

Mike's Famous Buffalo Wings

Although there are several versions of the origin of the buffalo wing, a common ground between each version involves the Bellissimo family and the year 1964. The family owned a small restaurant called Anchor Bar in Buffalo, New York (hence the name: buffalo wing).



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 Redmond Real Salt

Mike's Wing Sprinkle:

- ☐ 6 TB paprika
- ☐ 4 TB Erythritol
- ☐ 10 TB kosher salt
- ☐ 1 TB onion powder
- ☐ 2 tsp cayenne 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. erythritol
- ☐ 2 tsp. apple cider vinegar
- ☐ 1 tsp. garlic, minced
- ☐ salt and pepper

NOTES:

To make this recipe quickly, substitute wings for Publix non-breaded hot wings and spoon sauce over the wings while warming in a 350-degree oven

INSTRUCTIONS:

1 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.

2 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.

3 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, vinegar, and Worcestershire sauce until combined.

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

5 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.

Carbs: 4 grams

Total Fat: 35 grams