

Boneless Chicken Wings

1 cup all-purpose flour
2 teaspoons salt
1/2 teaspoon black pepper
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
1 egg
1 cup buttermilk
2 chicken breast fillets
4-6 cups vegetable oil
1/4 cup Frank's Louisiana hot sauce
1 tablespoon butter

Blue Cheese dressing for dipping

Instructions:

1. Combine flour, salt, peppers and paprika in a medium bowl.
2. In another small bowl, whisk together egg and milk.
3. Slice each chicken breast into 6 pieces. Preheat 4-6 cups of vegetable oil in a deep fryer to 375 degrees.
4. One or two at a time, dip each piece of chicken into the egg mixture, then into the breading blend; then repeat the process so that each piece of chicken is double-coated.
5. Drop each piece into the hot oil and fry for 5-6 minutes or until each piece is browned.
6. As chicken fries, combine the hot sauce and margarine in a small bowl. Microwave sauce for 20-30 seconds or just until the margarine is melted, then stir to combine.
7. When chicken pieces are done frying, remove them to a plate lined with a couple paper towels.
8. Pour the sauce over the chicken until each piece of chicken is coated with sauce. Pour the chicken onto a plate and serve the dish with blue cheese dressing.