

House-Autry Mills Wings Challenge Friday, October 13, 2017

First Place: Brian Lloyd, Apex

Southern Fried Korean Wings

9 to 12 fresh chicken wing sections
½ cup House-Autry Mills seasoned chicken breading mix
½ cup cornstarch
½ tsp. salt
Frying oil

Korean Sauce

2 to 4 cloves minced garlic
1 to 3 Tbsp. chili paste (vary based on desired heat)
1 ½ Tbsp. olive oil (can be substituted with vegetable oil)
¼ cup soy sauce
¼ cup rice or corn syrup
1 Tbsp. honey
1 ½ Tbsp. Garlic Hoison sauce
1 Tbsp. vinegar
2 Tbsp. brown sugar
1 Tbsp. Dijon mustard

Season raw chicken with salt. Mix the House-Autry Mills chicken breader with cornstarch. Coat chicken with breading/starch mix. Fry coated wings in frying oil at 370 degrees for 8 to 10 minutes.

To make sauce: with medium heat in a sauce pan, heat olive oil and minced garlic. Sauté until browned. Add chili paste, stirring constantly. Add soy sauce, corn syrup, vinegar, mustard, hoison, brown sugar, and honey. Let it bubble stirring continuously for 1 to 3 minutes until blended and sauce has thickened.

Add fried chicken into sauce and toss to coat wings. Serve warm.

Second Place: Paula Edwards, Wilson

Sweet Smoky Chicken Wings

1 ½ lbs. chicken wings

Buttermilk Brine

2 cups buttermilk

2 Tbsp. kosher salt

2 Tbsp. brown sugar

½ tsp. black pepper

Chill wings in brine for 24 hours.

1 packet House-Autry original crunchy recipe

1 packet House-Autry Texas Pete

Thin brine with 1 cup of water. Bread first in Texas Pete mix. Dip in brine and lightly bread in Original crunchy recipe.

Fry wings in frying oil at 325 degrees for 10 to 12 minutes.

1 10oz. jar apple jelly

½ cup water

2 tsp. liquid smoke

¼ tsp. salt

2 Tbsp. butter

1 Tbsp. cornstarch plus 1/8 cup water

Mix jelly and water on low temperature till dissolved. Add liquid smoke, cornstarch, and salt. Heat until thickened. Gently mix in butter till dissolved. Toss over wings.

Third Place: Pamela Cash, Youngsville

“Just Right Wings”

18 wings
1 box House-Autry Texas Pete wing mix
1 cup Texas Pete sauce
1 cup butter
1/3 cup molasses
24 oz. peanut oil
5 sage leaves
Salt and pepper
1.5 cup buttermilk

Mix butter and sage (grind with hands) melt together, then blend in molasses and hot sauce.
Cut wings in to 3 sections. Clean wings in water. Rinse well.
Salt and pepper wings. Dip in buttermilk. Shake in House-Autry Texas Pete wing mix. Fry in skillet until skin is crispy and firm. Do not drain.
Dip in butter molasses mix and enjoy!
Suggestions: Serve with Hawaiian Rolls, celery, and blue cheese.