



Their name comes from the city in which they were created: Buffalo, New York. One version says that a restaurant there had a misdelivery on the wrong chicken parts and had to improvise on what to do with all the wings, so they wouldn't go to waste. It has become a traditional snack to eat while watching American Football. When the Super Bowl is near the chicken wings become the most expensive part of the chicken. 1.000 millions of chicken wings are eaten in a day there.

BUFFALO WINGS

= SERVES 6 =



KITCHENWARE

1 Zipper bag or 1 bowl and cling film.
Wire rack
Baking sheet
Tongs, or spoon and fork
1 Saucepan
Spoon
1 Serving dish

Prepare the marinade for the wings

1. Mix soy sauce, lime juice, spices, salt and Tabasco in a zipper bag or in a bowl. Toss it and introduce the wings. Mix well and leave it covered in the fridge for ½ hour or overnight.
2. Preheat oven to 205°C and place a wire rack over a baking sheet.
3. Take the wings out of the marinade and reserve the liquid.
4. Sprinkle the wings with baking powder and transfer them

INGREDIENTS

500g chicken wings
divided in 3

FOR MARINADE

2 tbsp soy sauce
½ lime juice
1 tbsp chinese 5 spices
1 tbsp ground garlic, curry
and ginger
1 pinch of salt
Baking powder to coat
1 tbsp of Tabasco
(optional)

FOR REDUCTION SAUCE

60ml water
30ml Modena vinegar
25ml soy sauce
3 tbsp brown sugar

to the wire rack. We only want a layer of them.

5. Bake them until chicken is golden and skin is crispy, 40-50 minutes, in the top of the oven, flipping the wings halfway though.

Prepare the reduction

6. In a saucepan whisk together the liquid of the marinade, water, Modena vinegar, soy sauce and brown sugar. Bring to simmer till it thickens, watching carefully because at the end it can burn.
7. Coat the wings with the sauce.

enjoy!