

Betty's Boneless Hot Wings



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In this video, Betty demonstrates how to make her fabulous Super Bowl Boneless Hot Wings. These are not made from chicken wings, but are made from chicken breast meat instead. This makes them easier and less messy to eat. You just dip them into Betty's Super Bowl Hot Wing Sauce, and you have all the flavor of hot wings. (I also have Betty's Hot Wings posted in bettyskitchen, if you prefer the chicken wing version.)

Ingredients:

3 pounds boneless, skinless, uncooked chicken breasts, with excess fat removed and cut into chunks about 1 ½ inches on each side.

freshly ground sea salt, to taste

freshly ground black peppercorns, to taste

2 eggs, well beaten

1 cup flour (all purpose or self-rising)

1 teaspoon salt

½ teaspoon paprika

½ teaspoon dried rosemary

peanut oil for frying

Place 3 pounds of uncooked, boneless, skinless chicken breast chunks in a large bowl. Grind fresh sea salt and fresh black peppercorns over the top, to taste. Use your hands to work the salt and pepper into the chicken chunks and set aside. (Wash hands before continuing.) In a small bowl, beat 2 eggs, until well-beaten and set aside. In a gallon-sized zip-lock bag, place 1 cup flour, 1 teaspoon salt, ½ teaspoon paprika, and ½ teaspoon dried rosemary. Bring the top of the bag together and shake well to distribute the spices throughout the flour and set aside. Place ½-inch of peanut oil in a cast iron or other heavy skillet. Heat over medium heat until a pinch of flour will sizzle in the oil. Now, moving quickly, place about 3 chunks of the salted and peppered chicken into the egg wash and drain for a second or so, then place them in the seasoned zip-lock bag of flour. Bring the top of the bag together and shake to distribute the seasoned flour over the chicken chunks. Shake off excess flour mixture and then carefully place chicken into the hot peanut oil. Continue placing coated chicken chunks into the hot oil, using this method, until you have a single layer. You will probably have to fry your chicken chunks in batches, and if you run out of the seasoned flour, just mix up another batch in a zip-lock bag. When the chicken turns a golden brown color on the bottom side, use tongs to turn each piece and brown the other side. When both sides are brown, the chicken will be done. Use tongs to remove each piece of chicken to a platter that is covered with paper toweling to drain. Continue coating and frying the chicken in this manner until all chicken pieces have been cooked and drained. With tongs, move all chicken pieces to a nice serving plate. Serve with Betty's Super Bowl Hot Wing Sauce, along with celery sticks and Betty's Best Blue Cheese Dressing. I hope you can use this recipe in your parties for sports events! --Love, Betty ♥♥♥♥♥