

# YOUR FESTIVAL MENU:

## JIMMY ADAMS SUPER CRISPY

## BUFFALO CHICKEN WINGS

## AND BLUE CHEESE SAUCE



### Ingredients:

#### For the wings:

- 1kg wings (cut into wingettes and drumettes)
- 2 teaspoons baking powder
- 1 teaspoon salt

#### For the buffalo sauce:

- 125ml Frank's Original Red Hot Sauce
- 30g butter (melted)
- 1 1/2 tablespoons brown sugar
- Pinch of salt (if using unsalted butter)

#### For the blue cheese sauce:

- 100g blue cheese eg gorgonzola (ideally crumbly but if not cut into small bits)
- 120ml sour cream
- 60ml mayonnaise
- Small clove of garlic – crushed
- 1 tablespoon lemon juice
- Salt and pepper to taste

Serve with celery sticks (and a beer or two)

### Method:

1. Lay the wings on a rack in a baking tray and leave in the fridge for a few hours (or overnight if you have time). This is to dry out the wings and help them go super crispy. If you're tight on time, pat them with paper towel.
2. Preheat your oven to 120C/250F.
3. Put the wings in a ziplock bag and add the baking powder and salt. Give them a good shake, then lay them back onto the rack/baking tray (skin side up).
4. Bake in the oven for 30 minutes. Then turn up the oven to 220C/425F and bake for a further 45 minutes (or up to 1 hour), until the wings are dark brown and crispy.
5. In the meantime, whisk together the buffalo sauce ingredients. Warm through on the hob or in a microwave – keep whisking until the butter mixes/emulsifies.
6. Make the blue cheese sauce – mix/mash the cheese and sour cream (I like it lumpy but you can mash until it's the consistency you want). Add the remaining ingredients and mix well. Store in the fridge until you're ready to serve the wings.
7. Toss the wings with the buffalo sauce, then serve with celery sticks and the blue cheese sauce.

SUMMER  
FESTIVAL

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.