



Boneless Buffalo Wings

1 lb. skinless chicken breast
3 cup flour
1 1/2 cup butter milk
1 1/2 tsp. salt
3/4 tsp. ground black pepper
Vegetable oil (peanut oil)

Hot Sauce

3/4 cup hot sauce (Frank's brand)
1/4 cup water
1 Tbsp. butter
1/4 tsp. cayenne pepper (heaping)

Sauce: Place ingredients in small pan and simmer 4-5 minutes until blended well. Remove sauce from heat, set aside to cool.

Boneless wings: Mix flour, salt, and pepper in bowl. Place buttermilk in separate bowl. Prepare chicken breast pieces 1" thick, 1 1/4" x 1 1/4" square. Heat oil for frying (about 360 degrees). Dust chicken pieces in flour, then dip into buttermilk and back into the flour. Gently shake off excess flour and carefully place pieces into hot oil and fry until golden brown. Remove chicken pieces and drain. When all chicken pieces have been fried and drained, place in a bowl and cover with sauce that has been prepared. Place a lid on bowl and gently toss (or stir) until all nuggets have been coated.

Place boneless buffalo wings on non-stick baking sheet and bake in a preheated oven at 350 degrees for 20 minutes.