

KENTUCKY FRIED CHICKEN HONEY BARBECUED WINGS

F MEDIUM

Last Modified: 01/15/2016

PREP: 10 Min
COOK: 20 Min
DEEP FRYER OR OVEN

BAR & RESTAURANT COPY

MAKES 20 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|-------|---------|--|---------|
| 5 | Pounds | Jumbo Chicken Wings (Drumettes & Blades) | |
| 6 ~ 8 | Cups | Vegetable Oil (ONLY If Deep Frying) | |

SEASONED COATING WET MIX

| | | | |
|-----|-------|------------|-------------|
| 4 | Large | Eggs | Well Beaten |
| 4 | Cups | Whole Milk | |
| 3/4 | Tsp | MSG Powder | OPTIONAL |

REDIP WET MIX

| | | | |
|---|-----|------------|--|
| 1 | Cup | Buttermilk | |
|---|-----|------------|--|

SEASONED COATING DRY MIX

| | | | |
|-------|------|---------------------|--|
| 40 Oz | Box | Bisquick Baking Mix | |
| 6 | Tbsp | Kosher Salt | |
| 6 | Tbsp | Ground Black Pepper | |

HONEY BBQ SAUCE

| | | | |
|-------|-----------|---------------------------------|--|
| 2 1/2 | Cups | Ketchup (Heinz) | |
| 1 | 12 Oz Can | Orange Soda Pop (Orange Crush) | |
| 2/3 | Cup | Distilled White Vinegar (Heinz) | |
| 1/2 | Cup | Molasses | |
| 1/2 | Cup | Honey | |
| 2 | Tsp | Liquid Smoke (Colgin) | |
| 1 | Tsp | Kosher Salt | |
| 1/2 | Tsp | Onion Powder | |
| 1/2 | Tsp | Chili Powder (Mild) | |

PREPARATION

| | |
|----------------|--|
| FACTOID | This recipe comes VERY close to duplicating the taste of "KFC Honey BBQ Wings". While not quite as messy, sticky, gooey as the real ones, these are still REALLY good! The oven baked method in a crock pot DOES make them sticky / gooey. |
| TOOLS | <ol style="list-style-type: none"> 1) Small Saucepan & Lid 2) Dutch Oven 3) 3 - Small Mixing Bowls 4) Pie Tin 5) Large Stainless Steel Bowl 6) Wire Rack 7) Deep Frying Thermometer |
| PREP | Beat the Eggs until there are no white streaks visible and set them aside. |

KENTUCKY FRIED CHICKEN HONEY BARBECUED WINGS

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|--------------------------|---|
| 1 | THE DAY BEFORE: Thaw the Wings in a single layer while refrigerated. |
| 2 | IF DEEP FRYING: Heat the Oil in the Dutch Oven until it reaches a steady 350 Degrees. |
| OPTIONAL NOTE | Remember - MSG is ONLY a Meat Tenderizer! If you have a phobia, you can replace the MSG by soaking the Wings in Buttermilk for 1+ hours before breading them. The final taste WILL be altered slightly. This counts as the first Buttermilk dip in Step #6. |
| 3 | WET MIX: Combine the beaten Eggs with the Milk in a small mixing bowl. |
| 4 | DRY MIX: In a pie tin, combine the Bisquick, Salt, Pepper and MSG (if using). |
| 5 | REDIP MIX: In another small mixing bowl add a cup of Buttermilk, more if needed. |
| 6 | COAT THE WINGS: Pat each wing dry with paper towels just before coating them. Dip each dry Wing first into the plain Buttermilk. |
| 7 | COAT THE WINGS: Roll them in the Bisquick Mixture to evenly coat. |
| 8 | COAT THE WINGS: Dip them quickly into the Egg Mixture. |
| 9 | COAT THE WINGS: Finally, roll them once again into the Bisquick Mixture and pat lightly to adhere the Coating Mix. Arrange the breaded Wings on a wire rack (NOT touching) to dry. As soon as the last Wing is Breaded, fry them in the hot Oil (First Breaded Wings fried first) for 9 to 12 minutes, or until golden brown. Or optionally bake them. |
| OVEN BAKED OPTION | You may bake the Wings in the oven if you wish. Place the breaded Wings (NOT touching) on a parchment paper lined aluminum half sheet pan with a non-stick cooking spray coated wire rack. Preheat the oven to 350 degrees with a rack just below center. Spray each Wing heavily on all sides with non-stick cooking spray. Bake until the internal temperature reaches 175 to 180 degrees and the outside is lightly browned and crispy, about 1 hour depending upon the size of the Wings. |
| 10 | BBQ SAUCE: Meanwhile, in a small saucepan, thoroughly combine all of the Honey BBQ Sauce Ingredients. Place over medium heat and bring it to a boil. Lower the heat and simmer for 15 to 20 minutes, or until thick. |
| 11 | SAUCE COATING: Place the Wings into a metal bowl, tented with aluminum foil to keep warm until all are deep fried. Drizzle the hot Wings with the Sauce while tossing until all are evenly coated. |
| NOTE | This also works well as a dish-to-pass in a slow cooker: Pour a thin layer of Sauce in the bottom, add in a layer of Wings, drizzle them evenly with more Sauce. Repeat until all of the Wings are coated with Sauce. Cover and heat on low until ready to serve. |
| SERVE | Arrange the Wings on a large serving platter and serve while hot. |