

THANKS GIVING WINGS

This one is an evolution from some early wing experiments from, what, 5 or so years ago? Where does the time go? I am not sure anymore what instigated this one (as I wasn't then), but I know I wanted to get the flavors of Thanksgiving into wing form. I think I got it right!

PS... Hmm... do I need another section for wings? Maybe.

20201205 (Saturday): Left turn Clyde. I started on this last night and decided to go in a slightly different direction. Don't worry! I'll get to the original version in a little bit

INGREDIENTS

BRINE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
4	Cups	100% Cranberry Juice
2	TBSP	Morton's Kosher Salt
4	TBSP	Brown Sugar
4	TBSP	White Sugar

WINGS NIGHT BEFORE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	Packages	Uncut Chicken Wings
4	Slices	Regular Cut Bacon

WINGS DAY OF

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	Cup	Self-Rising Flour
3	-----	Largish Eggs
1	14 oz. Can	Whole Berry Cranberry Sauce
4	Cups	Stove Top Traditional Sage Stuffing Mix
AR	-----	Corn Starch
AR	-----	Peanut oil

I have recently discovered 100% cranberry juice maybe 100% juice, BUT it may not all be cranberry. Get the cranberriest you can find

Insert standard statement about kosher salt here

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

I am still on the Kunzler tip as far as bacon goes

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
- Vacuum seal bag holder [i]
- Immersion blender

PREPARATION

THE NIGHT BEFORE

- 1) Make (Qty. 4) 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)
- 2) Whisk the brine dry ingredients in a largish glass bowl
- 3) Add the cranberry juice and mix with an immersion blender
- 4) Cover the bowl and set aside until you need to brine the wings
- 5) Separate the wings into drumettes, flats and tips with a cleaver [ii]
- 6) Put the parts from 3 wings into each 4 line vacuum seal bag
- 7) Place one slice of bacon in each vacuum seal bag
- 8) If you are not going to use the rest of the bacon soon, vacuum seal it. This helps keep the bacon fresher longer
- 9) Give the brine another mixy mix with the immersion blender and split into 4 equal portions
- 10) Hang a bag of wings in the vacuum seal bag holder and carefully add one of the portions of brine
- 11) 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 brine
 - c. Position the bag o' wings in the vacuum sealer so that it hangs over the edge of the counter [iii]

- 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 11a through 11i for the remaining bags
- 12) Let the wings brine overnight

THE DAY OF

- 1) Heat the Sous Vide machine to 165 deg. F
- 2) Once the Sous Vide machine has reach temperature, add the bags of wings
- 3) Add additional water as required to cover the bags o' wings [iv]
- 4) When the Sous Vide machine temperature recovers, set a timer for [v]
 - a. 3 hours for non-frozen wings
 - b. 3 ½ hours for frozen wings
- 5) When timer goes off, pull the Sous Vide wings and drain through fine mesh strainer on top of a quart measuring cup
- 6) Scrape extra gunk off the wings into the juice and set wings aside
- 7) Heat juice on low for 6 minutes. If it starts bubbling too vigorously, reduce the heat
- 8) Stir in 3 TSP of corn starch 1 TSP at a time
- 9) Heat juice for another 15 minutes
- 10) Want it a bit thicker? Stir in more corn starch a little it at a time until it gets to where you want
- 11) Reduce heat to very low
- 12) Fill the deep fryer with oil and heat to 374 deg. F
- 13) Put the flour in a gallon ZipLoc bag. This is your pre-coat
- 14) Put the stuffing mix in a food processor and chop until it is fine. It should make about 2 cups
- 15) Place the finely chopped the stuffing mix in a second gallon ZipLoc bag. This is your post-coat
- 16) Toss wing parts in the pre-coat ZipLoc bag 4-6 at a time until evenly coated
- 17) Tap off excess pre-coat and place wings on a cookie sheet
- 18) Repeat steps 16 and 17 for the rest of the wings
- 19) Mix the eggs and whole berry cranberry sauce in a small glass bowl with the immersion blender
- 20) Dip 4-6 wings at a time in the egg wash and mix around until thoroughly coated
- 21) Tap off the excess egg wash from the wings and put in the bag of post-coat
- 22) Toss the wings in the post-coat until evenly coated
- 23) Pull the wings from the post-coat, tap off excess post-coat, and place back on the cookie sheet
- 24) Repeat steps 20 – 23 for the rest of the wings

- 25) Deep fry wings in small batches (DON'T CROWD!) for 1 minute
- 26) Let drain in the basket for 15 seconds
- 27) Put wings on a ½ sheet cooling rack in a ½ sheet pan. Keep covered with a second half sheet pan
- 28) Repeat steps 25 - 27 for the rest of the wings
- 29) When ready to eat, mix / toss the wings and sauce. I find around 1 TBSP per wing generally works
- 30) Plate
- 31) ENJOY!!!

NOTES

- i. These are VERY handy, especially if you are pouring in liquid
- ii. 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.
- iii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- iv. Don't go over the max fill line!
- v. 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

















