



# lookout

weekend 02.04.11

3  
recipes —  
from mild  
to wild

**KICK  
UP  
YOUR  
WINGS!**

Score a Super Bowl victory with spicy spins on drummies 26

# lookout styles

# ON A drummmie ROLL

SWITCH UP THE SUPER BOWL STAPLE WITH COOKING TIPS AND KICKY RECIPES

Chicken wings are to Super Bowl Sunday as roast turkey is to Thanksgiving. Still, no matter how many frat boys name the clucker knuckles their favorite food group, drummies often suffer from a dire case of Fast Food Syndrome: They can be as greasy as game-day face paint or as bland as a bad halftime show.

“They’re easy to overcook and over-season,” says Debbie Moose, author of “Wings: More Than 50 High-Flying Recipes for America’s Favorite Snack” (\$13, Wiley).

The city of Buffalo, N.Y., claims what many consider the original recipe: unbreaded drumettes deep-fried, then coated in a mixture of one part unsalted butter and four parts hot sauce, and served with blue cheese sauce and celery sticks. But the versatile chicken pieces seem ripe for reinvention, especially if you’re hosting guests too old to wear Greek letters on their sweat-shirts. “It’s very tender meat without a strong flavor,” Moose says. “Wings can absorb a lot of spices.”

But you’ll need to ensure that your wings aren’t a culinary loss on par with the 49ers beating the Broncos by 45



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— **DEBBIE MOOSE**,  
AUTHOR OF “WINGS:  
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points in 1990. First, don’t over-marinate wings — that makes them mushy. Second, be sure your deep fryer or hot oil is cranked up to 375 F. “If it’s not, your wings will be very oily,” Moose says. Finally, if you use the grill, cook the flappers at a low heat so they don’t get tough.

When it comes to seasoning wings, go bold, not wimpy. “There always needs to be a bit of fire,” says chef Roberto Donna of Galileo III (600 14th St. NW; 202-783-0083). Contrast flavors such as salty and sweet or fruity and spicy. Ba Bay’s (633 Pennsylvania Ave. SE; 202-547-1787) executive chef Nick Sharpe tosses his chicken limbs in a savory-sweet mixture of Asian vinegars, sambal, hoisin and brown sugar, and then sprinkles on a few slivers of scallion. “The onion balances everything,” he says.

And any student of Buffalo cuisine knows that dipping sauce matters mightily, too. Moose believes in offering lots of choices. “You’ve always got people that like hot food and people that don’t,” she says. “So, you should always provide a range from mild to wild.”

If you’re worried about all that sticky stuff getting on the hands of testosterone-crazed fans, skip the condiments. Just be sure the wings are highly flavored to start with. “That way, when your team makes a pass, you don’t need to worry about wing sauce flying all over the living room,” says Seattle food blogger Deseree Kazda of Lifesambrosia.com. **NEVIN MARTELL**



homey

## ROBERT DONNA’S ITALIAN WINGS

### Ingredients

- 24 chicken wings
- 3 garlic cubes
- 2 rosemary cloves
- 1 cup of olive oil
- 1 cup of flour
- 2 eggs
- 1 cup of Parmesan cheese
- 1/2 cup of bread crumbs
- Half a spoon of hot pepper and salt
- Cooking oil for deep-frying

### Instructions

Place the wings in a plastic bag and seal tightly. Completely submerge the bag and cook in warm water over a medium heat for half an hour, making sure that the water does not boil.

Remove marinade and pat the chicken wings dry.

Roll them in flour, dip them in the eggs, and then roll them in the cheese and bread crumbs. Deep-fry until chicken is crispy.





## LIFE AMBROSIA'S CAJUN FRIED WINGS

### Ingredients

- ▶ **1 1/2 lbs. chicken party wings (or chicken wings with tips trimmed)**
- ▶ **3 tablespoons Cajun seasoning**
- ▶ **1/4 cup olive oil**
- ▶ **1 tablespoon honey**
- ▶ **1 tablespoon corn starch**
- ▶ **1 cup all purpose flour**
- ▶ **2 teaspoon seasoning salt**
- ▶ **Oil for frying**

### Instructions

Rinse the chicken and pat dry.

In a bowl, combine Cajun seasoning, olive oil and honey. Toss chicken in the mixture. Cover and refrigerate for two hours.

In a re-sealable plastic bag combine corn starch, flour and seasoning salt. Place marinated chicken in the bag and shake to coat. Place coated chicken on a plate and let set for 15 minutes.

While chicken is setting, heat 2 inches of oil in a heavy-duty pan over medium-high heat. Once oil reaches 350 F, begin frying chicken in batches until golden brown and cooked through, five to seven minutes.

Transfer to a paper-towel lined plate. Allow to cool slightly. Serve.

spicy



tangy



## BA BAY'S CHILI-GLAZED CHICKEN WINGS

### Wing Glaze

- ▶ **1 tablespoon rice wine vinegar**
- ▶ **1 tablespoon red vinegar**
- ▶ **1 tablespoon black vinegar**
- ▶ **1/2 tablespoon sambal**
- ▶ **2 tablespoon hoisin sauce**
- ▶ **2 tablespoon brown sugar**

Mix everything in a pot with a whisk and reduce slowly until a syrup consistency is reached.

### Wings and Batter

- ▶ **5 lbs. chicken wings**
- ▶ **1 cup rice flour**
- ▶ **1 cup corn starch**
- ▶ **1 teaspoon baking powder**
- ▶ **1 teaspoon salt**
- ▶ **1 teaspoon powdered sugar**
- ▶ **1 cup cold water**
- ▶ **1 gallon canola oil**

### Instructions

Mix the flour, corn starch, baking powder, salt and sugar together. Whisk with cold water until the batter is the consistency of milk.

Rinse wings, then pat them until very dry.

Place wings in the batter, and then place in a fryer at 375 F for five minutes.

Pull the wings out and let them rest in the refrigerator for 10 to 15 minutes. Then re-batter them lightly and fry for another three to four minutes at 375 F.

Let the grease drain off the wings and then place them in a large mixing bowl.

Add the glaze and toss until the wings are coated with the sauce, being sure that there is no excess sauce.

Option: Garnish with thinly sliced scallions.

**A Snack Classic's First Flight:** Which came first — the chicken or its wing? The history of America's favorite fried nubbin remains as cloudy as a football game in Seattle. Still, most signs point to Buffalo, N.Y., in the late 1960s. One camp argues that Teresa Bellissimo of the Anchor Bar first whipped up the spicy appetizer as a late-night snack for her son and it caught on with her patrons. Opposing connoisseurs contend another restaurateur, John Young, first deep-fried his wings in mambo sauce, a tangy barbecue blend. "There's a raging debate out there," says Scott Roth of Cluckbucket.com, a website devoted to all things wing. "We'll never know for sure who did create them. All that really matters is if the wings you're eating right now taste good." **N.M.**