 1/2 TB sugar (Swerve brown sugar)

1 1/2 tsp onion powder

vinegar, and Worcestershire sauce until combined.

Remove wings from fryer and drain on a paper towel lined sheet tray. Immediately sprinkle with Mike's Wing Sprinkle.

Add fried wings to the large bowl of sauce and toss until well combined and wings are well coated. Serve immediately after tossing the wings with the sauce. Serve with the blue cheese dipping sauce and celery and carrot sticks.

Notes

Neely's Dry Rub: Smokey Memphis Style

1 1/2 cups smoked paprika

3/4 cup sugar

3 3/4 TB onion powder