

Buffalo Wings

20 chicken wings
½ cup sorghum flour
2 tablespoons fine corn meal
½ teaspoon paprika
½ teaspoon chili powder
salt and pepper
olive oil for drizzling
Buffalo Sauce

3 stalks celery and 2 carrots cut into small sticks
Blue cheese dressing (if you aren't CF/dairy-free)

Preheat the oven to 400°F. Use Convection Roast if you have a convection oven.

Prepare the Buffalo Sauce. You can do this while the wings are cooking.

Cut off the wing tips and discard (or use for soup). Cut the wings in half at the joint. Trim excess skin or fat.

Put the flour, cornmeal, paprika, chili powder, salt and pepper in a large Ziploc bag. Place all the chicken pieces in the bag. Seal and shake to assure all the chicken pieces are covered with the flour mixture.

Line the bottom of a broiler pan with a piece of parchment or aluminum foil and replace the broiler pan top. Remove the chicken pieces (shaking off excess flour) and place them on the broiler pan. Drizzle lightly with olive oil. Put the wings in the hot oven and roast for 15 minutes. Turn them and roast another 15 minutes. They should be getting fairly crispy by now.

Remove the broiler pan but keep the oven on. Place about 2 or 3 tablespoons of the Buffalo Sauce into the bottom of a small shallow bowl or dish. Brush each wing lightly with the sauce – don't worry about coating the wings thoroughly but get some of the sauce on each side.

Return to the oven for another 12 minutes turning once in the middle.

If you want them a little more brown and crispy—turn on the broiler. Place the wings under it for about 2 to 3 minutes on each side. Watch carefully because they will brown up quickly.

Remove the wings from the oven, plate, and serve with the leftover Buffalo Sauce, carrots, celery and blue cheese dressing (optional).