

KENTUCKY FRIED CHICKEN WINGS

Ingredients:

250 mL	flour	2 mL	ground cloves
10 mL	salt	5 mL	curry powder
5 mL	pepper	2 mL	dry mustard
2 mL	sage	2 mL	garlic powder
1 mL	tumeric	5 mL	seasoned salt
1 mL	onion salt	5 mL	chili powder
1	egg	2 mL	Cajun seasoning
24	chicken wings		

Method:

1. Preheat the oven to 400 F.
 2. Sift all the dry ingredients in a small bowl.
 3. In another small bowl, beat the egg.
 4. Take the chicken pieces and dip them in the egg and then dip and coat them in the flour mixture.
 5. In a medium fry pan heat up about 80 ml of oil and fry the chicken pieces in two batches of 12 till golden brown on each side.
 6. Then place all of the pieces onto a foil lined jelly roll pan and finish baking them in the oven for 10 mins. This reduces the amount of oil absorbed and ensures that the chicken pieces will be cooked through.
- ** Other seasonings such as paprika, cayenne, cumin, coriander, oregano, basil, parsley or Cajun can be used to change the flavor profile of the chicken. Experiment at home and make it your own!