



NICHOLAS RIZZO'S HOT WINGS

This recipe is a combination of a Grilled Wings recipe from Cook's Illustrated, a Buffalo Wings recipe from America's Test Kitchen, and my own trial and error. It is designed to beef up the traditional buffalo or hot wing sauce, and make the flavor more complex.

Wings

- 1/2 cup salt
- 2 pounds chicken wings, wingtips discarded
- 1 1/2 teaspoons cornstarch

Pre-heat oven to 425 degrees if cooking wings in an oven. For a charcoal grill: Open bottom vent completely. Light large chimney starter half filled with charcoal briquettes (3 quarts). When top coals are partially covered with ash, pour evenly over grill. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Turn all burners to medium-low. (Adjust burners as needed to maintain grill temperature around 350 degrees.)

Dissolve salt in 2 quarts cold water in large container. Submerge chicken in brine, cover, and refrigerate for 30 minutes. Do not go past 30 minutes.

Remove chicken from brine and pat dry with paper towels. Transfer wings to a bowl and sprinkle with a light coat of cornstarch, tossing until evenly coated.

Clean and oil cooking grate. Cook in oven or grill wings (covered if using gas), thicker skin side up, until browned on bottom, 12 to 15 minutes. Flip chicken and grill until skin is crisp (lightly charred if grilling) and meat is done, about 10 minutes. Let rest in sauce, as below.

Sauce

- 1 tablespoon butter
- 1 teaspoon minced garlic
- Few turns of freshly ground black pepper
- 1/4 teaspoon paprika (use regular paprika, not smoked)
- 1/4 teaspoon McCormack's chili powder
- 1/2 teaspoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon balsamic vinegar
- 1/4 cup ketchup

- ½ cup Frank's Red Hot brand Hot Sauce

Directions

Melt the butter in a small sauce pan over low to medium heat. Sweat the garlic, salt, pepper, smoked paprika and chili powder in the butter – just a few minutes until the garlic is clear but not burnt. (This also “blooms” the spices.) Add the rest of the ingredients and stir. Heat the sauce over a medium flame until just boiling. Do a final season, with salt and pepper to taste. Place sauce into a large bowl.

When the wings are cooked, immediately place them into the bowl with the sauce and toss to coat. Let rest in the sauce for 5 to 10 minutes.

Bleu Cheese Dipping Sauce

- 5 oz. bleu cheese
- 4 tablespoons buttermilk
- 1 tablespoon cream
- 4 tablespoons mayonnaise (preferably homemade)
- 6 tablespoons sour cream
- ¼ teaspoon sugar
- 3 teaspoons white wine vinegar
- 1 teaspoon lemon juice
- pinch of white pepper
- 2 teaspoons finely chopped parsley
- ¼ teaspoon garlic powder

In small bowl, mash the cheese together with the buttermilk using a fork, leaving some small lumps so that it has the consistency of cottage cheese or smaller. Stir in the remaining ingredients and mix well. Cover and refrigerate to let the flavors blend until serving time.