

Buffalo Wings

The Anchor Bar classic - serves 4

Serves 4 • Prep 15 min • Cook 45 min • Buffalo, NY, USA

INGREDIENTS

The wings

- 3 lbs chicken wings, split into drumettes and flats, tips removed
- 1 tbsp baking powder (aluminum-free) - for oven method
- 1 tsp salt, 1/2 tsp black pepper
- Neutral oil, if deep frying

The Buffalo sauce

- 1/2 cup cayenne pepper hot sauce (Frank's RedHot is the original)
- 6 tbsp unsalted butter
- 1 tbsp white vinegar (optional, for extra tang)
- 1/4 tsp garlic powder
- To serve: blue cheese dressing and celery sticks - the law

METHOD

1. Pat the wings very dry. Dry skin is crispy skin - this is the most important step.
2. OVEN METHOD (the reliable one): toss wings with baking powder, salt, and pepper. Arrange on a rack over a baking sheet and refrigerate uncovered 1 hour if you have time.
3. Bake at 250 F for 30 minutes, then crank to 425 F for another 40-50 minutes until deeply golden and crackly. (Or deep-fry at 375 F for 10-12 minutes; or air-fry at 400 F for 22-25 minutes, flipping once.)
4. Make the sauce while they cook: melt the butter gently, then whisk in the hot sauce, vinegar, and garlic powder off the heat until glossy and emulsified. Do not boil - it breaks.
5. Toss the hot wings with the sauce in a large bowl until every wing is dressed. Sauce clings to hot, crispy skin.
6. Serve immediately with blue cheese dressing and celery. Extra napkins are not optional.

Tip • The original 1964 Anchor Bar sauce is nothing but cayenne hot sauce mounted with butter - the butter tames the burn into that famous glow. Resist adding more; the magic is the ratio, roughly 4 parts hot sauce to 3 parts butter.