

★ U.K. ★ BBQ ★ Week ★



Indirect grill
180°C/350°F



Final Temp
74°C/165°F



1 hour



£5



Serves 4

RECIPE

Buttermilk Fried Wings



INGREDIENTS

1kg wings
100 gms of Tropics Foods Texas BBQ chicken fry mix OR
30g BBQ Rub
10g baking powder
10g self raising flour
1/2 pint buttermilk with a generous shake of hot sauce
Favourite BBQ sauce, We used Red Dog Texas Chipoltie which has a nice kick.

METHOD

- 1.** Soak the wings overnight in the buttermilk overnight, if you can't get buttermilk you can use 250ml milk with 1tsb of lemon juice. I like to separate the wings at the joint, but you can leave them if desired.
- 2.** After marinating take them out of the milk, drain but don't pat dry.
- 3.** Toss your wings in the chicken fry mix. Put them on a rack on a plate and leave in the fridge to dry for 30 mins.
- 4.** Set up your bbq in indirect cooking and heat to around 350°F or 180°C.
- 5.** Cook for 40 mins.
- 6.** Check internal temp is 165°F or 74°C
- 7.** Remove from bbq, and toss in a sauce of choice. Serve with blue cheese sauce and celery.

Recipe from **Chillin N Grillin**