



# Buffalo chicken wings



Serves 4



1 hour

Recipe by Joel Rheinberger

## INGREDIENTS

The Wings:

- 1 kg chicken wings
- 1 tbsp flour
- 1 tbsp garlic powder
- 1 tsp table salt
- 1 tsp white pepper

The Sauce:

- ¼ cup melted butter
- ½ cup hot chilli sauce
- 2 tbsp sweet chilli sauce

The Dip:

- 1 cup sour cream
- 100g blue cheese
- 3 cloves garlic
- Handful of sliced chives or spring onions

To Serve:

- Coleslaw
- Chips

## DIRECTIONS

1. Separate the wings into niblets for easy eating.
2. Combine the flour, garlic powder, salt and pepper. Toss the wings in this mixture until nicely coated.
3. Line a tray with baking paper and spread the wings out on it. Roast at 180 degrees until golden brown, usually 45 minutes to an hour. I like to turn them at the half hour point.
4. While the chicken is cooking, combine all the sauce ingredients to make the sauce.
5. For the dip, blend the sour cream, cheese and garlic, then stir through the chopped chives.
6. When the wings are done, put them into a large bowl and toss them with the sauce so they're coated.
7. Serve them with the dip, chips and coleslaw.



# Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

