

Original Buffalo Wings, Anchor Bar, Buffalo, NY Circa 1964

(Source: LIVE! With Regis and Kathy Lee, Jan 24, 1993).

Ingredients:

- 2 pounds disjointed chicken wings (the 2 piece wing, not the 3 piece wing).
- 1 gallon vegetable oil
- Hot Sauces
 - Medium Sauce
 - ¼ pound margarine or butter melted
 - 1/8 teaspoon garlic powder
 - 8 ounces cayenne pepper sauce
 - To blend, mix in a bowl
 - Hot Sauce
 - ¼ pound margarine or butter melted
 - 1/8 teaspoon garlic powder
 - 16 ounces cayenne pepper
 - To blend, mix in a bowl
 - Super-hot sauce
 - 1 teaspoon cayenne pepper powder
 - 1 cup diced jalapeno peppers
 - 8 ounces cayenne pepper sauce
 - To blend, put in a blender and puree 20 seconds
- Bleu Cheese Sauce
 - 1 teaspoon cayenne pepper powder
 - 4 ounces crumbly blue cheese
 - 4 ounces sour cream
 - 4 ounces mayonnaise
 - 1/8 ounce garlic powder
 - 1/8 tsp. onion powder
 - Blend and put in the refrigerator to setup

Method

- Deep fry wings in oil for about 25 minutes at 375 degrees
- Make sure the wings don't stick together
- After cooking, put the wings in a pot.
- Add the hot sauce of choice
- Put the lid on the pot and shake the pot to coat the wings
- Use the Bleu Cheese Sauce for dipping the wings if desired.