



# Authentic Anchor Bar Buffalo Chicken Wings



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This is the original spicy Buffalo chicken wings recipe from the Anchor Bar in Buffalo, NY. You can adjust the heat by adding more or less cayenne and Tabasco.

There are many Buffalo chicken wing recipes out there, but if you want to taste the "real" thing give this a try. The chicken wings are deep-fried in the original recipe, but

the hot oven works fine for the home version.

Makes 6 Servings of Buffalo Chicken Wings (6 per person)

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## INGREDIENTS

- 36 chicken wing pieces (one wing makes 2 pieces - the "flat" and the "drum")
- 1 tablespoon vegetable oil
- 1 tsp salt
- 1 cup all-purpose flour
- 1 1/2 tablespoons white vinegar
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon garlic powder
- 1/4 teaspoon Worcestershire sauce
- 1 teaspoon Tabasco sauce
- 1/4 teaspoon salt
- 6 tablespoons Louisiana hot sauce (Frank's is the brand used in Buffalo)
- 6 tablespoons unsalted butter or margarine
- celery sticks
- [blue cheese dressing](#)



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**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Total Time:** 35 minutes

### PREPARATION

Preheat oven to 425 degrees F.

1. If necessary, cut whole wings into two pieces. In a bowl toss the wings with the oil, and salt. Place into a large plastic shopping bag, and add the flour. Shake to coat evenly. Remove wings from the bag, shaking off excess flour, and spread out evenly on oiled foil-lined baking pan(s). Do not crowd. Bake for about 20 minutes, turn the wings over, and cook another 20 minutes, or until the wings are cooked through and browned.

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2. While the wings are baking, mix all the ingredients for the sauce in a pan, and over low heat bring to a simmer, stirring occasionally, and then turn off.

3. After the wings are cooked, transfer to a large mixing bowl. Pour the [sauce over the hot wings](#) and toss with a [spoon or spatula](#) to completely coat.

These are *always* served with celery sticks and blue cheese dressing on the side.

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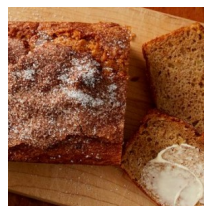
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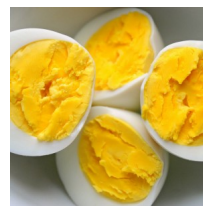
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