

SPICY CHICKEN WINGS WITH BLUE CHEESE DIP

YIELDS

6 Servings

INGREDIENTS

FOR THE BLUE CHEESE DIPPING SAUCE

50 g blue cheese (Stilton, Gorgonzola, Roquefort, etc.)

50 g cream cheese

200 ml buttermilk

1 handful parsley (chopped)

1 handful chives (roughly chopped)

FOR THE CHICKEN WINGS

- 3 cups parmesan cheese (grated)
- 3 tsp dried oregano
- 3 tsp paprika
- 3 tsp dried parsley
- 1 tsp dried chili flakes
- 1 tsp salt
- 1 tsp ground black pepper
- 2 kg chicken wings (24 wings, pointy bits remove and wings cut in half at the joint)
- 250 g butter (melted)



METHOD

FOR THE BLUE CHEESE DIPPING SAUCE

Make the blue cheese dipping sauce by blitzing all the ingredients in a blender. Set aside.

FOR THE CHICKEN WINGS

Preheat the oven to 180°C.

In a bowl, mix the parmesan, oregano, paprika, parsley, chilli flakes and salt and pepper. Dip each chicken wing in melted butter and then into this seasoning mixture and lay in a foiled tray ready for the oven.

Roast the wings until dark and crispy (roughly 40 minutes) and serve hot with the dipping sauce.

Cook's Tip

Most of the time, the wings are drenched in a tangy marinade laced with sugar for those crispy stickies burnt bits. Here is a sugar free version that we hope will guarantee the same satisfaction.