



Gluten-free hot wings recipe
Yields 18 wings

Ingredients:

- 18 wings (or 4 breast tenders cut into four pieces)
- 1 stick butter
- 1 cup GF hot sauce
- 3 teaspoons cayenne
- Salt and pepper
- 1 cup corn meal
- 1 cup rice flour
- 2 tablespoons salt
- 2 teaspoons white pepper
- 2 eggs
- 2 cups milk
- Oil for frying



Directions:

- **Liberal**ly coat the chicken wings with salt and pepper and set aside to rest while you make the sauce and wings.
- To make the sauce, melt the butter and pour in the hot sauce and cayenne pepper. Mix well and keep warm over low heat.
- Mix the corn meal, rice flour, salt, white pepper, eggs and milk with a fork.
- Dip the wings into the batter and let them rest while you get the oil hot.
- Pour the oil into a pot and get it hot over medium-high heat.
- The oil is ready when a small ball of batter placed into pot bubbles violently.
- Cook the chicken in small batches for 8 minutes.
- When the chicken is done, immediately toss it in the sauce.
- Serve.

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