

Jay's Baked Buffalo Wings



3/4 cup all-purpose flour

1/2 tsp cayenne pepper (I would use twice that, love that heat!)

1/2 tsp. Of garlic powder

1/2 tsp. Salt

20 chicken wings

1/2 cup butter (don't fight this, it's Super Bowl)

1/2 cup hot pepper sauce such as Frank's Red Hot or Sirache

(Our tip: make sure the wings are thoroughly dry before dredging in flour.)

1. Line a baking sheet with aluminum foil and lightly grease with oil or cooking spray. Put flour, cayenne, garlic powder and salt in a plastic bag and shake to mix. Add the wings and seal and toss until well coated with the flour mixture. Place the wings onto the baking sheet and place in refrigerator, for at least 1 hour.
2. Preheat the oven to 400 degrees F, 200 degrees C.
3. Whisk together the melted butter and hot sauce in a small bowl. Dip the wings into the butter mixture and place back on the baking sheet, separated, of course. Bake until the wings are no longer pink in the center and crispy on the outside, about 45 minutes. Turn the wings over halfway through cooking so they crisp evenly.
4. Serve with lots of celery sticks and chunky bleu cheese dressing so you have a balanced meal. There will not be any left, no matter how many you serve.