

chicken wings buffalo style

prep time: 20 min

cooking time 1.5 hrs

serves 4-6



ingredients

1 tbsp sea salt
1 tbsp sugar
1.5 cup warm water
1.5 cup white vinegar
350g red capsicums, cores removed,
deseeded, chopped into ~1 inch
square pieces
1/2 tsp paprika
1/2 tsp minced garlic
1 tbsp extra virgin olive oil
1/4 tsp sea salt
optional - cayenne pepper to your taste
2kg chicken wings cut into pieces

method

1. first pickle the capsicums. in a bowl dissolve the sea salt and sugar in the warm water then add the white vinegar and stir together. add the capsicums and leave overnight in the fridge.
2. the next day, preheat the oven to 160 degrees celsius. strain the capsicums and transfer to a high-speed blender along with the paprika, minced garlic, olive oil salt and cayenne pepper if using.
3. blend on high until ultra smooth. taste and adjust to ensure the taste is to your liking. this is your buffalo sauce.
4. place the chicken wings in a large bowl with half the buffalo sauce. toss the sauce with the wings to coat thoroughly before transferring to a baking tray and placing in the oven to cook for an hour.
5. remove from the oven and transfer to a serving bowl. drizzle the remaining buffalo sauce over the cooked chicken wings and dig in!