

---

# Chicken Wings, Anchor Bar Buffalo

Debby

About.com

Servings: 6

*Just the right heat and very tasty*

*The wings still stick to the foil. Try parchment paper. I used Emeril's instead of Tabasco.*

*This was great to cook in the convection oven. It took about the same time but the wings were uniformly done and very crispy.*

**24 medium chicken drumsticks**  
**1 tablespoon vegetable oil**  
**1 teaspoon salt**  
**1 cup flour**  
**1 1/2 tablespoons white vinegar**  
**1/4 teaspoon cayenne pepper**  
**1/8 teaspoon garlic salt**  
**1/4 teaspoon Worcestershire sauce**  
**1 teaspoon tabasco sauce**  
**1/4 teaspoon salt**  
**6 tablespoons Louisiana hot sauce (Frank's is used in Buffalo)**  
**6 tablespoons unsalted butter**  
**12 sticks celery**  
**1 cup blue cheese salad dressing**

Preheat oven to 425 and line a baking sheet with foil. Oil the foil.

Put oil and salt in bottom of a large bowl. Toss the chicken making sure all surfaces are coated.

Place chicken into a large plastic shopping bag, and add the flour. Shake to coat evenly. Remove wings from the bag, shaking off excess flour, and spread evenly on an oiled foil-lined baking pan. Do not crowd.

Bake for about 20 minutes, turn the chicken over, and cook another 15-20 minutes until the wings are cooked through and browned.

While the chicken is cooking, mix all the ingredients for the sauce and heat over low heat bringing to a simmer. (or bring to a boil in the microwave) Stir and turn off and let it sit.

After wings are cooked, transfer to a large mixing bowl. Pour the hot sauce over the hot wings and toss with a spoon to completely coat.

Serve any remaining sauce as a side.

Serve with celery sticks and blue cheese on the side.

## **Appetizers, Chicken and Turkey**

---

*Per Serving (excluding unknown items): 817 Calories; 57g Fat (63.1% calories from fat); 53g Protein; 22g Carbohydrate; 2g Dietary Fiber; 256mg Cholesterol; 1217mg Sodium. Exchanges: 1 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 7 Fat; 0 Other Carbohydrates.*