**Buffalo Wings**

Ingredients:

* 2 wings per person
* 1/6 of an onion, chopped
* 1 garlic clove, minced
* 1/6 of a pepper, chopped
* 25ml brown sugar
* 10ml soy sauce
* 5-10ml hot sauce

Fry Method:

1. Bring pot of water to boil – boil wings for 8 minutes then put in fridge
2. Fill cast iron frying pan with oil (will be shared between units)
3. In small pot combine chopped onion, garlic and pepper cook for 1-2 minutes
4. Add brown sugar, soy sauce, hot sauce, salt and pepper cook for 5-10 minutes until veggies are soft
5. Pour sauce into a blender and mix on high until smooth
6. Dry off wings thoroughly
7. Heat oil, add wings with slotted spoon – cook for 2-3minutes per side
8. Remove wings with slotted spoon and put onto paper towel
9. Immediately toss in bowl of sauce

Oven Baked Method:

1. Preheat oven to 425 degrees F
2. Make sauce
3. Toss wings in sauce
4. Bake for 15 minutes then turn wings and drizzle more sauce over wings
5. Bake for 15 minutes more
6. Remove from oven



**Honey Garlic Wings**

Ingredients:

* 2 wings per person
* 25ml soy sauce
* 40ml honey
* 2 garlic cloves, minced
* 1ml sesame oil
* Dash of cayenne
* Salt and pepper

Fry Method:

1. Bring pot of water to boil – boil wings for 8 minutes then put in fridge
2. Fill cast iron frying pan with oil (will be shared between units)
3. In small pot combine soy sauce, honey, minced garlic, sesame oil, cayenne, salt and pepper, cook for 5 minutes, stirring constantly
4. Dry off wings thoroughly
5. Heat oil, add wings with slotted spoon – cook for 2-3minutes per side
6. Remove wings with slotted spoon and put onto paper towel
7. Immediately toss in bowl of sauce

Oven Baked Method:

1. Preheat oven to 425 degrees F
2. Make sauce
3. Toss wings in sauce
4. Bake for 15 minutes then turn wings and drizzle remaining sauce over wings
5. Bake for 15 minutes more
6. Remove from oven