

OLD MAN'S POT PIE WINGS

This is one of the great things that followed from Devil's Trinity. Now, I love wings, but for the most part they are of the hot variety; hot to the point where most sane humans will shy away. These wings, however, are not hot at all. There may be a little tang from the Devil's Trinity, but only on a nice underlying, subtle note. Despite not being hot, these are VERY tasty and the sauce / gravy is FANTASTIC!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	1 qt. jar	Devil's Trinity (See recipe "Devil's Trinity")
1	Package	Uncut Chicken Wings
½	Cup	Self-Rising Flour
1	-----	Largish Egg
2	TBSP	Butter Milk
AR	-----	Corn Starch
AR	-----	Peanut oil

I generally get Purdue, or the like, wings. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. You can also get what I believe are called "Party Wings" which have already been separated into drumettes and flats, but for some reason, I like separating my own and including the wing tips

No buttermilk? Whole milk will work

No self-rising flour? AP flour will work

Don't have or don't like peanut oil??? Use any suitable oil for deep frying at around 374 deg. F.

SPECIAL TOOLS

- Counter top deep fryer
- Sous vide machine
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Wood tamper

PREPARATION

- 1) Heat the Sous Vide machine to 165 deg. F
- 2) Make (Qty. 2) 4 line vacuum seal bags (fold down the top edges of the bags by an inch or so to help avoid getting chicken stuff on the outside of the bag)
- 3) Separate the wings into drumettes, flats and tips with a cleaver [i]
- 4) Put the parts from 3 wings into each 4 line vacuum seal bag
- 5) Empty the jar of Devil's Trinity into a glass bowl and mix with a wood spoon
- 6) Split the Devil's Trinity evenly between the two vacuum seal bags
- 7) OK... this next part might get a bit tricky... The goal is to vacuum seal the wings and brine with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer
 - a. Position the vacuum sealer near the edge of a counter
 - b. Squeeze out as much air as possible from a bag of wings and Devil's Trinity
 - c. Position the bag o' wings in the vacuum sealer so that it hangs over the edge of the counter [ii]
 - d. Pull a vacuum as long as possible until liquid just about reaches the vacuum sealer and trigger the seal function
 - e. After one minute, re-trigger the seal function
 - f. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
 - g. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - h. After one minute, re-trigger the seal function
 - i. Place the bag o' wings in the fridge
 - j. Repeat Steps 7a through 7h for the second bag
- 8) Once the Sous Vide machine has reach temperature, add both the bags o' wings
- 9) Add additional water as required to cover the bags o' wings [iii]
- 10) When the Sous Vide machine temperature recovers, set a timer for []
 - a. 3 hours for non-frozen wings
 - b. 3 ½ hours for frozen wings
- 11) When timer goes off, pull the Sous Vide wings and drain through fine mesh strainer on top of a quart measuring cup
- 12) Scrape extra gunk off the wings into the juice and set wings aside
- 13) Moderately press down on veggies to get out extra juice
- 14) Remove veggies and put in fridge for future use
- 15) Heat juice on low for 6 minutes. If it starts bubbling too vigorously, reduce the heat.
- 16) Stir in 3 TSP of corn starch 1 TSP at a time
- 17) Heat juice for another 15 minutes
- 18) Want it a bit thicker? Stir in more corn starch a little it at a time until it gets to where you want
- 19) Fill the deep fryer with oil and heat to 374 deg. F
- 20) Whisk eggs and milk in a small glass bowl
- 21) Put the flour in a gallon ZipLoc bag
- 22) Toss wings in the flour in the zip loc bag 3 or so at a time at set on a cookie sheet
- 23) Dredge the wings in the egg wash and set back on the cookie sheet
- 24) Deep fry wings in small batches (DON'T CROWD!) for 1 minute 30 seconds

- 25) Let drain in the basket for 15 seconds
- 26) Put wings on a ½ sheet cooling rack in a ½ sheet pan. Keep covered with a second half sheet pan
- 27) Repeat steps 24 - 26 for the rest of the wings
- 28) Add the wings to the gravy, gently stir, and continue to heat for about 10 minutes
- 29) Plate
- 30) ENJOY!!!

NOTES

- i. Yeah, I know. Most people don't like to waste time on the tips, but for some reason, I feel guilty if I don't include them.
- ii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- iii. Don't go over the max fill line!
- iv. You have a bit of leeway here. Can't get to it right away when the timer goes off? No problem. Sous vide is pretty forgiving as far as running a bit long goes, just don't let it sit forever

PICTURES
