

# **Anchor Bar's Buffalo Wings    The Original Hot Wing Recipe**

Anchor Bar in Buffalo, NY  
www.dashrecipes.com

**Servings: 6**

**Preparation Time: 10 minutes**

**Start to Finish Time: 50 minutes**

**36 chicken wing segments**  
**4 teaspoons vegetable oil**  
**1 teaspoon salt**  
**3/4 cup flour**  
**8 tablespoons (1 stick) butter**  
**4 teaspoons cider vinegar**  
**1/4 to 1 teaspoon cayenne pepper (to taste)**  
**1/8 teaspoon garlic powder**  
**4 to 8 tablespoons hot sauce (or to taste)**  
**celery sticks**  
**blue cheese dressing**

Preheat oven to 425 degrees.

In a large bowl, toss the wings with vegetable oil and salt.

Sprinkle on the flour and toss until the wings are evenly covered.

Spread the wings out on baking pans lined with aluminum foil.

Bake for 20 minutes.

Turn the wings. Bake for 20 minutes more or until golden brown.

Meanwhile, in a saucepan, combine the butter, vinegar, cayenne pepper, garlic powder and hot sauce. Bring to a simmer over medium heat. Remove from the heat.

When the wings are done, transfer them to a large serving bowl and pour the hot sauce mixture over them. Toss the wings to coat thoroughly with sauce.

Serve with celery sticks and blue cheese dressing. Include plenty of napkins!!!

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Per Serving (excluding unknown items): 1168 Calories; 126g Fat (94.9% calories from fat); 3g Protein; 12g Carbohydrate; trace Dietary Fiber; 331mg Cholesterol; 1605mg Sodium. Exchanges: 1 Grain(Starch); 25 Fat; 0 Other Carbohydrates.